

Psychological Perspectives on Health and Wellbeing

Module Code:	HWS4004-B
Academic Year:	2018-19
Credit Rating:	20
School:	School of Nursing and Healthcare Leadership
Subject Area:	Health, Well-Being and Social Care
FHEQ Level:	FHEQ Level 4

Pre-requisites:

Co-requisites:

Contact Hours

Type	Hours
Lectures	24
Tutorials	24
Directed Study	152

Availability Periods

Occurrence	Location/Period
BDA	University of Bradford / Semester 1 (Sep - Jan)

Module Aims

The purpose of this module is to introduce students to key perspectives in psychology which offer a range of insights into individual health and wellbeing.

Outline Syllabus

Psychological approaches to health and wellbeing; free will versus determinism; mind and body; nature versus nurture; health psychology concepts; 'nudge' theory and behaviour change; attitudes and persuasion; personality and individual identity; groups and social influence; conformity; 'groupthink'; family influences and lifespan development (childhood, adolescence, adulthood, late adulthood); psychological insights into dementia.

Module Learning Outcomes

On successful completion of this module, students will be able to...

- 1 Knowledge & Understanding
 - 1a. Outline and compare a range of explanations of human thought and behaviour.
 - 1b. Select appropriate concepts to explore particular aspects of individual health and wellbeing.
- 2 Subject-Specific Skills
 - 2a. Identify areas of contention in psychology.
 - 2b. Discuss the relative merits of selected psychological explanations of individual health and wellbeing.
- 3 Personal Transferable Skills
 - 3a. Utilise a range of sources to gather relevant information.
 - 3b. Develop and express an academic argument in a clear and coherent style.

Learning, Teaching and Assessment Strategy

The module will be delivered using research informed key lectures, seminars, tutorials and the VLE. Key lectures will be delivered face to face and will be supported and supplemented by VLE materials (LO 1a, 2a, 2b, 3a). Seminars and tutorials will enable students to explore areas of individual interest (LO 1b, 2b, 3b).

Formative assessment and feedback will be available during seminar discussions, at individual tutorial sessions and via written feedback on individual draft work which will facilitate reflection and preparation for summative assessment (LO 1a, 2b, 3b). Students have optionality in negotiating their own topic area for the summative assessment task (LO 1a, 1b, 2a, 2b, 3a, 3b).

Mode of Assessment

Type	Method	Description	Length	Weighting	Final Assess'
Summative	Coursework	Written assignment demonstrating the achievement of learning outcomes (3000 words)	-3000 words	100%	Yes

Legacy Code (if applicable)

HH-4021D

Reading List

To view Reading List, please go to [rebus:list](#).