

The Psychology of Health and Eating

Module Code:	PSY6005-B
Academic Year:	2018-19
Credit Rating:	20
School:	School of Social Sciences
Subject Area:	Psychology
FHEQ Level:	FHEQ Level 6

Pre-requisites:

Co-requisites:

Contact Hours

Type	Hours
Lectures	21
Tutorials	5
Directed Study	174

Availability Periods

Occurrence	Location/Period
BDA	University of Bradford / Semester 2 (Feb - May)

Module Aims

The aim of this module is to familiarise you with contemporary theoretical and methodological issues in health psychology and in the psychology of eating. You will engage with a range of topics within these disciplines and will be given opportunities to consider the relationship between these and cognate disciplines such as biology and sociology. The module will provide the opportunity to develop group work and presentational skills through the preparation and delivery of student-led seminars.

Outline Syllabus

Theories and approaches in health psychology and in the psychology of eating including: introduction to health psychology; the development of health psychology; health beliefs and behaviours; biological, psychological and social factors; trends in models and approaches, contemporary topics in health psychology and in the psychology of eating e.g. diabetes and adherence; sexual health; stress and illness; gender and health; diet and eating; physical activity and exercise; cognitive, social and biological control over eating; issues in obesity; eating behaviour traits; appetite regulation; food choice. Not every topic will be covered in every year. Topical issues may be covered in more depth and others in outline only.

Module Learning Outcomes

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

- 1
 - a) demonstrate a good knowledge and critical understanding of a range of influences on the psychology of health and/or eating and how they are conceptualised in these areas;
 - b) examine and critically evaluate theoretical and methodological issues in health psychology and/or the psychology of eating within the context of a contemporary research topic;
 - c) reflect on and critically evaluate a range of other contemporary topics in health psychology and/or the psychology of eating;
 - d) demonstrate knowledge of the application of ethical issues in the psychology of health and / or eating.
- 2
 - a) review psychological theory and research in order to explain health and eating behaviours;
 - b) reason scientifically and reflect on the relationship between theory and evidence in the field of health and / or eating psychology;
 - c) adopt multiple perspectives in relation to the psychology of health and/or eating.
- 3
 - a) demonstrate group work skills;
 - b) demonstrate research skills in preparation for the assessment;
 - c) communicate ideas/research findings effectively using written/oral/visual means;
 - d) be computer literate to further your learning and in the analysis/presentation of ideas;
 - e) participate in/be aware of contextual and interpersonal factors in group work;
 - f) undertake self-directed study;
 - g) recognise the need to assess your own skills/harness them for learning;
 - h) recognise the value of knowledge/its ability to be transformative;
 - i) recognise the value/application of ethical principles

Learning, Teaching and Assessment Strategy

Lectures will be used to introduce the themes of the module surrounding health and eating psychology (LO1 a-d), however the emphasis will be on encouraging you to use a range of research material to prepare for, and present, student-led seminars which will form part of the assessment strategy (LO2 a-c, LO3 a-i).

Mode of Assessment

Type	Method	Description	Length	Weighting	Final Assess'
Summative	Presentation	Group presentation on a contemporary research topic in either the psychology of health or in the psychology of eating	0 hours	35%	No
Summative	Coursework	Portfolio	-2000 words	65%	Yes
Referral	Coursework	SUPPLEMENTARY ASSESSMENT: Portfolio	-3500 words	100%	No

Legacy Code (if applicable)

SY-6006D

Reading List

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