

Module Details	
Module Title:	Psychological Perspectives on Health and Wellbeing
Module Code:	HWS4004-B
Academic Year:	2019-20
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	
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.

Learning Outcomes	
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 2 a. Identify areas of contention in psychology. 2 b. 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
Summative	Coursework	Written assignment demonstrating the achievement of learning outcomes (3000 words)	-3000 words	100%

Reading List
To access the reading list for this module, please visit https://bradford.rl.talis.com/index.html .

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.