



Course title: HEALTH PSYCHOLOGY WITH ELEMENTS OF HEALTH EDUCATION AND HEALTH PROMOTION

ECTS credit allocation (and other scores): 2

Semester: autumn

Level of study: ISCED-6 - first-cycle programmes (EQF-6)

Branch of science: Social sciences

Language: English

Number of hours per semester: 15

Course coordinator/ Department and e-mail: MAŁGORZATA OBARA-GOŁĘBIEWSKA, DEPARTMENT OF PSYCHOLOGY OF DEVELOPMENT AND EDUCATION; m.obara-golebiowska@uwm.edu.pl

Type of classes: classes

Substantive content

CLASSES: Basic terminology related to health education and health promotion. Factors conditioning health and a healthy lifestyle. Concepts and theoretical foundations of health education. Health education in the promotion of health and a healthy lifestyle. Basic issues in the field of psychology of somatically ill. Etiology of psychosomatic disorders. Application of health education and health promotion and health psychology in the treatment of eating disorders and obesity. Eating disorders and obesity: clinical picture, etiology, treatment, prognosis, elements of psychological interventions.

LECTURES: not related to

Learning purpose: The aim is to provide knowledge related to health psychology, health promotion and health education.

On completion of the study programme the graduate will gain:

Knowledge: Students know the terminology of health psychology

Skills: Students can identify normal or disturbed human functioning in the context of health

Social Competencies: Students are able to identify and analyze psychosocial factors affecting human functioning

Basic literature:

Morrison V., Bennett P. (2007). An Introduction to Health Psychology . Prentice Hall.

Sarafino E.P. (1997). Health Psychology: Biopsychosocial Interactions. John Wiley & Sons.

Cottrell R., McKenzie JF. (2010). Health Promotion & Education Research Methods: Using the Five Chapter Thesis/ Dissertation Model. Jones and Bartlett Publishers.

Sharma M. (2016). Theoretical Foundations Of Health Education And Health Promotion 3rd ed. Jones & Bartlett Learning.

Supplementary literature:

Duhigg Ch. (2012). The Power of Habit: Why We Do What We Do in Life and Business. Random House.

The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 15

Student's independent work: 35