

## CHILDREN'S UNIVERSITY COURSE TEMPLATE

### 1. Academic Learning Compact/Academic Learning Plan (ALC/ALP)

<b>Course Title : Health Psychology</b>	
<b>Course Code:</b> MAPSYCC-403	<b>No. of Credits:</b> 04
<b>Department/Discipline:</b> Psychology	<b>Faculty:</b> 01
<b>Learning Hours:</b> 60 Lect./Lab./Tuto./Gr.Study/Pri.Study	
<b>Student Quota :</b> 35	
<b>Course Type :</b> Core Core/Elective/Foundation	
<b>Offered in Academic Year:</b> 2018-19	<b>Even Semester:</b> IV

### 2. Course Objectives

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| <ol style="list-style-type: none"> <li>1. To understand the integration between biological, psychological and social factors in health and disease (the bio-psycho-social health model).</li> <li>2. To explore the effects of the various psychological factors in health.</li> <li>3. To study the methods to improve health and leading a healthy life.</li> </ol> |
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### 3. Course Content

Unit	Topics	Content/ Fundamental Concepts	Unit wise SLO
1.	Introduction To Health Psychology	1.1 Nature of Health Psychology 1.2 The Mind Body relationship 1.3 Relating Health Psychology to specific bodily systems: 1.3.1. The Nervous System 1.3.2. The Endocrine System 1.3.3. The Digestive System 1.3.4. The Cardiovascular System 1.3.5 The Immune system	Understand the nature of health psychology.  Know about The Mind Body relationship.  Students will know about Relating Health Psychology to specific bodily systems.

2.	Health behaviours	<p>2.1 Meaning of health behaviours</p> <p>2.2. Role of behavioural factors in disease and disorder</p> <p>2.3. Practicing and changing health behaviours</p> <p>2.4. Barriers to modifying poor health behaviours</p> <p>2.5. Ethnic and gender differences in health risks and habits</p>	Students will know about Health behaviours.
3.	Factors of health Behaviours	<p>3.1.Factors predicting health behaviour and beliefs</p> <p>3.2 Health enhancing and Health compromising behaviour</p> <p>3.3 Doctor-patient communication and compliance</p> <p>3.4 Attitude change and health behaviours</p> <p>3.5. The theory of planned behaviour</p>	<p>Students will know about Factors predicting health Behaviour and beliefs.</p> <p>To know about Attitude change and health behaviours.</p>
4.	AIDS and Cancer	<p>4.1 AIDS: Risk Factors-Effects- and treatment of AIDS</p> <p>– Age, Gender and Socio cultural Factors in AIDS</p> <p>From HIV Infections to AIDS</p>	<p>Know about Risk Factors Effects and treatment of AIDS and Cancer.</p> <p>Students will know</p>

		<ul style="list-style-type: none"> <li>– Medical Treatment for People with HIV/AIDS</li> <li>– The Psychosocial Impact of AIDS</li> <li>– Psychosocial Interventions for AIDS.</li> </ul> <p>4.2 CANCER: The Prevalence and Types of Cancer</p> <p>The sites, Effects and Causes of Cancer:</p> <ul style="list-style-type: none"> <li>– Prognosis and Causes of Cancer.-Age, Gender and Socio cultural Factors in Cancer.-Diagnosing and Treating Cancer</li> <li>– The Psycho-social Impact of Cancer.</li> <li>– Psycho social Interventions for Cancer.</li> </ul>	about Psycho social Interventions for AIDS and Cancer.
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#### 4. Course Teaching & Learning Activities

Lectures (hrs) In/out of Class	Interactive Tutorial (hrs) In/Out	Laboratory (hrs)	Case Discussion (hrs)	Field Trip (hrs)	Projects (hrs)	Web Based Learning (hrs)	Others (hrs)
45	03	NA	03	03	03	03	--
M	O	NA	O	O	O	O	--

**M- Mandatory Activity for the course, O-optional Activity, NA-not applicable**

## 5. Assessment Schemes (including rationale)

Task	Time	Description	Weight
1. Group Projects & Seminar Presentation	-	-	05
2. Assignments	-	-	05
3. Internal Exam	-	-	20
4. Final Exams	-	-	70

## 6. Course Schedule

Class/Week	Date	Topic	Requirements
01 to 04	December	Unit-I	Appeared in semester- IV
05 to 08	January	Unit-II	
09 to 12	February	Unit-III	
03 to 15	March	Unit-IV	

## 7. Recommended learning Resources

1. Handouts
2. Textbooks/e books
3. Reference books
4. On Line Resources
5. Question Bank

## 8. Reference Books:

1. Brannon, L., & Feist, J. (2007). *Introduction to health psychology*. New Delhi, India: Thomson, Wadsworth.
2. Dimatteo, M. R., & Martin, L. R. (2002). *Health psychology*. New Delhi, India: Allyn& Bacon.
3. Kaplan, R. M., & Saccuzzo, D. P. (2005). *Psychological testing: principles, applications and issues* (6th ed.). US: Thomson-Wadsworth, Cenage Leading India Pvt Ltd.
4. Myers, D. G. (2010). *Psychology* (9th ed.). New York: Worth Publishers.  
Ogden, J. (2000). *Health psychology: A textbook*. Philadelphia: Open University Press.
5. Taylor, S. E. (2011). *Health psychology*. New Delhi, India: Tata McGraw-Hill.  
Weinman, J., Johnston, M., & Molloy, G. (2006). *Health psychology*. London: Sage Publications.