# COURSE DETAIL

| LIFESTYLE BEHAVIOR CHANGE |
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| **Country**<br>United Kingdom - England |
| **Host Institution**<br>University of Manchester |
| **Program(s)**<br>University of Manchester |
| **UCEAP Course Level**<br>Upper Division |
| **UCEAP Subject Area(s)**<br>Psychology |
| **UCEAP Course Number**<br>127 |
| **UCEAP Course Suffix** |
| **UCEAP Official Title**<br>LIFESTYLE BEHAVIOR CHANGE |
| **UCEAP Transcript Title**<br>LIFESTYLE BEHAVIOR |
| **UCEAP Quarter Units**<br>8.00 |
| **UCEAP Semester Units**<br>5.30 |

**Course Description**

This course explores the career path of a health psychologist and the work health psychologists are likely to be engaged in. Students learn about the relationship between lifestyle behaviors and health, and they evaluate and discuss the application of psychology to  choices regarding lifestyle behaviors. The course also provides several different health psychology models and explains their use in the prediction of lifestyle behaviors; highlights the real-life application of psychology to behavior change interventions for unhealthy lifestyle behaviors; and applies theoretical models in health psychology to developing real-world interventions.

**Language(s) of Instruction**
English

**Host Institution Course Number**
PSYC31212

**Host Institution Course Title**
LIFESTYLE BEHAVIOUR CHANGE

**Host Institution Course Details**
https://www.manchester.ac.uk/study/undergraduate/courses/2022/00653/bsc-psychol...

**Host Institution Campus**
Manchester

**Host Institution Faculty**

**Host Institution Degree**

**Host Institution Department**
Division of Psychology and Mental Health

**Course Last Reviewed**
2021-2022

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