

COURSE DETAIL

LIFESTYLE BEHAVIOR CHANGE

Country

United Kingdom - England

Host Institution

University of Manchester

Program(s)

University of Manchester

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

127

UCEAP Course Suffix**UCEAP Official Title**

LIFESTYLE BEHAVIOR CHANGE

UCEAP Transcript Title

LIFESTYLE BEHAVIOR

UCEAP Quarter Units

8.00

UCEAP Semester Units

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 BEHAVIOR CHANGE

Host Institution Campus

Manchester

Host Institution Faculty

Host Institution Degree

Host Institution Department

Division of Psychology and Mental Health

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