COURSE DETAIL

HEALTH PSYCHOLOGY
Country Netherlands
Host Institution Leiden University College
Program(s) Leiden University College
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology Health Sciences
UCEAP Course Number 128
UCEAP Course Suffix
UCEAP Official Title HEALTH PSYCHOLOGY
UCEAP Transcript Title HEALTH PSYCHOLOGY
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description
Health promotion and health behavior theories are invaluable in public health to the development of interventions that have maximum reach and maximum potential to improve health and well-being. In this course, students acquire a foundation in the primary theoretical perspectives that inform current public health interventions. Theories are critically examined for strengths and limitations at the various levels of implementation: individual, interpersonal, community, organization, and system. Coupled with the theories are lectures on determinants that influence health behaviors as well as psychological impacts of disease diagnosis. Determinants of health behaviors are placed into larger social, political, and economic contexts. This course also provides accurate, current, and reliable information for a range of wellness topics, giving students a solid base of knowledge from which to make informed lifestyle choices. These topics emphasize personal responsibility and link to the theoretical foundations on behavior change. The course encourages students to relate course material to their own lives and to examine their health-related behaviors. Recommended prerequisite is a course on social determinants of health.

Language(s) of Instruction
English

Host Institution Course Number

Host Institution Course Title
HEALTH PSYCHOLOGY

Host Institution Course Details

Host Institution Campus
LUC The Hague- Level 2

Host Institution Faculty

Host Institution Degree

Host Institution Department
Global Public Health

Course Last Reviewed

Print