

# COURSE DETAIL

HEALTH PSYCHOLOGY	
Country	Australia
Host Institution	University of New South Wales
Program(s)	University of New South Wales
UCEAP Course Level	Upper Division
UCEAP Subject Area(s)	Psychology
UCEAP Course Number	123
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

This course aims to introduce students to some of the major theoretical and empirical work in Health Psychology. Its primary focus will be on the promotion and maintenance of health-related behaviour and the prevention of illness. The course will begin with a brief overview of the history of the field of health psychology, as well as basic models of health behaviour. The application of that knowledge will then cover health promotion strategies and methods (for example, improving diet-related behaviour and attitudes, initiating and maintaining exercise programs), and disease prevention skills and behaviours (for example, coronary heart disease, cancer, and smoking related problems).

## Language(s) of Instruction

English

## Host Institution Course Number

PSYC3331

## Host Institution Course Title

HEALTH PSYCHOLOGY

## Host Institution Campus

New South Wales

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Psychology

[Print](#)