

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

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