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 dietrelated 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 Course Details
http://www.handbook.unsw.edu.au/undergraduate/courses/2015/PSYC3331.html

Host Institution Campus
New South Wales

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed
2023-2024

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