

Course Title: **Health Psychology**

Course Code: **PSYC706**

Descriptor Start Date: **01/01/2026**

POINTS: **15.00**

LEVEL: **7**

PREREQUISITE/S: **30 points from PSYC601, PSYC602, PSYC603, PSYC604, PSYC605, PSYC680, PSYC681**

COREQUISITE/S:

RESTRICTION/S:

LEARNING HOURS

Hours may include lectures, tutorials, online forums, laboratories. Refer to your timetable and course information in Canvas for detailed information.

Total learning hours: 150

PRESCRIPTOR

Introduction to the range and scope of health psychology practice and research. Topics covered include health-enhancing and compromising behaviours, patient-doctor relationships, coping with illness, and dealing with stress. The use of psychological research to address public health and wellbeing issues in society will be reviewed.

LEARNING OUTCOMES

1. Demonstrate knowledge of basic terminology, facts, principles and theories that apply to health psychology and to biopsychosocial interactions.
2. Apply principles of psychology to the formation and change of health states and health behaviours.
3. Critically analyse and evaluate psychological factors that influence the aetiology, treatment and prevention of selected chronic diseases.
4. Critically evaluate health care services and the relationship between patients/clients and health professionals.
5. Present work at an appropriate academic standard.

Disclaimer: Course descriptors may be amended between teaching periods/semesters

CONTENT

- Introduction to health psychology (definition, historical background, rationale, concepts of health and wellbeing, biopsychosocial versus the biomedical model)
- Research methods in health psychology
- Systems of the body, e.g. the nervous, immune, endocrine and cardiovascular systems
- Health beliefs, attitudes and behaviours (definition, development, change)
- Health enhancing and compromising behaviours, and associated psychological states
- Stress and coping (definitions, impact, moderators, link to illness)
- The patient in the treatment setting (using health services, patient-provider relationships)
- Pain and pain control
- Management of chronic and terminal illness
- Specific health concerns: HIV, heart disease, cancer
- Health promotion

LEARNING & TEACHING STRATEGIES

A variety of learning styles and teaching strategies will be used. Students will be expected to bring examples from their personal experience and analyse these. They will be expected to undertake assessments, which may involve interviewing others about their health behaviour, and they will be expected to write critical analyses based on these. Use will be made of class discussion and small group work. Independent and self-regulated learning will be promoted.

ASSESSMENT PLAN

Assessment Event	Learning Outcomes
Test	LO1, LO2, LO5
Written Assignment	LO1, LO2, LO3, LO4, LO5
Exam	LO1, LO2, LO3, LO4, LO5

Grade Map	MAP1
	A+ A A- Pass with Distinction
	B+ B B- Pass with Merit
	C+ C C- Pass
	D Fail

Overall requirement/s to pass the course:

Students must pass all learning outcomes at each summative assessment to achieve a passing grade in the course

LEARNING RESOURCES

Ogden, J. (2019). *Health Psychology: A textbook* (6th ed). Open University Press

For further information, contact: Te Ara Hauora A Putaiao - Faculty of Health & Environmental Science

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Principal Programme: HV3680, Bachelor of Health Science in Psychology

Related Programme/s: **AK3680 Bachelor of Health Science**
AK3704 Bachelor of Arts
AK3706 Bachelor of Arts & Bachelor of Computer and Information Sciences
AK3726 Bachelor of Health Science and Bachelor of Business

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