

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	HEALTH AND BEHAVIOUR CHANGE
Unit ID:	BEHAV3003
Credit Points:	15.00
Prerequisite(s):	(At least 15 credit points from BEHAV or PSYCH subject-area at any level) (At least 45 credit points from ANY subject-area at any level)
Co-requisite(s):	Nil
Exclusion(s):	(PSYCB3105)
ASCED:	090701

Description of the Unit:

This unit is designed to provide students from a range of disciplines with an understanding of health behaviours, theories/models of health behaviour change, and effective methods of promoting public and individual health. Students will learn about and practice specific interventions that are used to assist people in changing their health behaviours, or to support them to better manage an existing health condition. The content of this unit will also provide a solid grounding for any further study in psychology, the health sciences, or other courses where graduates will be working with clients. Particular emphasis is placed on the development of communication, social, and problem-solving skills that are required when working with individuals in a health counselling or coaching context.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	■	■	■	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	✓	■	■	■

Learning Outcomes:

On successful completion of the unit students are expected to be able to:

Knowledge:

- K1.** Reflect on the complexity of human health behaviour
- K2.** Identify and analyse the factors that contribute to health behaviours
- K3.** Appraise key theories and concepts in changing health behaviour

Skills:

- S1.** Determine how behaviour can have an impact upon health
- S2.** Compare and critique the evidence used to support approaches to health behaviour change
- S3.** Develop effective tools for health promotion
- S4.** Develop communication and problem-solving skills used in a counselling context

Application of knowledge and skills:

- A1.** Evaluate health behaviour using the scientific method
- A2.** Propose a treatment plan for health behaviour change
- A3.** Demonstrate effective communication of their own and others ideas in written reports and presentations

Unit Content:

This may include:

Topics may include:

- What is health?
 - Health behaviours
 - Predicting behaviour using behaviour change models
 - Promoting individual health
 - Promoting public health

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K2-3, S1-3, A2	Demonstrate and apply knowledge from the prescribed readings, lectures and tutorials in response to questions	Quizzes	15-25%
K1-3, S1-4, A1-3	Problem-based learning case study report demonstrating an understanding of the relationship between health behaviour and behaviour change	Written Assignment	35-45%
K1-3, S1-3, A1	Demonstrate and apply knowledge from the prescribed readings in response to questions	Test	35-45%

Adopted Reference Style:

APA

Refer to the [library website](#) for more information

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