

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 60 credit points from BEHAV or PSYCB 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

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

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:

1. What is health?

Health behaviours

Predicting behaviour using behaviour change models

Promoting individual health

Promoting public health

FEDTASKS

Federation University Federation recognises that students require key transferable employability skills to prepare them for their future workplace and society. FEDTASKS (**T**ransferable **A**tttributes **S**kills and **K**nowledge) provide a targeted focus on five key transferable Attributes, Skills, and Knowledge that are embedded within curriculum, developed gradually towards successful measures and interlinked with cross-discipline and Co-operative Learning opportunities. *One or more FEDTASK, transferable Attributes, Skills or Knowledge must be evident in the specified learning outcomes and assessment for each FedUni Unit, and all must be directly assessed in each Course.*

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 1 Interpersonal	Students will demonstrate the ability to effectively communicate, inter-act and work with others both individually and in groups. Students will be required to display skills in-person and/or online in: <ul style="list-style-type: none"> Using effective verbal and non-verbal communication Listening for meaning and influencing via active listening Showing empathy for others Negotiating and demonstrating conflict resolution skills Working respectfully in cross-cultural and diverse teams. 	Not applicable	Not applicable
FEDTASK 2 Leadership	Students will demonstrate the ability to apply professional skills and behaviours in leading others. Students will be required to display skills in: <ul style="list-style-type: none"> Creating a collegial environment Showing self-awareness and the ability to self-reflect Inspiring and convincing others Making informed decisions Displaying initiative 	Not applicable	Not applicable
FEDTASK 3 Critical Thinking and Creativity	Students will demonstrate an ability to work in complexity and ambiguity using the imagination to create new ideas. Students will be required to display skills in: <ul style="list-style-type: none"> Reflecting critically Evaluating ideas, concepts and information Considering alternative perspectives to refine ideas Challenging conventional thinking to clarify concepts Forming creative solutions in problem solving. 	Not applicable	Not applicable
FEDTASK 4 Digital Literacy	Students will demonstrate the ability to work fluently across a range of tools, platforms and applications to achieve a range of tasks. Students will be required to display skills in: <ul style="list-style-type: none"> Finding, evaluating, managing, curating, organising and sharing digital information Collating, managing, accessing and using digital data securely Receiving and responding to messages in a range of digital media Contributing actively to digital teams and working groups Participating in and benefiting from digital learning opportunities. 	Not applicable	Not applicable
FEDTASK 5 Sustainable and Ethical Mindset	Students will demonstrate the ability to consider and assess the consequences and impact of ideas and actions in enacting ethical and sustainable decisions. Students will be required to display skills in: <ul style="list-style-type: none"> Making informed judgments that consider the impact of devising solutions in global economic environmental and societal contexts Committing to social responsibility as a professional and a citizen Evaluating ethical, socially responsible and/or sustainable challenges and generating and articulating responses Embracing lifelong, life-wide and life-deep learning to be open to diverse others Implementing required actions to foster sustainability in their professional and personal life. 	Not applicable	Not applicable

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K2, K3, S1, S2, S3, A2	Demonstrate and apply knowledge from the prescribed readings, lectures and tutorials in response to questions	Quizzes	15-25%
K1, K2, K3, S1, S2, S3, S4, A1, A2, A3	Problem-based learning case study report demonstrating an understanding of the relationship between health behaviour and behaviour change	Written Assignment	35-45%
K1, K2, K3, S1, S2, S3, 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

Fed Cite - [referencing tool](#)