



Course Outline (Higher Education)

School:	School of Science, Psychology and Sport
Course Title:	HEALTH AND BEHAVIOUR CHANGE
Course ID:	BEHAV5003
Credit Points:	15.00
Prerequisite(s):	(15 credit points BEHAV course)
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	090701

Description of the Course :

This course 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 course will also provide a solid grounding for any further study in psychology, the health sciences, or other programs 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, etc.)

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the course but gained a final mark of 45 per cent or above and submitted all major assessment tasks.

Program Level:

Level of course in Program	AQF Level of Program					
	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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

On successful completion of the course the 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

Course Content:

Topics may include:

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

Values:

- V1.** Students will be expected to:
 - Apply principles of self-directed learning in a co-operative education environment;
 - Appreciate theoretical approaches that aid in understanding differing types of people;
 - Express intellectual inquisitiveness and thoroughness;
 - Display a sense of personal agency;
 - Demonstrate respect for other students, their opinions and backgrounds; and,
 - Be responsible for correct standards in writing, research, and citation.

Graduate Attributes

The Federation University FedUni graduate attributes (GA) are entrenched in the Higher Education Graduate Attributes Policy (LT1228). FedUni graduates develop these graduate attributes through their engagement in explicit learning and teaching and assessment tasks that are embedded in all FedUni programs. Graduate attribute attainment typically follows an incremental development process mapped through program progression. **One or more graduate attributes must be evident in the specified learning outcomes and assessment for each FedUni course, and all attributes must be directly assessed in each program**

Graduate attribute and descriptor		Development and acquisition of GAs in the course			
		Learning Outcomes (KSA)	Code A. Direct B. Indirect N/A Not addressed	Assessment task (AT#)	Code A. Certain B. Likely C. Possible N/A Not likely
GA 1 Thinkers	Our graduates are curious, reflective and critical. Able to analyse the world in a way that generates valued insights, they are change makers seeking and creating new solutions.	K1-K3, S1-S4, A1, A3	A, A, A, A, A, A, A, A, A, A, A	AT 1-3	A, A, A
GA 2 Innovators	Our graduates have ideas and are able to realise their dreams. They think and act creatively to achieve and inspire positive change.	S3	B	AT2	B
GA 3 Citizens	Our graduates engage in socially and culturally appropriate ways to advance individual, community and global well-being. They are socially and environmentally aware, acting ethically, equitably and compassionately.	K2, K3, S3, S4, A2	B, B, B, B, B	AT 1-3	B, B, B
GA 4 Communicators	Our graduates create, exchange, impart and convey information, ideas, and concepts effectively. They are respectful, inclusive and empathetic towards their audience, and express thoughts, feelings and information in ways that help others to understand.	K1-K3, S1-S4, A2, A3	A, A, A, B, B, B, B, B, B	AT2	A
GA 5 Leaders	Our graduates display and promote positive behaviours, and aspire to make a difference. They act with integrity, are receptive to alternatives and foster sustainable and resilient practices.	S3, S4, A2, A3	B, B, B, B	AT 1-3	C, C, C

Learning Task and Assessment:

Learning Outcomes Assessed	Learning 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 - K3 S1, S2 A1, A2	Demonstrate mastery of course content	Test	25-50%

Adopted Reference Style:

APA