

# Course Outline (Higher Education)

<b>School:</b>	School of Health and Life Sciences
<b>Course Title:</b>	ADULT HEALTH PSYCHOLOGY
<b>Course ID:</b>	PSYCM7108
<b>Credit Points:</b>	15.00
<b>Prerequisite(s):</b>	(Successful completion of Year 1 and Semester 1 Year 2 of Master of Clinical Psychology)
<b>Co-requisite(s):</b>	Nil
<b>Exclusion(s):</b>	Nil
<b>ASCED:</b>	090701
<b>Grade Scheme:</b>	Graded (HD, D, C, etc.)

**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..

**Level:** Advanced

## Objectives:

The aim of this course is to prepare students to function in a physical health care setting and to be able to manage physical health issues in mental health settings. On completion of this course the student will be able to demonstrate:

- knowledge of basic human anatomy and physiology
- understanding of the relationships between environment, behaviour, cognition and health
- knowledge of the interactions between the health-care consumer and health-care providers
- knowledge of individual, group and community-based approaches to the modification and prevention of major identifiable health concerns and problems
- an ability to critically evaluate research in health psychology and behavioural medicine. Cross-cultural issues in health and health psychology (especially Aboriginal and Torres Strait Islander Australians)

After successfully completing this course, students should be able to:

## Course Content:

This course examines the relationships of social, behavioural and cognitive variables to health. It covers those aspects of the social environment that influence health and illness outcomes including the interactions between healthcare consumers and healthcare providers. Risk factors for health-compromising behaviours are also discussed including strategies for their modification. A substantial section of this course covers primary prevention approaches to illness and the modification of behavioural risk factors. The topics covered will include:-

- Introduction to health psychology and behavioural medicine.
- Social, economic and cultural influences on health and health practices.
- Processes and models of health behaviour change.

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PSYCM7108 ADULT HEALTH PSYCHOLOGY

- Addictive behaviours
- HIV education and prevention
- Stress, coping and social support
- Health effects of Type A behaviours, anger and hostility
- Cardiovascular risk factors for coronary heart disease
- Cancer risk factors, early and later-stage interventions
- Pain behaviours and management
- Preparation for medical and surgical procedures
- Chronic medical conditions

Compliance and health consumer – provider interactions

## Learning Task and Assessment:

Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
To demonstrate knowledge of a specific issue/area in health psychology.	Literature Review		40-60%
To demonstrate knowledge of the principles of health promotion, and how to apply those principles in a real life setting.	Health Promotion Task		40-60%

## Adopted Reference Style:

APA