



COURSE OUTLINE

PSY306

Psychology of Health and Wellbeing

Course Coordinator: Jacob Keech (jkeech@usc.edu.au) **School:** School of Health and Behavioural Sciences

2021 | Semester 1

USC Sunshine Coast
USC Moreton Bay

ON CAMPUS

Most of your course is on campus but you may be able to do some components of this course online.

Please go to the USC website for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This course introduces you to major theoretical and empirical perspectives on the psychology of health and wellbeing. It examines the psychosocial determinants of health and wellness, and will allow you to see parallels with your own health priorities. It focuses on psychological methods of health protection and illness prevention. The role of health psychology in health care settings, behaviour, stress management and identification and treatment of chronic conditions and life threatening illnesses will be covered.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
ON CAMPUS			
Lecture – 1 hour online lecture content not for timetable	1hr	Week 1	13 times
Tutorial/Workshop – Workshop	2hrs	Week 1	12 times

1.3. Course Topics

This course will cover: an introduction to health psychology and health psychology research; health risk and health enhancing behaviour; methods for explaining and changing health behaviour; symptom perception; and stress and illness management.

2. What level is this course?

300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth full-time study year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES		GRADUATE QUALITIES
On successful completion of this course, you should be able to...		Completing these tasks successfully will contribute to you becoming...
1	Research and describe strategies for explaining and changing health risk and health enhancing behaviour.	Knowledgeable
2	Understand the role of psychology in health and wellbeing.	Sustainability-focused
3	Critically evaluate health psychology research and develop arguments that can be supported by relevant research literature.	Creative and critical thinker Engaged
4	Describe major concepts and theoretical approaches related to the biological and psychosocial determinants of health and wellbeing.	Knowledgeable Creative and critical thinker Empowered
5	Demonstrate an appreciation of diversity and the impact of culture and context with regard to the psychology of health and wellbeing.	Ethical

5. Am I eligible to enrol in this course?

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

PSY200 and PSY201

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

Assistance will be provided in the first two workshops to prepare you for the first assessment task. This will include practical experience critically analysing health psychology research. You will be given informal feedback on this process in the workshops.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Oral	Individual	25%	Short oral presentation	Throughout teaching period (refer to Format)	In Class
All	2	Written Piece	Individual	30%	2000 words	Week 9	Online Assignment Submission with plagiarism check
All	3	Examination - Centrally Scheduled	Individual	45%	2 hours	Exam Period	Exam Venue

All - Assessment Task 1: Oral PowerPoint Presentation

GOAL:	Critically analyse and effectively communicate the implications of a recent peer-reviewed journal article in health psychology.	
PRODUCT:	Oral	
FORMAT:	Submit: Presentations will be scheduled to be presented during workshops between Week 5 and Week 13 (individual student presentation times to be provided at the beginning of semester). Your presentation should demonstrate a strong critical analysis and the key implications of a recent peer-reviewed journal article in health psychology. A more detailed outline of the requirements of this assessment will be provided on Blackboard.	
CRITERIA:	No.	Learning Outcome assessed
	1	Details of the criteria and rubric will be provided on Blackboard in Week 1.
	2	Assessment Criteria are mapped to the course learning outcomes. 2 3

All - Assessment Task 2: Position Paper

GOAL:	As a capstone experience, you will demonstrate an understanding of the scientist-practitioner model by using your knowledge to produce a paper that can be applied to assist both individuals and society.	
PRODUCT:	Written Piece	
FORMAT:	The position paper is a report that presents an evidence-based position regarding a how a chosen health behaviour can be changed. APA style (7th ed) is required for in-text citations, reference list, and format. The word limit for the position paper is 2000 words (excluding the title page and reference list). Work of submissions over the word count will not be read and will not contribute to the final grade for the task.	
CRITERIA:	No.	Learning Outcome assessed
	1	Details of the criteria and rubric will be provided on Blackboard in Week 1.
	2	Assessment Criteria are mapped to the course learning outcomes. 1 2 3 4 5

All - Assessment Task 3: Exam

GOAL:		
PRODUCT:	Examination - Centrally Scheduled	
FORMAT:	The 2 hour end of semester exam will consist of multiple-choice and short-answer questions.	
CRITERIA:	No.	Learning Outcome assessed
	1	Multiple-choice questions: Accuracy
	2	Short-answer questions: Accuracy

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Directed study hours may vary by location. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Blackboard site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

There are no required/recommended resources for this course.

8.2. Specific requirements

Nil

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Blackboard, are electronically checked through SafeAssign. This software allows for text comparisons to be made between your submitted assessment item and all other work that SafeAssign has access to.

10.2. Assessment: Additional Requirements

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

The final mark is in the percentage range 47% to 49.4%

The course is graded using the Standard Grading scale

You have not failed an assessment task in the course due to academic misconduct.

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.

- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.

- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.5. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.6. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.7. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website: <http://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.8. General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au