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| Module Title: | Health Psychology and Promotion 2 |
| Language of Instruction: | English |
| Credits: | 5 |
| NFQ Level: | 6 |
| Module Delivered In | 2 programme(s) |
| Teaching & Learning Strategies: | This module will be delivered via two theory classes of one hour duration (each) per week along with two hours of tutorial/practical classes per week for 12 weeks. This may include lectures, Q&A, group discussion, active learning, tutorials, seminars, case studies and guest lectures where appropriate. Some laboratory based classes may also be included, where relevant. The students will also be involved in many of the Institute's Health Awareness Campaigns throughout the year, leading Institute Health Checks and initiating health promotion programmes. |
| Module Aim: | The aim of this module is to develop students' understanding of the roles of psychology, physical activity and health promotion in achieving optimal health. |
| Learning Outcomes | |
| <i>On successful completion of this module the learner should be able to:</i> | |
| LO1 | Review the role of physical activity in health. |
| LO2 | Explain and apply the theoretical foundations of health promotion. |
| LO3 | Apply knowledge of health promotion practice. |
| Pre-requisite learning | |
| Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i> | |
| No recommendations listed | |
| Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i> | |
| No incompatible modules listed | |
| Co-requisite Modules | |
| No Co-requisite modules listed | |
| Requirements <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i> | |
| No requirements listed | |

Module Content & Assessment

Indicative Content

Physical Activity (PA)

Definitions, prevalence, psychology of PA, interventions/programmes, correlates, barriers, facilitators, measurement, evaluation, beneficial effect of PA (e.g. on stress, anxiety, mood, sleep, pain, cognitive function, self-esteem etc), factors influencing PA behaviour, adherence, drop out, active travel as a form of PA, policy, guidelines, social marketing and system approaches to PA.

Sedentary Behaviour (SB)

Definitions, prevalence, psychology of SB, guidelines, policy, risk factors, correlates, interventions, measurement

Health Promotion

Models, policy, interventions, settings, evaluation, research in health promotion, role of media in health and health promotion. Using knowledge of the role of psychology in relation to PA and SB and applying it in a health promotion setting.

Assessment Breakdown

| | % |
|----------------------------------|--------|
| Project | 70.00% |
| End of Module Formal Examination | 30.00% |

No Continuous Assessment

Project

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------|------------------------|-------------------|------------|-----------------|
| Project | n/a | 1,2,3 | 70.00 | n/a |

No Practical

End of Module Formal Examination

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------|------------------------|-------------------|------------|-----------------|
| Formal Exam | n/a | 1,2,3 | 30.00 | End-of-Semester |

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

| Workload: Full Time | | |
|--|--------------------|---------------------------------|
| Workload Type | Frequency | Average Weekly Learner Workload |
| Lecture | 12 Weeks per Stage | 2.00 |
| Lecturer-Supervised Learning (Contact) | 12 Weeks per Stage | 2.00 |
| Independent Learning | 15 Weeks per Stage | 5.13 |
| Total Hours | | 125.00 |

Module Delivered In

| Programme Code | Programme | Semester | Delivery |
|----------------|---|----------|-----------|
| CW_SASPS_B | Bachelor of Science (Honours) in Sport and Exercise Science | 4 | Mandatory |
| CW_SASAC_B | Bachelor of Science (Honours) in Strength and Conditioning | 4 | Mandatory |