

Module Title:	Health and Exercise Psychology
Language of Instruction:	English
Credits:	10
NFQ Level:	6
Module Delivered In	No Programmes
Teaching & Learning Strategies:	This module will be delivered via three theory classes of one hour duration per week. The students will also be involved in many of the Institute's Health Awareness Campaigns throughout the year, leading Institute Health Checks and initiating exercise promotion programmes across both semesters. Students may be required to access relevant lecture documents, diagrams via Blackboard in advance of the class to encourage active learning. Self-testing tools will also be available on Blackboard. Course-related issue or questions that may arise will be discussed at lectures
Module Aim:	The aim of this module is to help students develop the skills to enable them to critically analyse current theory, research and practice within the fields of health, physical activity and exercise psychology.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Define health and health promotion and identify their relationship with exercise behaviour.
LO2	Identify key psychological theories and how they relate to health, exercise and physical activity.
LO3	Demonstrate an understanding of the psychological determinants and benefits from exercise and physical activity.
LO4	Develop an understanding of key theories of behaviour change, motivation and adherence to exercise.
LO5	Identify the influence of cognitive and social psychological factors that influence behaviour in an exercise environment
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>	
Successful completion of year 1 or equivalent	

Module Content & Assessment

Indicative Content

1.1
Concepts, Definitions and Policies of Health, Wellness and Health Promotion.
1.2
Factors Influencing Health (Social, Psychological, Physical, Environmental and Cultural); Healthy Lifestyles; Effect of Media on Health
1.3
Foundations of Psychological Theories, Behavioural Science and Relationships to Health Behaviour
2.1
The Effect of Exercise on; Stress; Mood; Anxiety; Depression; Cognitive Function; Sleep; Pain; Self - Esteem.
3.1
Approaches to Behaviour Change; Theories, Motivation, Goal-Setting, Exercise and Specific Target Groups (Older Adult, Youth, Disability etc)
4.1
Factors Influencing Exercise Behaviour: Adherence/Drop-out; Benefits of Exercise, Well-being, Addictive & Unhealthy Behaviours.

Assessment Breakdown	%
Continuous Assessment	40.00%
End of Module Formal Examination	60.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	The continuous assessment strategy may incorporate essays, presentations, reflective logs, case studies and written reports.	1,2,3,4,5	40.00	n/a

No Project

No Practical

End of Module Formal Examination

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	Written examination of three hours duration	1,2,3,4,5	60.00	End-of-Semester

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

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	30 Weeks per Stage	3.00
Estimated Learner Hours	30 Weeks per Stage	2.00
Total Hours		150.00

