

<b>Module Title:</b>	Health Psychology and Promotion 1
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	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.
<b>Module Aim:</b>	The aim of this module is to introduce students to theory, evidence and practice within the fields of health psychology and promotion.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Apply knowledge of the concepts and theories of health, illness and health promotion
LO2	Describe the determinants of health
LO3	Apply the theoretical and practical approaches to behaviour change in a range of contexts.
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b> <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b> <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b> <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

#### Introduction to Health

Concepts, definitions, dimensions and theories of health, illness and health promotion

#### Determinants of Health

Factors influencing health including social, psychological, physical, environmental, cultural, biological. Modifiable and non-modifiable determinants.

#### Role of Behaviour In Health

Positive and negative health behaviours, models and theories of behaviour and behaviour change, goal-setting, motivation

#### Communication skills for health

Motivational interviewing, MECC (making every contact count) modules

### 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	The project will incorporate the design, implementation and evaluation of a health promotion initiative.	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**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
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	<a href="#">Bachelor of Science (Honours) in Sport and Exercise Science</a>	3	Mandatory
CW_SASAC_B	<a href="#">Bachelor of Science (Honours) in Strength and Conditioning</a>	3	Mandatory