

<b>Module Title:</b>	Health Psychology and Promotion 2
<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 develop students' understanding of the roles of psychology, physical activity and health promotion in achieving optimal health.
<b>Learning Outcomes</b>	
<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.
<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

#### 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**

<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>	4	Mandatory
CW_SASAC_B	<a href="#">Bachelor of Science (Honours) in Strength and Conditioning</a>	4	Mandatory