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| --- | --- | --- |
| **Course Name:** Health Psychology | **Course Level:** Undergraduate | **Language:** English |
| **Course Code** | [**Prerequisites**](https://e-campus.isikun.edu.tr/CoursePrerequisites/Index) | **Corequisites** | **(T + P hours)** | **ECTS Credit** | **Type** |
|  PSYC3604 | - | - | 3+0 | 6 | Compulsory |
|  |  |  |  |  |  |  |  |

**Course objectives:** Understanding the basic concepts in the field of health psychology.

**Course description:** Introduction to definitions of health and disease. Descriptions of major health psychology topics such as health promotion, stress, social support, coping skills, nutrition, exercise, weight control, substance abuse, pain, chronic and acute illnesses, and treatment methods. Exploration of theories in health psychology. Examination of theories and research methods in modern health psychology.

**Evaluation system (in percentages):**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Midterm 1** | **Midterm 2** | **Project** | **Presentation** | **Final** | **Total** |
| %15 | %15 | %30-%10 | %10 | %20 | 100 |

**Reference**

Taylor, S.E., (2015). *Health Psychology* (9th Ed.). Tata-McGraw- Hill Education.

**Weekly Course Topics**

|  |  |
| --- | --- |
| **Week** | **Topic** |
| 1. | Course Introduction |
| 2. | Psychology and Health Overview |
| 3. | Stress  |
| 4. | Health Behavior and Promotion |
| 5. | Substance Use and Abuse |
| 6. | Midterm 1 |
| 7. | Nutrition, Weight Control and Exercise |
| 8. | Disease and Treatment |
| 9. | Pain |
| 10. | Chronic Illness |
| 11. | Midterm 2 |
| 12. |  Classroom Studies |
| 13. | Project Presentations |
| 14. | Project Presentations |

**Contribution of the Course to the Program Outcomes**

**Course Outcomes**

 Students will gain the following knowledge and skills at the end of the course:

1.Describe major constructs in health psychology.

2.Distinugish between healthy and unhealthy individuals.

3.Discuss health issues including stress and nutrition from a health psychology perspective.

4.Compare classical and modern theories in health psychology.

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| --- | --- | --- | --- | --- | --- |
|   |  **Program Outcomes** | **CO1** | **CO2** | **CO3** | **CO4** |
| 1. | To examine and compare different concepts in subfields of psychology and to have basic application skills. | X | X |  | X |
| 2. | To apply analytical and critical thinking skills in various fields of psychology, to be able to solve the problems related to the field with contemporary methods. |  | X | X |  |
| 3. | The student has the skills to interpret facts, events and data, to define and analyze problems, to develop solutions based on research and evidence by using the knowledge and skills they have acquired in the field. |  |  |  |  |
| 4. | Discussing and criticizing professional and ethical issues in program design and professional practice. |  |  |  |  |
| 5. | To explain the procedures and rules in psychological measurement and interview techniques, and to develop the ability to apply them at a basic level. |  |  |  |  |
| 6. | Adopting the rules of the positivist method and designing scientific research, collecting data, analyzing data and scientifically reporting the results. |  |  |  |  |
| 7. | To gain the basic principles of scientific thinking, to be able to separate and / or integrate the knowledge gained by other disciplines with a critical point of view. |  |  |  |  |
| 8. | To develop the competence for using the necessary information and communication technologies used to reach and spread information. |  |  |  |  |
| 9. | To use oral and written communication skills effectively both in Turkish and at least one foreign language. |  |  |  |  |
| 10. | Working effectively in individual and multidisciplinary research teams. |  |  |  |  |
| 11. | To develop respect for interpersonal and cultural diversity and to have social responsibility. |  | X |  |  |
| 12. | To be aware of psychological resilience, personal and professional development. |  | X | X |  |

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|  Course Evaluation and ECTS Workload |
| Types of Work | Number |  |
|  |  |
|  | ECTS Workload |  |  |
|  |  | Time |  |
| Attendance | 14 | 3 | 42 |
| Final exam | 1 | 30 | 30 |
| Quizzes | 1 | 8 | 8 |
| Semester project | 0 | 0 | 0 |
| Assignments | 0 | 0 | 0 |
| Final project | 0 | 0 | 0 |
| Seminar | 0 | 0 | 0 |
| Duties | 0 | 0 | 0 |
| Presentation | 0 | 0 | 0 |
| Midterm | 2 | 14 | 28 |
| Project | 0 | 0 | 0 |
| Lab | 0 | 0 | 0 |
| Private lesson time | 0 | 0 | 0 |
| Other (Personal study) | 14 | 3 | 42 |
|  |  | Total workload | 150 |
|  |  | Total workload/25 | 6 |
|  |  | ECTS Credit | 6 |

**Teaching Methods and Techniques**: Lecture, Discussion

**Prepared By:**  **Date:**