

UNITED STATES INTERNATIONAL UNIVERSITY-AFRICA
COURSE SYLLABUS
PSY 3171: SOCIAL PSYCHOLOGY OF HEALTH CARE
CREDIT: 3 UNITS
LECTURER:

COURSE PURPOSE

PSY 3171 focuses on the critical examination of the application of sociological theories and research to health promotion. The course explores scientific study of processes of influencing change in lifestyles in both individuals and groups.

ALIGNMENT TO PROGRAM LEARNING OUTCOMES (PLO)

This course provides knowledge and skills that met requirement for PLO 1, 3, 4 and 8:

“Articulate the major concepts, theoretical perspectives, empirical findings and historical trends in psychology”

“Apply critical and creative thinking, inquiry and scientific approach to problems related to behaviour and mental processes”

“Employ psychological principles in personal, social and organizational issues”

“Recognize, understand and respect the complexity of sociocultural and global diversity.”

COURSE OBJECTIVES

At the end of the course the student will be able to:

- (a) Describe the behaviour patterns that are detrimental to health
- (b) Evaluate the relevant theories and models of health behaviour change
- (c) Describe the social psychological perspectives on the stress-health relationship.
- (d) Apply basic psychosocial principles to reducing potential risks to health arising from behaviour to stressful life events.

COURSE CONTENT

WEEK	TOPIC	READINGS
1	Overview of the course, History, Social psychological Conceptions of Health and Illness	CH.1
2	Health Behaviour determinants Attitudes, beliefs and behaviour Models of behaviour	CH.2
3	The models of behaviour change The public Health and therapy models Assignment 1	CH.3
4	Behaviour and Health: Excessive appetites Smoking, Alcohol and Alcohol abuse	CH.4
5	Behaviour and Health: Excessive appetites Eating control, Overweight and Obesity	CH.4
6	Behaviour and Health: Self-protection Healthy Diet and Exercise Prevention strategies for infection and injury	CH.5
7	<u>Mid-term Examination</u>	
8	Stress and Health: Physiological stress	CH.6
9	Stress and Health: Psychosocial stress	CH.6
10	Moderators of the Stress-Health relationship Strategies of coping and coping resources Assignment 2	CH.7
11	Extrapersonal and Intrapersonal coping Resources Other moderators of the stress-Health relationship	CH.7
12	The role of social psychology in health Promotion Term papers Due/Presentations	CH.8
13	How does psychology fit into all this? Selected readings	
14	<u>Final Examination</u>	

TEACHING METHODOLOGIES/MATERIALS

There will be two class sessions weekly. Required texts will be used as well as relevant handouts, class discussions and presentations.

COURSE TEXTS

Stroebe, W (2000). *Social Psychology and Health* (2nd Ed.). Open University Press: Buckingham

SUPPLEMENTARY READING

Alder, B; Porter, M; Abraham, C and Van Teijlingen, E. (2004). *Psychology and Sociology applied to Medicine* (2nd Ed.). Elsevier: Edinburgh, UK

EVALUATION

The course will be evaluated in the following areas:

Attendance and participation	10%
Term paper	20%
Class assignments (2)	20%
Mid-term examination	20%
Final examination	30%
Total	100%

GRADING

90 - 100	A
87 - 89	A-
84 - 86	B+
80 - 83	B
77 - 79	B-
74 - 76	C+
70 - 73	C
67 - 69	C-
64 - 66	D+
62 - 63	D
60 - 61	D-
0 - 59	F