

COURSE OUTLINE HEALTH PSYCHOLOGY

1. GENERAL

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| SCHOOL | SCIENCE OF PHYSICAL EDUCATION, SPORTS & OCCUPATIONAL THERAPY | | |
| DEPARTMENT/MSc | OCCUPATIONAL THERAPY | | |
| LEVEL OF STUDY | MSc - LEVEL 6 | | |
| COURSE CODE | | SEMESTER OF STUDIES | 7o |
| COURSE TITLE | HEALTH PSYCHOLOGY | | |
| INDEPENDENT TEACHING ACTIVITIES <i>in case the credits are awarded to distinct parts of the course, e.g. Lectures, Laboratory Exercises, etc. If the credits are awarded uniformly for the entire course, indicate the weekly teaching hours and the total credits</i> | TEACHING WEEKS | CREDITS | |
| | 3 | 6 | |
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| <i>Add rows if needed. The organization of teaching and the teaching methods used are described in detail in 4.</i> | | | |
| COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skills Development</i> | BACKGROUND | | |
| PREREQUISITE COURSES: | NO | | |
| LANGUAGE OF INSTRUCTION AND EXAMINATIONS: | GREEK | | |
| THE COURSE IS OFFERED TO ERASMUS STUDENTS | NO | | |
| ONLINE COURSE PAGE (URL) | - | | |

2. LEARNING OUTCOMES

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| <p>Learning Outcomes</p> <p><i>The learning outcomes of the course are described, the specific knowledge, skills and abilities of an appropriate level that students will acquire after the successful completion of the course.</i></p> <p><i>Consult Appendix A</i></p> <ul style="list-style-type: none"> ● <i>Description of the Level of Learning Outcomes for each cycle of study according to the European Higher Education Area Qualifications Framework</i> ● <i>Descriptive Indicators of Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning</i> <p><i>and Annex B</i></p> <ul style="list-style-type: none"> ● <i>Summary Guide to Writing Learning Outcomes</i> <p>Upon completion of the course, students will know and understand:</p> <ul style="list-style-type: none"> ● The principles and cultural approaches of Health Psychology. ● The implementation of health behaviors and models of behavior change. ● The specifics of the patient-doctor interaction. ● Behaviors related to special medical conditions such as disability, incurable illness and death. ● The challenges of Psychology in the field of health. |
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General Competencies

Taking into account the general competencies that the graduate must have acquired (as listed in the Diploma Supplement and listed below), which / which of them is the course aimed at?.

Search, analyze and synthesize data and information, using the necessary technologies

Project planning and management

Respect for diversity and multiculturalism

Adapting to new situations

Respect for the natural environment

Decision-making

Demonstrate social, professional and ethical responsibility and gender sensitivity

Autonomous work

Criticism and self-criticism

Teamwork

Promoting free, creative and inductive thinking

Working in an international environment

Working in a multidisciplinary environment

Generating new research ideas

- Search, analyze and synthesize data and information, using the necessary technologies
- Generating new research ideas
- Project planning and management
- Respect for the natural environment
- Promoting free, creative and inductive thinking

3. COURSE CONTENT

1. What is health? Cultural and Historical Roots
2. Stress and diversity
3. Social Support
4. Models of behavior change
5. Health Behaviors: Diet, Tobacco Use, Alcohol, and Exercise
6. Cognitive perceptions and patient-physician interaction
7. Different approaches to pain
8. Disability, incurable illness and death
9. Cancer
10. Cardiovascular Disease
11. Identities & Self-Determination
12. Challenges for Health Psychology
13. Health Psychology in Practice: Research Methods

The practice based learning method will also be applied, in which students will have the opportunity to interact with beneficiaries from wider areas, apply their theoretical knowledge in real clinical settings and perform occupational therapy tasks under supervision.

14. TEACHING AND LEARNING METHODS - EVALUATION

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| DELIVERY METHOD <i>Face-to-face, Distance learning, etc.</i> | Face to face |
| USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES <i>Use of ICT in Teaching, Laboratory Training, Communication with Students</i> | Use of ICT in Teaching and Communication with Students <ul style="list-style-type: none"> ● Digital slides ● video |

| | <ul style="list-style-type: none"> MsTeams/ e-class, webmail | | | | | | | | | | | | | | | | | | |
|---|--|-----------------|--------------------------|----------|----|------|----|-------------------------------|----|-------------|----|--|--|--|--|--|--|---------------------|------------|
| <p>TEACHING ORGANIZATION</p> <p><i>The way and methods of teaching are described in detail.</i></p> <p><i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Study & Analysis of Literature, Tutorial, Practice (Placement), Clinical Exercise, Art Workshop, Interactive Teaching, Educational Visits, Project Preparation, Writing a Paper / Paper, Artistic Creation, etc.</i></p> <p><i>The student's study hours for each learning activity as well as the hours of non-guided study are indicated so that the total workload at semester level corresponds to ECTS standards</i></p> | <table border="1"> <thead> <tr> <th>Activity</th> <th>Semester Workload</th> </tr> </thead> <tbody> <tr> <td>Lectures</td> <td>50</td> </tr> <tr> <td>Work</td> <td>40</td> </tr> <tr> <td>Literature study and analysis</td> <td>40</td> </tr> <tr> <td>Examination</td> <td>50</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td>Total Course</td> <td>180</td> </tr> </tbody> </table> | Activity | Semester Workload | Lectures | 50 | Work | 40 | Literature study and analysis | 40 | Examination | 50 | | | | | | | Total Course | 180 |
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| Total Course | 180 | | | | | | | | | | | | | | | | | | |
| <p>STUDENT EVALUATION</p> <p><i>Description of the evaluation process</i></p> <p><i>Assessment Language, Assessment Methods, Formative or Conclusive, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Paper, Report/Report, Oral Examination, Public Presentation, Laboratory Work, Clinical Examination of a Patient, Artistic Interpretation, Other/Other</i></p> <p><i>Explicitly defined evaluation criteria and whether and where they are accessible by students are mentioned.</i></p> | <p>Homework (individual) 40% (post in e-class)</p> <p>Written or oral exam 60%</p> | | | | | | | | | | | | | | | | | | |

15. RECOMMENDED BIBLIOGRAPHY

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| <ol style="list-style-type: none"> 1. OGDEN, J. (2018). PSYCHOLOGY OF HEALTH (5TH ED.). ATHENS: PARISIANOS PUBLICATIONS S.A. 2. SARAFINO P. EDWARD, SMITH W. TIMOTHY (2021). HEALTH PSYCHOLOGY. BIOPSYCHOSOCIAL INTERACTIONS. ATHENS: GUTENBERG PUBLICATIONS |
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