



# UNIVERSITI TEKNOLOGI MARA

## BHS100: HEALTH PSYCHOLOGY

Course Name (English)	HEALTH PSYCHOLOGY <b>APPROVED</b>	
Course Code	BHS100	
MQF Credit	2	
Course Description	This course is designed to provide an introduction to the field of health psychology. The focus is on the application of psychological theories and principles to all areas of health and well-being. It aims to examine the contributions of psychology to the promotion and maintenance of health and the prevention and treatment of illness. This course also explores the importance of biopsychosocial aspect in conceptualizing health and disease.	
Transferable Skills	Analytical & Critical Thinking Skills, Problem-solving Skills, Communication Skills, Soft Skills	
Teaching Methodologies	Lectures, Discussion, Self-directed Learning	
CLO	CLO1 Describe the role of biological, psychological, and social/sociological components in one's physical and psychological well-being . CLO2 Describe key theories, models, principles and approaches in health psychology. CLO3 Describe the various means through which cognitions, emotions, and behaviours can influence the development, treatment and prevention of health and illness. CLO4 Discuss the role of biopsychosocial components in stress and pain. CLO5 Discuss the role of psychology in health-enhancing and health-compromising behaviours CLO6 Describe generally the symptoms, measurements, risk factors, impacts, and managements of certain chronic diseases and illnesses.	
Pre-Requisite Courses	No course recommendations	
Reading List	Recommended Text	• Brannon, L., & Feist, J. 2010, <i>Health psychology: An introduction to behavior and health</i> , 7 Ed., CA: Thomson Wadsworth
	Reference Book Resources	• Gurung, R. A. R. 2010, <i>Health psychology: A cultural approach</i> , 2 Ed., CA: Wadsworth • Ogden, J. 2007, <i>Health psychology: a textbook</i> , 4 Ed., Berkshire: McGraw-Hill Education • Sarafino, E. P. 2008, <i>Health psychology: Biopsychosocial interactions</i> , 6 Ed., New Jersey: John Wiley & Sons • Straub, R. O. 2002, <i>Health psychology</i> , New York: Worth Publishers • Taylor, S. E. 2009, <i>Health psychology</i> , 7 Ed., New York: McGraw-Hill
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	

