



UNIVERSITI TEKNOLOGI MARA

**BHS102: Health Psychology**

<b>Course Name (English)</b>	Health Psychology <b>APPROVED</b>
<b>Course Code</b>	BHS102
<b>MQF Credit</b>	2
<b>Course Description</b>	This course is designed to provide a comprehensive 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 theoretical and empirical contributions of psychology to the promotion and maintenance of health and the prevention and treatment of illness. This course also explores the importance of an interdisciplinary approach and biopsychosocial aspect in conceptualizing health and disease.
<b>Transferable Skills</b>	Analytical & Critical Thinking Skills, Problem-solving Skills, Communication Skills, Soft Skills
<b>Teaching Methodologies</b>	Lectures, Blended Learning
<b>CLO</b>	CLO1 Illustrate the underlying theories, models, principles and approaches of psychological, biological and social components in issues of health and disease CLO2 Demonstrate teamwork skills through health awareness programs/video to promote health enhancing behaviors in a group CLO3 Demonstrate ethical values and professionalism through health-related issues within health psychology framework
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Reading List</b>	This Course does not have any book resources
<b>Article/Paper List</b>	This Course does not have any article/paper resources
<b>Other References</b>	This Course does not have any other resources

