



UNIVERSITI TEKNOLOGI MARA

BHS501: Health Psychology

Course Name (English)	Health Psychology APPROVED	
Course Code	BHS501	
MQF Credit	3	
Course Description	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.	
Transferable Skills	Analytical & Critical Thinking Skills, Problem-solving Skills, Communication Skills, Soft Skills	
Teaching Methodologies	Lectures, Blended Learning, Discussion	
CLO	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. CLO3 Demonstrate ethical values and professionalism through health-related issues within health psychology framework.	
Pre-Requisite Courses	No course recommendations	
Reading List	Recommended Text	Taylor, S.E 2018, <i>Health Psychology</i> , 10 Ed., Mc Graw Hills New York
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	

