



Gyanmanjari
Innovative University

Course Syllabus
Gyanmanjari Institute of Arts
Semester-I (M.A)

Subject: Health Psychology- MATPY11501

Type of course: Major

Prerequisite:

Health psychology is a field that focuses on the interconnections between psychological factors, behavior, and physical health. To study health psychology effectively, certain prerequisites or foundational knowledge areas are beneficial.

Rationale:

Health psychology focuses on how biological, social and psychological factors influence health and illness. Health psychologists study how patients handle illness, why some people don't follow medical advice and the most effective ways to control pain or change poor health habits.

Teaching and Examination Scheme:

Teaching Scheme			Credits	Examination Marks					Total Marks
CI	T	P		C	Theory Marks		Practical Marks		
			ESE		MSE	V	P	ALA	
4	0	0	4	60	30	10	00	50	150

Legends: CI-Class Room Instructions; T – Tutorial; P - Practical; C – Credit; ESE - End Semester Examination; MSE- Mid Semester Examination; V – Viva; CA - Continuous Assessment; ALA- Active Learning Activities.



Continuous Assessment:

(For each activity maximum-minimum range is 5 to 10 marks)

Sr. No	Active Learning Activities	Marks
1	Assignment (Note 5 points like writing assignment according to unit and uploading it on the model from which marks will also be calculated. writing skill, Originality, Subjectivity, Presentation, Reference This consists of 5 points.)	10
3	Write an essay (Focus on physical and mental health and submit your work via the model provided)	10
4	Case Studies (Which given by subject teacher submit your work via the model provided)	10
5	Collect information (Collect information on a rehabilitation center and write an experience report.)	10
Total		50

Course Content:

Sr. No	Course content	Hrs	% Weightage
1	Introduction to Health Psychology 1. What is Health? A Brief History. 2. Definition of Health Psychology 3. Why is the field of Health Psychology Needed?	15	25
2	The Systems of the body 1. Introduction 2. The Cardiovascular system 3. The Respiratory System 4. Digestive System 5. Renal System	15	25



3	<ol style="list-style-type: none"> 1. Introduction 2. What are Health Behaviors ? 3. Health – Enhancing Behaviours <ul style="list-style-type: none"> - Exercise - Accident Prevention - Maintaining a Healthy Diet - Weight Control 	15	25
4	<p>Patient in Treatment Setting</p> <ol style="list-style-type: none"> 1. Introduction 2. Recognition and Interpretation of Symptoms 3. Who Uses Health Services ? 4. The Patient in the Hospital Setting 	15	25

Suggested Specification table with Marks (Theory):60

Distribution of Theory Marks (Revised Bloom's Taxonomy)						
Level	Remembrance (R)	Understanding (U)	Application (A)	Analyze (N)	Evaluate (E)	Create (C)
Weightage	20 %	40%	40%			

Note: This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Course Outcome:

After learning the course the students should be able to:	
CO1	Acquire in depth knowledge about the field of health psychology.
CO2	Develop skills to formulate health behaviour research.
CO3	Recognize factors responsible for healthy behaviour.
CO4	Demonstrate adequate knowledge mind-body relationship as a correlate of wellness.
CO5	Understand the broad field of health and health psychology and individual aspects of health and well-being.



Instructional Method:

The course delivery method will depend upon the requirement of content and need of students. The teacher in addition to conventional teaching method by black board, may also use any of tools such as demonstration, role play, Quiz, brainstorming, MOOCs etc.

From the content 10% topics are suggested for flipped mode instruction.

Students will use supplementary resources such as online videos, NPTEL/SWAYAM videos, e-courses, Virtual Laboratory

The internal evaluation will be done on the basis of Active Learning Assignment

Practical/Viva examination will be conducted at the end of semester for evaluation of performance of students in laboratory.

Reference Books:

1. Freidman, D.M. (1989). Health psychology, New York, prentice Hall.
2. Sarafino, E, P. (1994). Health psychology: Bio-psychosocial interactions. New York Wiley.
3. Misra, G. (Ed) (1999). Psychological perspectives on Stress and Health, New Delhi: Concept.
4. David F. Marks, Michael Murray, Brian Evans, Carla Willig, Cailine Woodall and Catherine M. Skyes: 'Health Psychology' (2005) Second Edition, Sage Publication India Pvt. Ltd. New Delhi.
5. Norman Vincent Peale: 'The Power of Positive Thinking' Random House Publishing Group.
6. Devid D. Burns, M.D.: Feeling Good (The new Mood Therapy) Harper Collins, New York.
7. Deniel Goleman: (1996) Emotional Intelligence (Why it can matter more than IQ) Bloomsbury Publishing Plc, 36 Soho Squire, London W1D 3QY.
8. S. S. Mathur and A. Mathur: (2009) 'svasthay manovigyan' Agrwal Publication Agra-2
9. Suresh Parekh: (2000) 'vartan manopchar' Ashish Desai Rajkot. -Alan Carr: (2007) 'Positive Psychology' Rutledge Taylor and Francis Group, Landon and New York.
10. Edward P. Sarafino and Timothy W. Smith :(2012) 'Health Psychology' Bio-psychosocial Interaction, Wiley-India.
11. V. eapen, P. kulhara, R. Raghuram (2005) Essentials of Psychiatry , Paras Publishing Hydrabad.

