



Gyanmanjari
Innovative University

Course Syllabus
Gyanmanjari Institute of Arts
Semester-2(M.A)

Subject: Health Psychology-II MATPY12510

Type of course: Major (core)

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.



Course Content:

Sr. No	Course content	Hrs.	% Weightage
1	Patient – Provider Relations 1.1 Introduction 1.2 What is a health care provider? 1.3 Nature of Patient – Provider Communication 1.4 Improving Patient Provider Communication	15	25
2	Heart Disease, Stroke & Diabetes 2.1 Introduction 2.2 Coronary Heart Disease (CHD) 2.3 Stroke 2.4 Diabetes	15	25
3	Management of Chronic Illness 3.1 Introduction 3.2 Quality of Life 3.3 Emotional Responses to Chronic Illness 3.4 Coping with Chronic Illness 3.5 Personal Issues in Chronic Illness	15	25
4	Health Psychology: Challenges for Future 4.1 Introduction 4.2 Health Promotion 4.3 Stress & Its Management 4.4 Future Trends: Health Psychology 4.5 Becoming Health Psychologist	15	25

Continuous Assessment:

Sr. No	Active Learning Activities	Marks
1	Assignment Faculty will provide assignment according to Units and students have to Write assignment and submit on GMIU web Portal.	10
2	Seminar Students have to present the topic in class which is given by subject teacher and upload in GMIU web Portal.	10



3	Report writing Students will visit the hospital to get information about different types of diseases and will prepare a report about the type of patients seen. And that report has to be uploaded on the GMIU web Portal.	10
4	Collect information about diseases and create a chart. Students have to Collect information about Health and create a chart on the causes of Health and how it can be eliminated, uploading their Chart on GMIU web Portal.	10
5	Social Impacts Work Awareness for Health Students have to Conduct program to create health awareness in society, uploading their photos on GMIU web Portal.	10
		Total

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	Develop understanding about 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 Willing, 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] David 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 Square, London W1D 3QY.
- [8] S. S. Mathur and A. Mathur: (2009) 'Svasthaya Manovigyan' Agarwal 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 Hyderabad.

