

Module Details	
Module Title	Lifestyle Choice and Behaviour Change
Module Code	HWS4013-B
Academic Year	2024/5
Credits	20
School	School of Nursing and Healthcare Leadership
FHEQ Level	FHEQ Level 4

Contact Hours	
Type	Hours
Online Tutorials (Synchronous)	2
Directed Study	158
Seminars	12
Lectures	20
Interactive Learning Objects	8

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Semester 1

Module Aims
The module aims to introduce a range of psychological explanations of the lifestyle choices people make and develop students' understandings of behaviour change.

Outline Syllabus
Psychological approaches to understanding behaviour and choice; behaviour change models; addiction, habit, craving and compulsion; attitudes and persuasion; personality and individual identity; neurodiversity; groups and social influence; family influences and lifespan development.

Learning Outcomes	
Outcome Number	Description
01	Outline and compare a range of explanations of human thought and behaviour.
02	Select appropriate concepts to explore particular aspects of individual choice and behaviour.
03	Identify areas of contention in psychology.
04	Discuss the relative merits of selected psychological explanations of individual choice and behaviour.
04	Develop and express an academic argument in a clear and coherent style.

Learning, Teaching and Assessment Strategy
The module will be delivered using a blended approach of online and on-campus activities. Teaching will include key lectures, seminars, directed study, and tutorials. Some activities will be delivered face-to-face on campus, some will be delivered as a live (asynchronous) session online and some as an asynchronous session online - meaning you can access the online activities and resources at your own convenience. Lectures, seminars and directed study will introduce students to a range of perspectives on human behaviour and individual choice (LO 1, 2, 3). Guided activities will support students to examine and discuss different perspectives in relation to individual choice and behaviour, as well as supporting students to identify and discuss relevant literature sources (LO 4, 5).

Mode of Assessment			
Type	Method	Description	Weighting
Summative	Coursework - Written	Written Essay (3000 words)	100%

Reading List
To access the reading list for this module, please visit https://bradford.rl.talis.com/index.html

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.