

Module Details	
Module Title	The Psychology of Health and Eating
Module Code	PSY6005-B
Academic Year	2024/5
Credits	20
School	School of Social Sciences
FHEQ Level	FHEQ Level 6

Contact Hours	
Type	Hours
Independent Study	168
Lectures	15
Groupwork	16
Online Tutorials (Synchronous)	1

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Semester 2

Module Aims
<p>The aim of this module is to familiarise you with contemporary theoretical and methodological issues in health psychology and in the psychology of eating. You will engage with a range of topics within these disciplines and will be given opportunities to consider the relationship between these and cognate disciplines such as biology and sociology. The module will provide the opportunity to develop team work and presentational skills through the team based learning and the researching and creating an audio-visual presentation.</p>

Outline Syllabus
<p>Potential topics include theories and approaches in health psychology and in the psychology of eating including: introduction to health psychology; the development of health psychology; health beliefs and behaviours; biological, psychological and social factors; trends in models and approaches, contemporary topics in health psychology and in the psychology of eating e.g. diabetes and adherence; sexual health; stress and illness; gender and health; diet and eating; physical activity and exercise; cognitive, social and biological control over eating; issues in obesity; eating behaviour traits; appetite regulation; food choice. Not every topic will be covered in every year.</p>

Learning Outcomes

Outcome Number	Description
01	1a) Demonstrate a good knowledge and critical understanding of a range of influences on the psychology of health and/or eating and how they are conceptualised in these areas. 1b) Examine and critically evaluate theoretical and methodological issues in health psychology and/or the psychology of eating within the context of a contemporary research topic. 1c) Reflect on and critically evaluate a range of other contemporary topics in health psychology and/or the psychology of eating. 1d) Demonstrate knowledge of the application of ethical issues in the psychology of health and / or eating.
02	2a) Review psychological theory and research in order to explain health and eating behaviours. 2b) Reason scientifically and reflect on the relationship between theory and evidence in the field of health and / or eating psychology. 2c) Adopt multiple perspectives in relation to the psychology of health and/or eating.
03	3a) Demonstrate group work skills. 3b) Demonstrate research skills in preparation for the assessment. 3c) Communicate ideas/research findings effectively using written/oral/visual means. 3d) Be computer literate to further your learning and in the analysis/presentation of ideas. 3e) Participate in/be aware of contextual and interpersonal factors in group work. 3f) Undertake self-directed study. 3g) Recognise the need to assess your own skills/harness them for learning. 3h) Recognise the value of knowledge/its ability to be transformative. 3i) Recognise the value/application of ethical principles.

Learning, Teaching and Assessment Strategy

Lectures will be used to introduce the themes of the module surrounding health and eating psychology, however the emphasis will be on encouraging you to use a range of research material to prepare for, and present, student-led seminars which will form part of the assessment strategy.

Students who need supplementary assessment will put together an individual structured portfolio of audio/visual presentations and reflective essays (approximately 3 of each) that shows evidence of meeting the learning outcomes without further team based learning.

Mode of Assessment

Type	Method	Description	Weighting
Summative	Presentation	Group presentation on a contemporary research topic in either the psychology of health or in the psychology of eating	35%
Summative	Coursework - Portfolio/e-portfolio	The portfolio will consist of reflective accounts of four other presentations (not your own). 2000 words	65%
Referral	Coursework - Portfolio/e-portfolio	The portfolio will consist of reflective accounts of four other presentations. 3500 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.

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