

**PSYC3500: Advanced Health Psychology**

Callaghan, Ourimbah and Online  
Semester 1 - 2024



## OVERVIEW

**Course Description** We all want to live healthier lives and society benefits from a healthy population but there are challenges to achieve these goals. This course examines the relationship between mental and physical health and examines some of the key principles underpinning Health Psychology and the role of theory and evidence in informing practice. It looks at how physical illness can impact on mental well-being, how individuals can improve their physical and mental well-being using behavioural change, and how organisations and psychologists can promote healthy behaviour in individuals and populations.

**Assumed Knowledge** Students considering enrolling in this 3000-level course should have successfully completed all the first year units and at least half the second year units of the degree program in which they are enrolled, in order to have sufficient requisite knowledge, understanding and generic skills.

**Contact Hours**

**Callaghan**  
**Tutorial**  
Face to Face on Campus  
2 hour(s) per Week for 7 Weeks, starting week 2.  
See course outline for tutorial schedule.  
**Lecture**  
Face to Face on Campus  
2 hour(s) per Week for 12 Weeks starting Week 1

**Ourimbah**  
**Tutorial**  
Face to Face on Campus  
2 hour(s) per Week for 7 Weeks, starting week 2.  
See course outline for tutorial schedule.  
**Lecture**  
Face to Face on Campus  
2 hour(s) per Week for 12 Weeks starting Week 1

**Online**  
**Self-Directed Learning**  
Online  
10 hour(s) per Week for Full Term  
For students studying via distance a minimum of 10 hours per week of self-directed learning is expected.  
1 hour per week for 7 weeks, starting week 2 (optional learning review)

**Unit Weighting** 10-unit course  
**Workload** Students are required to spend on average 120-140 hours of effort (contact and non-contact) including assessments.

# COURSE OUTLINE

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# CONTACTS

**Course Coordinator**     **Callaghan, Ourimbah and Online**  
Prof Jennifer Bowman  
[Jenny.Bowman@newcastle.edu.au](mailto:Jenny.Bowman@newcastle.edu.au)  
(02) 4921 5958, office location Callaghan, Building W room 212  
Consultation: Contact by email for appointments

**Teaching Staff**             Other teaching staff will be advised on the course Canvas site.

**School Office**                **School of Psychological Sciences**  
W210  
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# SYLLABUS

**Course Content**

1. Health Psychology in an epistemological framework.
2. How health problems impact on individuals' wellbeing.
3. How changes in behaviour can have a positive influence on a person's quality of life.
4. Biopsychosocial determinants of health, and interventions which address them.

Related Courses  
PSYC3000, PSYC3001, PSYC3600, PSYC3700

**Course Learning Outcomes**

**On successful completion of this course, students will be able to:**

1. Identify the role of theory and evidence in informing the practice of Health Psychology.
2. Evaluate models and psychological strategies for intervening in an evidence-based manner in a range of health contexts.
3. Discuss health and its determinants, within a biopsychosocial framework.
4. Critically appraise measures used to assess health and related issues.
5. Identify opportunities for psychologists to work within the health area; at both clinical and public health ends of the spectrum.

**Course Materials**

**Other Resources:**  
There is no formally prescribed text book for this course. Readings relevant to particular lectures and tutorials will be progressively provided via Canvas and/or in tutorial material.

# SCHEDULE

Week	Week Begins	Lecture / Topics	Tutorial	Suggested Work Plan and Assessments Due
1	26 Feb	1 Introduction Jenny Bowman	No Tutorial	Familiarise yourself with the course. Preparation for tutorial 1 (undertake related activities)
2	4 Mar	2 Applying Theory; Self-Report measurement. Jenny Bowman	Tutorial 1 (covering topic 1)	Preparation for tutorial 2 (undertake related activities)
3	11 Mar	3 Evidence Based Practice Cassandra Lane	Tutorial 2 (topic 2)	Preparation for tutorial 3 (undertake related activities)
4	18 Mar	4 Substance Abuse Richard Clancy	Tutorial 3 (topic 3)	Preparation for tutorial 4 (undertake related activities) <i>Quiz 1 due Fri 22 March covering topics 1-3</i>
5	25 Mar	5 Psycho-oncology Sue Ward	Tutorial 4 (topics 4&5)	Work on assignment 1
6	1 April	No lectures or tutorials this week due to Easter		Work on assignment 1
7	8 April	6 Smoking cessation Caitlin Fehily	No Tutorial	<i>Assignment 1 due Mon 8<sup>th</sup> April</i> Preparation for tutorial 5 (undertake related activities) Work on assignment 2
<b>Semester 1 Recess 15 -26 April</b>				
8	29 Apr	7 Alcohol Harm prevention Emma Doherty	Tutorial 5 (topics 6&7)	Work on assignment 2 <i>Quiz 2 due Fri 3 May, topics 4-7</i>
9	6 May	8 Obesity prevention Adam Shoesmith	No Tutorial	<i>Assignment 2 due Mon 6<sup>th</sup> May</i> Preparation for tutorial 6 (undertake related activities)
10	13 May	9 Aboriginal and Torres Strait Islander Health Stacey McMullen	Tutorial 6 (topics 8&9)	Revise for exam
11	20 May	10 HIV/AIDS Judith Byaruhanga	No Tutorial	Revise for exam Preparation for tutorial 7 (undertake related activities)
12	27 May	11 Dementia Michelle Kelly	Tutorial 7 (topics 10&11)	Revise for exam <i>Quiz 3 due Fri 31 May, topics 8-11</i>
13	3 June	12 Review Jenny Bowman	No Tutorial	Revise for exam
<b>End of Semester 7 June</b>				
<b>Examination Period 11-22 June</b>				

# ASSESSMENTS

This course has 3 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Online Quiz	Quiz 1 Fri 22 March Quiz 2 Fri 3 May Quiz 3 Fri 31 May	Individual	30%	1, 2
2	Written Assessment	Assignment 1) Due Mon 8 April Assignment 2) Due Mon 6 May	Individual	40%	2, 3, 4
3	Formal Exam	formal exam period	Individual	30%	1, 2, 3, 5

**Late Submissions** The mark for an assessment item submitted after the designated time on the due date, without an approved extension of time, will be reduced by 10% of the possible maximum mark for that assessment item for each day or part day that the assessment item is late. Note: this applies equally to week and weekend days.

## NOTE: Use of AI in this course is prohibited

*Students must not use AI assistance in any assessments in this course. Any assessment suspected of using AI will be referred to the Student Academic Conduct Officer. The penalty for use of AI in an assessment will be a 0 mark for the assessment (even if AI is found to be used in only a part of the assessment).*

### Assessment 1 - Online Quiz

<b>Assessment Type</b>	Quiz
<b>Purpose</b>	The purpose and benefit of the quizzes is to provide the students with feedback on student learning. They will highlight understanding with respect to lecture and tutorial content and stimulate tutorial discussions.
<b>Description</b>	Online
<b>Weighting</b>	Three Quizzes (each worth 10%; Multiple Choice Items)
<b>Length</b>	30%
<b>Due Date</b>	Each quiz will contain 20 questions, from a pool
<b>Submission Method</b>	Quiz 1 Fri 22 March
<b>Return Method</b>	Quiz 2 Fri 3 May
	Quiz 3 Fri 31 May
<b>Submission Method</b>	Online
<b>Return Method</b>	Online

### Assessment 2 - Written Assessment

<b>Assessment Type</b>	Written Assignment
<b>Purpose</b>	To assess understanding of key concepts and methodology underpinning Health Psychology To assess understanding of key concepts in prevention and harm minimisation
<b>Description</b>	Two brief written assignments (each worth 20%)
<b>Weighting</b>	40%
<b>Length</b>	Each assignment 1,000 words Word limits include headings, sub-heading, in-text citations, quotes and referencing but does not include the list of references, appendices, and footnotes. The word limit will allow a tolerance of 10% and any work after the maximum word limit will not be included within the allocation of marks. In other words, the marker will STOP reading at 1100 words.
<b>Due Date</b>	Assignment 1) Due Mon 8 April Assignment 2) Due Mon 6 May
<b>Submission Method</b>	Online Note: Extensions beyond 3 weeks will not normally be given, as feedback will be due for release for on-time submissions. In exceptional, extenuating circumstances judged to warrant longer extension, an alternative assessment task may be provided.
<b>Assessment Criteria</b>	Marked against rubrics/criteria which will be supplied at the same time as the assignment, and available on Canvas

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<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online - 3 weeks following submission due date (for on-time submissions). with release of assignment marks

## Assessment 3 - Formal Exam

<b>Assessment Type</b>	Formal Examination
<b>Purpose</b>	The final formal examination is designed to test the individual student's knowledge of the course material and their ability to describe, analyse and hypothesise from this material.
<b>Description</b>	Short answer questions, addressing lecture and tutorial material.
<b>Weighting</b>	30%
<b>Length</b>	2 hours
<b>Due Date</b>	formal exam period
<b>Submission Method</b>	Formal Exam
<b>Return Method</b>	Not Returned
<b>Feedback Provided</b>	No Feedback

## ADDITIONAL INFORMATION

### Grading Scheme

This course is graded as follows:

Range of Marks	Grade	Description
85-100	High Distinction (HD)	Outstanding standard indicating comprehensive knowledge and understanding of the relevant materials; demonstration of an outstanding level of academic achievement; mastery of skills*; and achievement of all assessment objectives.
75-84	Distinction (D)	Excellent standard indicating a very high level of knowledge and understanding of the relevant materials; demonstration of a very high level of academic ability; sound development of skills*; and achievement of all assessment objectives.
65-74	Credit (C)	Good standard indicating a high level of knowledge and understanding of the relevant materials; demonstration of a high level of academic achievement; reasonable development of skills*; and achievement of all learning outcomes.
50-64	Pass (P)	Satisfactory standard indicating an adequate knowledge and understanding of the relevant materials; demonstration of an adequate level of academic achievement; satisfactory development of skills*; and achievement of all learning outcomes.
0-49	Fail (FF)	Failure to satisfactorily achieve learning outcomes. If all compulsory course components are not completed the mark will be zero. A fail grade may also be awarded following disciplinary action.

\*Skills are those identified for the purposes of assessment task(s).

### Attendance

Attendance/participation will be recorded in the following components:

- Tutorial (Method of recording: Attendance will be marked against a class role by tutors)

### Communication Methods

Communication methods used in this course include:

- Canvas Course Site: Students will receive communications via the posting of content or announcements on the Canvas course site.  
Email: Students will receive communications via their student email account.

### Course Evaluation

Each year feedback is sought from students and other stakeholders about the courses offered in the University for the purposes of identifying areas of excellence and potential improvement.

### Oral Interviews (Vivas)

As part of the evaluation process of any assessment item in this course an oral examination (viva) may be conducted. The purpose of the oral examination is to verify the authorship of the

material submitted in response to the assessment task. The oral examination will be conducted in accordance with the principles set out in the [Oral Examination \(viva\) Procedure](#). In cases where the oral examination reveals the assessment item may not be the student's own work the case will be dealt with under the [Student Conduct Rule](#).

**Academic Misconduct**

All students are required to meet the academic integrity standards of the University. These standards reinforce the importance of integrity and honesty in an academic environment. Academic Integrity policies apply to all students of the University in all modes of study and in all locations. For the Student Academic Integrity Policy, refer to <https://policies.newcastle.edu.au/document/view-current.php?id=35>.

**Adverse Circumstances**

The University acknowledges the right of students to seek consideration for the impact of allowable adverse circumstances that may affect their performance in assessment item(s). Applications for special consideration due to adverse circumstances will be made using the online Adverse Circumstances system where:

1. the assessment item is a major assessment item; or
2. the assessment item is a minor assessment item, and the Course Co-ordinator has specified in the Course Outline that students may apply the online Adverse Circumstances system.
3. you are requesting a change of placement; or
4. the course has a compulsory attendance requirement.

Before applying you must refer to the Adverse Circumstance Affecting Assessment Items Procedure available at:

<https://policies.newcastle.edu.au/document/view-current.php?id=236>

**Reasonable Adjustment Plan (RAP)**

If you are registered with Accessibility and have been provided with a Reasonable Adjustment Plan (RAP), please ensure that you provide your Course Coordinator with a copy as soon you can or let your Course Coordinator know that you are still waiting for your RAP.

**Important Policy Information**

The Help button in the Canvas Navigation menu contains helpful information for using the Learning Management System. Students should familiarise themselves with the policies and procedures at

<https://www.newcastle.edu.au/current-students/no-room-for/policies-and-procedures> that support a safe and respectful environment at the University.

*This course outline was approved by the Head of School. No alteration of this course outline is permitted without Head of School approval. If a change is approved, students will be notified, and an amended course outline will be provided in the same manner as the original.*

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