

Course Name: Health Psychology		Course Level: Undergraduate		Language: English	
Course Code	Prerequisites	Corequisites	(T + P hours)	ECTS Credit	Type
PSYC3604	-	-	3+0	6	Compulsory

Course objectives: Understanding the basic concepts in the field of health psychology.

Course description: Introduction to definitions of health and disease. Descriptions of major health psychology topics such as health promotion, stress, social support, coping skills, nutrition, exercise, weight control, substance abuse, pain, chronic and acute illnesses, and treatment methods. Exploration of theories in health psychology. Examination of theories and research methods in modern health psychology.

Evaluation system (in percentages):

Midterm 1	Midterm 2	Project	Presentation	Final	Total
%15	%15	%30-%10	%10	%20	100

Reference

Taylor, S.E., (2015). *Health Psychology* (9th Ed.). Tata-McGraw- Hill Education.

Weekly Course Topics

Week	Topic
1.	Course Introduction
2.	Psychology and Health Overview
3.	Stress
4.	Health Behavior and Promotion
5.	Substance Use and Abuse
6.	Midterm 1
7.	Nutrition, Weight Control and Exercise
8.	Disease and Treatment
9.	Pain
10.	Chronic Illness
11.	Midterm 2
12.	Classroom Studies

13.	Project Presentations
14.	Project Presentations

Contribution of the Course to the Program Outcomes

Course Outcomes

Students will gain the following knowledge and skills at the end of the course:

1. Describe major constructs in health psychology.
2. Distinguish between healthy and unhealthy individuals.
3. Discuss health issues including stress and nutrition from a health psychology perspective.
4. Compare classical and modern theories in health psychology.

	Program Outcomes	CO1	CO2	CO3	CO4
1.	To examine and compare different concepts in subfields of psychology and to have basic application skills.	X	X		X
2.	To apply analytical and critical thinking skills in various fields of psychology, to be able to solve the problems related to the field with contemporary methods.		X	X	
3.	The student has the skills to interpret facts, events and data, to define and analyze problems, to develop solutions based on research and evidence by using the knowledge and skills they have acquired in the field.				

4.	Discussing and criticizing professional and ethical issues in program design and professional practice.				
5.	To explain the procedures and rules in psychological measurement and interview techniques, and to develop the ability to apply them at a basic level.				
6.	Adopting the rules of the positivist method and designing scientific research, collecting data, analyzing data and scientifically reporting the results.				
7.	To gain the basic principles of scientific thinking, to be able to separate and / or integrate the knowledge gained by other disciplines with a critical point of view.				
8.	To develop the competence for using the necessary information and communication technologies used to reach and spread information.				
9.	To use oral and written communication skills effectively both in Turkish and at least one foreign language.				
10.	Working effectively in individual and multidisciplinary research teams.				
11.	To develop respect for interpersonal and cultural diversity and to have social responsibility.		X		

12.	To be aware of psychological resilience, personal and professional development.		X	X	
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Course Evaluation and ECTS Workload			
Types of Work	Number		
	ECTS Workload		
		Time	
Attendance	14	3	42
Final exam	1	30	30
Quizzes	1	8	8
Semester project	0	0	0
Assignments	0	0	0
Final project	0	0	0
Seminar	0	0	0
Duties	0	0	0
Presentation	0	0	0
Midterm	2	14	28
Project	0	0	0
Lab	0	0	0
Private lesson time	0	0	0
Other (Personal study)	14	3	42
		Total workload	150
		Total workload/25	6
		ECTS Credit	6

Teaching Methods and Techniques: Lecture, Discussion

Prepared By:

Date: