

Course Title	HEALTH PSYCHOLOGY			
Course Code	SSHPS409-1			
Course Type	PHYSICAL EDUCATION AND SPORT SCIENCE ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Fall			
Teacher's Name	Dr. Angelos Rodafinos			
ECTS	6	Lectures / week	3	Laboratories / week
Course Purpose	<p>The course aims to help students understand theoretical and research issues related to health psychology. In addition, it aims to help students understand the benefits of healthy living and behavior, such as scientifically proven methods of dealing with the stress of everyday life. Finally, it aims to promote the understanding of the role and benefits of collaboration between psychologists and sports scientists/health scientist.</p>			
Learning Outcomes	<p>Upon completion of the course, the student is expected to be able to:</p> <ul style="list-style-type: none"> • Identify important theories concerning biopsychosocial, accepted, and unacceptable, behaviors • Implement existing management plans provided for people suffering from psychological and/or psychosomatic conditions • Analyze and compare traditional and modern models of healthy or unhealthy behavior • Record health patterns that relate to experiences and tools for assessing behavior through class discussions • Record individualized action plans to identify health habits and propose strategies to manage unhealthy practices. • Suggest changes in one's behavior to improve quality of life • Describe the various mechanisms through which functional and dysfunctional variables of the human personality develop within the framework of interpersonal relationships. • Understand the basic principles that have to do with the sexual health and functionality of the individual 			
Prerequisites	No	Corequisites	No	

<p>Course Content</p>	<p>The course aims to enrich the level of students regarding the issues of health psychology. It is designed in such a way as to give students several opportunities to analyze, combine and apply theoretical and practical knowledge of health psychology. After the delivery of courses and discussions, students will be able to judge the functionality of various psychotherapeutic methods related to health psychology issues.</p> <p>The sub-sections are as follows:</p> <ul style="list-style-type: none"> • General Review • Body systems • Healthy living. Definition – content – applications • Biopsychosocial assessment model • Coping with stress in our daily lives • Patients in treatment centres • Pain management • The treatment of chronic diseases • Treating heart disease, hypertension, strokes, vagina and diabetes • Psychoneurological immunity, AIDS, cancer and arthritis • The future of health psychology • Psychotherapies & Health • Psycho-emotional Health and Aging • Psycho-emotional Health and Divorce
<p>Teaching Methodology</p>	<p>Theory</p> <p>The teaching of the course includes lectures on the offer of the theoretical background. In teaching, detailed notes with PowerPoint and material rich in images and videos are used. Methods such as case studies, clinical scenarios, discussion, questions / answers are used in the teaching methodology according the lecture. Relevant material published in international scientific journals to monitor the latest developments related to the subject of the course.</p>
<p>Bibliography</p>	<p>Main Textbooks:</p> <p>Schacter, L.D., Gilbert, T.D., & Wegner, M.D. (2012). <i>Ψυχολογία</i>, Gutenberg.</p> <p>Vosniadou, S. (2011). <i>Εισαγωγή στην Ψυχολογία</i>, Gutenberg.</p> <p>Paul, A. (2012). <i>Νευροψυχολογία, Βιολογική Ψυχολογία</i>, Gutenberg.</p> <p>Zisi, A. (2013). <i>Κοινωνία, Κοινότητα, & Ψυχική Υγεία</i>, Gutenberg.</p> <p>Pourkos, M. (2016). <i>Πλαίσιο, Σώμα, Βίωμα, & Αναπαραστάσεις</i>, Gutenberg.</p> <p>Taylor, S.E. (2017). <i>Health Psychology</i>, 10th Edition, McGraw Hill.</p>

<p>Assessment</p>	<p>Continuous evaluation (50%):</p> <p>The assessment may include any combination of the following:</p> <p>Projects and research projects (30%) provide opportunities for students to apply their theoretical knowledge practically. The tasks are designed in a way that requires critical thinking, research, analysis, and synthesis of information. Research projects can be individual or group and must be aligned with learning outcomes. Students are evaluated on the quality of their work, the depth of understanding they demonstrate, and their ability to explain their ideas effectively. Projects and research projects can be individual or group.</p> <ul style="list-style-type: none"> • Debates (20%): Students participate in class discussions to assess their theoretical knowledge. Active participation is encouraged to hone their critical thinking skills, ask open-ended questions, and facilitate their dialogue. <p>Final exam (50%): Comprehensive final exam to assess students' overall theoretical knowledge. These assessments cover a wider range of topics and learning outcomes from across the curriculum, to assess students' understanding and integration of knowledge in various areas.</p>
<p>Language</p>	<p>Greek / English</p>