

Unit Title: Psychological Aspects of Health
Level: Three
Credit Value: 9
GLH:
NOCN Unit Code: PK0/3/TE/001
QCA Unit Reference
Grading Descriptors: 1, 2, 7

This unit has 4 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the field of Health Psychology	1.1. Evaluate the significance of Psychology applied to health 1.2. Critically evaluate the biomedical model and biopsychosocial model of health 1.3. Analyse the psychological aspects of promoting health and preventing illness
2. Understand Health Psychology issues	2.1. Discuss models of stress 2.2. Analyse how stress can be measured 2.3. Critically evaluate how individuals cope with stress
3. Understand effects of lifestyle on health	3.1. Identify how lifestyle choice can affect health 3.2. Evaluate how compliance to health requests affects health 3.3. Critically evaluate addictive behaviours e.g. smoking
4. Understand concepts of health and pain	4.1. Explain theories of pain 4.2. Explain how pain is controlled 4.3. Discuss various chronic disorders 4.4. Evaluate psychological approaches to chronic disorders

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ASSESSMENT INFORMATION

Guidance:

This grid gives details of the assessment activities to be used with the unit attached. Please refer to the NOCN Handbook for definitions of each activity and the expectations for assessment practice and evidence for moderation.

The assessment activities for this unit are indicated in the table below:

Key: P = Prescribed – this assessment method *must* be used to assess the unit.
O = Optional – this assessment method *could* be used to assess the unit.

Case study		Project	
Written question & answer/test/exam		Role play/simulation	
Essay		Practical demonstration	
Report		Group discussion	
Oral question and answer		Performance/exhibition	
Written description		Production of artefact	
Reflective log / diary		Practice file	

Signposting Key Skills

This unit offers clear opportunities for learners to provide evidence of achievement in Key Skills achievement in the following skill area/s:

Key Skill		Wider Key Skill	
Communication		Working with others	
Information Technology		Problem solving	
Application of Number		Improving Own Learning and Performance	

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Accredited Start date:
Accredited End date:
Unit Sector/Subject area:
Grading descriptors:
Availability for Use:

Purpose and Aim of the Unit	Free Text
Restrictions on the Availability	Free Text or N/A
Additional Assessment Requirements	Free Text or N/A
Details of relationship between the Unit and the NOS	Free Text or N/A
Details of relationship between the Unit and Standards (not NOS)	Free Text or N/A
Endorsement of the Unit by	Free Text or N/A