

**Unit Title:** Health Psychology  
**Level:** Three  
**Credit Value:** 6  
**GLH:**  
**NOCN Unit Code:** PK0/3/TE/007  
**QCA Unit Reference**  
**Grading Descriptors:** 1, 2, 7

This unit has 3 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Investigate psychological theories	1.1. Summarise the major perspectives of psychology, including the behavioural and biological approaches 1.2. Explain the methods used in psychological research 1.3. Evaluate the effectiveness of three of these methods 1.4. Investigate ways in which research findings from the major perspectives have been applied in health care settings
2. Understand the relationship between health and behaviour	2.1. Describe the causes of stress and the stress response 2.2. Analyse the link between levels of stress and illness, using a questionnaire, and relative findings to background research 2.3. Describe the type A behaviour pattern as a risk factor for coronary heart disease 2.4. Explain theories of personality in relation to health
3. Investigate factors influencing human behaviour within health care settings	3.1. Describe how attachment, separation and loss influence behaviour in a health and social care setting 3.2. Analyse theories of attitude/attitude change and the relationship between attitudes, prejudice and behaviour 3.3. Evaluate theories of the self-concept and the influence of illness and change on an individual's self-concept

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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:

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

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

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