

Unit Title: Aspects of Health Psychology
Level: Three
Credit Value: 9
GLH:
NOCN Unit Code: PK1/3/TE/002
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 major approaches upon which psychology is based	1.1. Identify major different approaches 1.2. Explain the theoretical foundations of each approach 1.3. Evaluate and summarise each approach
2. Understand psychological issues related to health behaviour	2.1. Analyse factors that may influence health related behaviour 2.2. Compare and contrast at least 2 different models which explain the influence of stress on health behaviour 2.3. Evaluate the ways in which individuals cope with stress
3. Understand the terminology used to define mental disorder	3.1. Identify general principles underpinning the diagnosis of mental disorder - such as neurosis and psychosis 3.2. Analyse the factors that may precipitate psychological dysfunction and mental disorder 3.3. Evaluate the significance of one approach used to categorise mental disorder
4. Understand interventions used to manage mental disorder	4.1. Identify at least 2 interventions used in the management of mental disorder 4.2. Evaluate the effectiveness of an intervention in relation to one mental disorder 4.3. Compare and contrast the identified intervention with other interventions