

Global Learning Semesters

Course Syllabus

Course: PSY-270 Health Psychology

Department: Social Sciences

Host Institution: University of Nicosia, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
PSY-270	Health Psychology	3
Semester Offered	Contact Hours	Prerequisites
Spring	42	PSY-110, PSY-111
Department	Level of Course	Language of Instruction
Social Sciences	Lower Division	English

Course Description

The purpose of the course is to familiarize students with the field of health psychology and the role of the psychologist within a multidisciplinary team. Students will discuss numerous health problems and the role behavioral and psychological interventions have in dealing with such problems. Prevention and intervention strategies will be discussed.

Instructor

Maria Karekla, PhD

Course Aims and Objectives

The primary goal of the course is to provide students with a solid foundation of knowledge regarding what health psychology is, where the field is going, and the role a psychologist can play in fostering better physical health for individuals.

Teaching Methods

Lectures, discussions, lab works, assigned readings, demonstrations, projects, video films, role plays.

Course Teaching Hours

42 hours. The course is delivered during the Spring semester in 14-weeks (3 hours/week).

Evaluation and Grading

Midterm and other exams: 50%
Final Exam: 25%
Project: 25%

Readings and Resources

Required Textbook

DiMatteo, M. R., & Martin, L.R. (2002). Health psychology. Boston, MA: Allyn & Bacon.