

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S 260		В 036		Accredited	2019	06	Ω1	Rene	ewal d	late
Module Code	Brancl	n of Science	Progr.	Registr. №.	until	2019	00	01			
T .'.1											

Entitlement

Health Psychology

Prerequisites

Trerequisite

Course (module) Learning Outcomes

	disc (module) Learning Outcomes		
№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Student is capable of finding, nalysing, evaluating new academic literature on a topic in specific counseling problems and discussing with colegues.	Literature analysis, Scientific paper analysis	Literature reviewing and presentation
2	Student is capable of analyzing individual cases of behaviour change by providing complex integration of the possessed knowledge and drafting a plan of individual assistance.	Formal lecture, Seminar	Examination
3	Student is capable of studying individually, finding out and critically evaluating professional knowledge and novelties.	Formal lecture, Reflection on action, Seminar	Reflection on action

Main aim

To study psychological and behavioral processes in health, illness, and healthcare, understanding psychological factors that influence health, and constructively applying that knowledge in practice (PAL-1 (B): Refection; PAL-2 (B): Professional orientation; PAL-4 (B): Changing Behavior).

Summary

The module develops knowledge in health psychology field, understanding psychological factors that influence health, and constructively applying that knowledge, learning to improve health by working directly with individual patients or indirectly in large-scale public health programs.

Level of module

Level of programme		Subject amoun (under the magnificant of the amount
Cycle	Type	Subject group (under the regulation of the area)
First Bachelor		Mokslo srities pagrindų

Group under financial classification

4. Socialinių mokslų studijos (išskyrus politikos mokslus, sportą ir studijas, nurodytas 8 punkte)

Syllabus

№ .	Sections and themes	Responsible lecturer
1.	An introduction to health psychology	850 dr. Vinga
1.	All illuoduction to health psychology	Indriūnienė
2.	Health, disease and pain	850 dr. Vinga
۷.	Health, disease and pain	Indriūnienė
3.	Dorsonality and health	850 dr. Vinga
٥.	Personality and health	Indriūnienė
4.	Health advection prevention and intervention	850 dr. Vinga
4.	Health education, prevention and intervention	Indriūnienė
5.	Strong and registered to share	850 dr. Vinga
٥.	Stress and resistance to change	Indriūnienė
6	Methods and instruments measuring the psychological health and health-	850 dr. Vinga
6.	favourable behaviour of a personality	Indriūnienė

№.	Sections and themes	Responsible lecturer		
7.	Quality of life and psychical health	850 dr. Vinga Indriūnienė		
8.	Self-respect, self-esteem and psychical resistance	850 dr. Vinga Indriūnienė		
Teı	aluation procedure of knowledge and abilities: a grade criterion scale and summative evaluation system are applied. The servaluated by grades: the final grade is given during the examination session			

are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing up the products.

References

№.	Title		n Lithuanian versity library	In Lithuanian	Number of ex. in the	
		Pressmark	Number of exemplars	bookstore	methodical cabinet of the depart.	
1.	Marks, D. F., Murray, M., Evans, B., Estacio, E. V. (2013). Health psychology: theory, research and practice. London: Sage.	613 He- 04	1	No		

Additional literature

No.	Title
	Evans, R., Kawabata, M., & Thomas, S. (2015). Prediction of fruit and vegetable intake: The importance
1.	of contextualizing motivation. British Journal of Health Psychology, 20 (3), 534–548. doi:
	10.1111/bjhp.12123

Coordinating lecturer

Position	Position Degree, surname, name	
Lecturer	Dr. Vinga Indriūnienė	850

Subdivision

Entitlement	Code
a	1006

Study module teaching form №. 1

	Semester				Structu	ıre			
			Mode of studies	Lectures	Pract. Lab		Ind. work	Total hours	Credits
	A	S	D	8	8	0	114	130	5

Languages of instruction:

Lithuanian	L	English	Е	Russian	R	French	F	German	G	Other	Oth.
------------	---	---------	---	---------	---	--------	---	--------	---	-------	------

Plan of in-class hours

№. of Themes	Academic	hours		Ma of Thomas	Academic hours			
№ of Themes	Lectures	P	L	№. of Themes	Lectures	P	L	
				Total:	0	0	0	

Schedule of individual work tasks and their influence on final grade

	№. of	Total hours		Week of presentment of task (*) and reporting (o)																
	syllabus			1	2	3	4	5	6 7	8	9	10	11	12	13	14	1:	5 1	6 1	17-20
Exam	1-8	57	50	*																0
Reflection on action	1-8	12	15			*									0	0	0	0)	
Literature reviewing and presentation	1-8	45	35			*									0	0	0	C)	
Total:	-	114	100																	