



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	260	B	036	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Health Psychology

Prerequisites

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Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Student is capable of finding, analysing, evaluating new academic literature on a topic in specific counseling problems and discussing with colleagues.	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): Reflection; 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 group (under the regulation of the area)
Cycle	Type	
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 Indriūnienė
2.	Health, disease and pain	850 dr. Vinga Indriūnienė
3.	Personality and health	850 dr. Vinga Indriūnienė
4.	Health education, prevention and intervention	850 dr. Vinga Indriūnienė
5.	Stress and resistance to change	850 dr. Vinga Indriūnienė
6.	Methods and instruments measuring the psychological health and health-favourable behaviour of a personality	850 dr. Vinga Indriūnienė

№.	Sections and themes	Responsible lecturer
7.	Quality of life and psychological health	850 dr. Vinga Indriūnienė
8.	Self-respect, self-esteem and psychological resistance	850 dr. Vinga Indriūnienė

Evaluation procedure of knowledge and abilities:

Ten grade criterion scale and summative evaluation system are applied. The semester's individual work tasks 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	Edition in LSU library		In LSU bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
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

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

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Lecturer	Dr. Vinga Indriūnienė	850

Subdivision

Entitlement	Code
	10

Study module teaching form №. 1

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

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
1.	1	1	0	5.	1	1	0
2.	1	1	0	6.	1	1	0
3.	1	1	0	7.	1	1	0
4.	1	1	0	8.	1	1	0
				Total:	8	8	0

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Exam	1-8	57	50	*															0	
Reflection on action	1-8	12	15		*										0	0	0	0		

