

61866 - Health promotion and prevention

Información del Plan Docente

Academic Year	2017/18
Faculty / School	301 - Facultad de Ciencias Sociales y Humanas
Degree	557 - Master's in General Sanitary Psychology
ECTS	3.0
Year	1
Semester	Half-yearly
Subject Type	Compulsory
Module	---

1.General information

1.1.Introduction

1.2.Recommendations to take this course

1.3.Context and importance of this course in the degree

1.4.Activities and key dates

2.Learning goals

2.1.Learning goals

2.2.Importance of learning goals

3.Aims of the course and competences

3.1.Aims of the course

3.2.Competences

4.Assessment (1st and 2nd call)

4.1.Assessment tasks (description of tasks, marking system and assessment criteria)

5.Methodology, learning tasks, syllabus and resources

5.1.Methodological overview

Problem Based Learning (PBL) will be the methodology used in this course. A general problem or specific problems will be proposed to students in order to achieve a solution. It is complemented with lectures and teamwork.

5.2.Learning tasks

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The course includes the following learning tasks:

- Study (1.6 ECTS: 39 hours)
- Autonomous work (0.5 ECTS: 12 hours)
- Lectures (0.5 ECTS: 12 hours)
- Problem-solving (0.5 ECTS: 12 hours). The steps to follow are: problem description, information search and teamwork, reading of articles and documents, problem-solving.

5.3.Syllabus

The course will address the following topics:

Topic 1 Conceptualization: Health Prevention and Promotion, Theory - Practice, Quantitative - Qualitative, Social Psychology - Clinical Psychology.

Topic 2 Health Concept

Topic 3 Life Style

Topic 4 Social Relations and Health

Topic 5 Qualitative Research as Intervention model

Topic 6 Health intervention programs

5.4.Course planning and calendar

Further information concerning the timetable, classroom, resources, syllabus, assessment dates and other details regarding this course, will be provided on the first day of class.

5.5.Bibliography and recommended resources

- Soldevilla, C. (2009). Estilos de vida. Pensar, investigar e intervenir en la comunidad. Madrid: Síntesis.
- Soldevilla, C. (1998). Adler: el estilo de vida como teoría de la personalidad y psicoterapia de los estilos de vida patógenos. En Estilo de vida: hacia una teoría psicosocial de la acción (pp. 49-64). Madrid: Entihema.
- Villamarin, F. y Alvarez, M. (1998). Modelos sociocognitivos en promoción de la salud: un análisis conceptual. *Psicologemas*, 12, 161-204.
- Software for Qualitative Analysis Atlas.Ti <http://www.atlasti.com>