

## 68906 - Applied psychosociology (speciality in ergonomics and applied psychosociology)

### Información del Plan Docente

Academic Year	2017/18
Faculty / School	102 - Facultad de Derecho
Degree	462 - Master's in Occupational Health and Safety
ECTS	5.0
Year	1
Semester	Second semester
Subject Type	Optional
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

The objectives of this course are the learning of knowledge of psychosocial risk, and specific methodologies for evaluation and development of preventive studies at the statistical level.

#### 5.2.Learning tasks

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The course lasts 10 sessions of 5 hours, each session divided into 2 hours of lectures and 3 hours of practice to conduct supervised case studies.

### **5.3.Syllabus**

The program that the student is offered to help you achieve the expected results includes the following activities:

1. Conferences. Presentation of the course contents through lectures illustrated with examples. The topics covered are:

- \* Organizational structure: Types of organization and factors of organizational structure
- \* Work environment, quality of work life and job satisfaction
- \* Ergonomics and work psychosociology, meeting points
- \* Mental load at work, monotony and repetitiveness and evaluation methods
- \* Methods for psychosocial risk assessment (advantages and disadvantages)
- \* Stress and social support Questionnaires. Stress at work
- \* Absenteeism at work
- \* Burn syndrome at work (burnout) and psychological harassment at work: Questionnaires evaluation and best practices for prevention
- \* Workaholism, sexual harassment and violence in the workplace
- \* Factors related to the organization of working time

2. Self-evaluation and learning. In each of the topics teachers have developed a series of specific questions with a short development or test format. Their aim is for students to internalize the basic contents of the course. The exercises will be assessed in order to determine the passing of the course.

3. Case Studies. Case studies to acquire the accurate and real knowledge of the problems of psychosocial practice in prevention of occupational hazards.

4. Guided assignment. Students will have to prepare a case supervised by teachers.

### **5.4.Course planning and calendar**

Further information concerning the timetable, classroom, assessment dates and other details regarding this course, will be provided on the first day of class or please refer to <https://derecho.unizar.es/masterprevencion> well in advance.

### **5.5.Bibliography and recommended resources**