

61866 - Health promotion and prevention

Syllabus Information

Academic Year: 2019/20

Subject: 61866 - Health promotion and prevention

Faculty / School: 301 - Facultad de Ciencias Sociales y Humanas

Degree: 557 - Master's in General Sanitary Psychology

ECTS: 3.0

Year: 1

Semester: Second semester

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

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

4.Methodology, learning tasks, syllabus and resources

4.1.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.

4.2.Learning tasks

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.

4.3.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

4.4.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.

4.5.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 analisis conceptual. Psicologemas, 12, 161-204.
- Software for Qualitative Analysis Atlas.Ti <http://www.atlasti.com>