Course Title	**Psychology in Health Sciences**				
Course Code	PHYS109				
Course Type	Compulsory				
Level	Bachelor (Level 1)				
Year / Semester	1st/ Fall				
Instructor's Name	Dr Agathi Argyriadi				
ECTS	3	**Lectures / week**	2	**Laboratories/week**	
Course Purpose	The aim of the course is to help students understand theoretical and research issues related to the subject of health psychology. In addition, it aims to help students understand the benefits of healthy living and behavior, such as scientifically proven methods of dealing with the stress of everyday life. Finally, it aims to promote an understanding of the role of health psychologists in hospitals and other therapeutic institutions as well as the benefits of cooperation between psychologist and physiotherapist.				
Learning Outcomes	Upon completion of the course, the learner is expected to be able to: • Identify important theories concerning biopsychosocial, acceptable and unacceptable behaviors • Implement existing management plans provided for individuals suffering from psychological and/or psychosomatic diseases • Analyze and compare traditional and modern models of healthy or unhealthy behavior • Record health patterns related to experiences and assessment tools behaviour through classroom discussions • Records individualized action plans to identify health habits and propose strategies for managing unhealthy practices. • Proposes changes in the behavior of the individual in order to improve the quality of life • Describes the various mechanisms through which functional and dysfunctional variables of the human personality develop within the framework of interpersonal relationships. • Understand the basic principles that have to do with the sexual health and functionality of the individual				
Prerequisites	None		Co-requisites	None	
Course Content	The course aims to enrich the level of students in terms of health psychology issues. It is designed in such a way as to give students enough opportunities to analyze and apply theoretical and practical knowledge of health psychology. After the delivery				

	of courses and discussions, students will be able to judge the functionality of various psychotherapeutic methods related to health psychology issues. The sub-sections are as follows: • General Review • Systems of the body • Healthy living. Definition – content – applications • Biopsychosocial evaluation model • The treatment of stress in our daily lives • Patients in treatment centers • The treatment of pain • The treatment of chronic diseases • The treatment of heart disease, hypertension, strokes, vagina and diabetes • Psychoneurological immunity, AIDS, cancer and arthritis • The future of health psychology • Psychotherapies & Health • Psycho-emotional Health and Aging • Psycho-emotional Health and Divorce
Teaching Methodology	The course is delivered to the students through lectures, using computer-based presentations programmes. Case Studies, Discussion, Questions / Answers are also used depending on the content of the lecture. Lecture notes and presentations are available online for use by students in combination with textbooks. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.
Bibliography	**Textbooks:** Schacter, L.D., Gilbert, T.D., & Wegner, M.D. (2012). Psychology, Gutenberg. Vosniadou, S. (2011). Introduction to Psychology, Gutenberg. Paul, A. (2012). Neuropsychology, Biological Psychology, Gutenberg. Zisi, A. (2013). Society, Community, & Mental Health, Gutenberg. Pourkos, M. (2016). Context, Body, Experience, & Representations, Gutenberg. Taylor, S.E. (2017). Health Psychology, 10th Edition, McG
Assessment	**Continuous Assessment (50%):** The assessment may include any combination of the following: • **Written and/or oral**, and it consists of multiple – choice, short answer, open ended questions and/or essay questions, that align with the learning outcomes, in order to assess the theoretical knowledge gained. The questions ensure that students will demonstrate a deep understanding of the subject matter and apply their knowledge to solve problems or analyse scenarios. • **Assignments and projects** provide opportunities for students to apply their theoretical knowledge in practical ways. The assignments are designed in a way that require critical thinking, research, analysis, and synthesis of information. Projects can be individual, self directed learning or group-

	based and should align with the learning outcomes. Students are evaluated on the quality of their work, the depth of understanding displayed, and their ability to effectively communicate their ideas. Assignments and projects may be individual or group work. • Use of **case studies or problem-solving exercises** to assess how students can apply theoretical knowledge to real-life situations. Students are presented with scenarios that require analysis, critical thinking, and the application of theoretical concepts and they are assessed based on their ability to perform verbal presentations, viva voce examinations, identify and evaluate relevant information, propose solutions, and provide justifications for their choices. • **Online quizzes or interactive assessments**: Online quizzes or interactive assessments, reflective writing can be used through the Moodle platform, to create quizzes with various question formats. These assessments can be self-paced or timed, and immediate feedback can be provided to students. • **Classroom discussions and debates**: Students engage in classroom discussions and debates to assess their theoretical knowledge. Active participation is encouraged in order to hone their critical thinking skills by posing open-ended questions and facilitating dialogue. • **Peer and self-assessment**: Students are assigned to review and provide feedback on each other's work, encouraging them to critically evaluate their peers' understanding and provide constructive suggestions. **Final Exam (50%):** comprehensive final exam, to assess students' overall theoretical knowledge. These assessments cover a broader range of topics and learning outcomes from the entire program of study, to gauge the students' understanding and integration of knowledge across different areas.
Language	Greek / English