

4.00 credits	30.0 h	Q1
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Teacher(s)	Agrigoroaei Stefan ;Van den Broucke Stephan ;
Language :	French
Place of the course	Louvain-la-Neuve
Prerequisites	<i>The prerequisite(s) for this Teaching Unit (Unité d'enseignement – UE) for the programmes/courses that offer this Teaching Unit are specified at the end of this sheet.</i>
Main themes	<ul style="list-style-type: none"> • The basics of health psychology & the principles of health psychology • The profession of health psychologist • Illness cognitions & representations • Health and well-being at the population level • Health behaviors and health beliefs • Biopsychosocial aspects of health conditions: stress, cancer, obesity, HIV, coronary heart disease, pain • Biopsychosocial aspects of health behaviors: smoking, alcohol consumption, eating behavior, physical exercise, screening
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>The goal of this class is to familiarize students with the general concepts of health psychology.</p> <p>In terms of learning outcomes, the course is designed to allow students to:</p> <ul style="list-style-type: none"> • be able to identify the biopsychosocial variables and their interactions through various observational and analytic methods (A1). • be able to select the appropriate theoretical and methodological approaches necessary to understand illness or prevent its occurrence (partim A2). 1 • be able to understand and describe the main prevention and intervention methods in health psychology (B1). • be able to identify the factors and persons involved in the prevention and intervention programs (partim B2). • become aware of the organizational and deontological aspects specific to research and practice in health psychology (E3). • be able to use hypothetic-deductive and inductive reasoning, to understand the advantages and the limitations of the various methods (E1), and to make the distinction between science and common sense in health psychology (E2).
Bibliography	Ogden, J. (2018). Psychologie de la santé, De Boeck, Collection Ouvertures Psychologiques.
Faculty or entity in charge	EPSY

Programmes containing this learning unit (UE)

Program title	Acronym	Credits	Prerequisite	Learning outcomes
Bachelor in Psychology and Education: General	PSP1BA	4	LPSP1202	