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| **SCHOOL OF – HEALTH, SOCIAL AND CHILDCARE**  **SCHEME OF WORK 2012-2013** | | | | | |  |
| **COURSE: BTEC Extended Diploma in HSC (Health Studies) UNIT: 30: Health Psychology**  **TUTOR: Sarah Mellor GROUPS: 2A, 2B, 2C** | | | | | |  |
| **WEEKS** | **TOPICS** | **CONTENT** | **TEACHING & LEARNING ACTIVITIES** | **RESOURCES** | **ASSESSMENT** | **Links to Essential and Wider skills** |
| 1-10th Sept | Introduction to unit: Theories of behaviour change | Theories of Behaviour Change – Health Behaviours: Health Belief Model (Rosenstock 1966) | **Lecturer Activities:** Explanation, Leading Activities, asking questions  **Learner Activities:** Answering questions, taking notes, completing exercises | Specification handout / power point / handouts / whiteboard & pens | Task 1 of assignment / Q & A sessions / Class activities | R2 / R3 / W1 / SL1 / SL6 |
| 2-17th Sept | Theories of Behaviour Change | Theories of Behaviour Change: The Theory of Reasoned Action | **Lecturer Activities:** Explanation, leading activities, , asking questions  **Learner Activities:** Note taking, completing activities , answering questions | Handouts / power point / whiteboard / extra reading handout | Task 1 of assignment / Q & A sessions / class activities | R2 / R3 / W1 / SL1 / SL2 / SL6 |
| 3-24th Sept | Theories of Behaviour Change | Psychosomatic & Somatopsychic effects of illness / Placebo effect | **Lecturer Activities:** Explanation / Leading You tube videos & activities / Asking questions  **Learner Activities:** Note taking / completing you tube video activities / Answering questions | Handouts / You tube video – PANDAS & Placebo effect video / Interactive whiteboard | Task 1 of assignment / Q & A sessions / class activities | R4 / R2 / W1 / SL1 / SL2 / SL6 |
| 4-1st October | Theories of Behaviour Change | The Sick Role / Compliance & Non-Compliance to treatment | **Lecturer Activities:** Explanation, leading activities, asking questions  **Learner Activities:** Note taking, completing activities , answering questions | Handouts / Power point / Whiteboard | Task 1 of assignment / Q & A Sessions / Class activities | R3 / W1 / SL1 / SL2 / SL6 |
| 8th October | Influences on Health-Related Beliefs and Behaviours | Ethnicity / Culture / Socio-economic status / Gender | **Teaching Activities:**  Explanation, Promoting discussion, Asking questions, Providing assistance when required during exercises  **Learner Activities**  Note taking, Answering Questions, Completing Activities, Participating in discussion | Handouts/ Power point / Whiteboard | Task 1 of assignment / Q & A Sessions / Feedback from activities | R2 / R3 / W1 / W3 / W4 / W7 / SL1 / SL2 / SL5 |
| 6-15th October | Influences on Health-Related Beliefs and Behaviours | Age / Intelligence / Locus of Control / Personality | **Teaching Activities**  Explanation of theories & experiments, Providing assistance when required for activities. Q & A Sessions  **Learner Activities:**  Note taking, Answering Questions, Completing Exercises | Handouts / Power point / Whiteboard / Pens | Task 1 of assignment / Q & A Sessions / Feedback from activities | R2 / R3 / W1 / W3 / W4 / W7 / SL1 / SL2 / SL5 |
| 7-22nd October | Assignment Task 1: Workshop session | Workshop Session – P2 criteria | **Teaching Activities:** Providing Support when required, explanation  **Learner Activities:** Gathering resources, completing task | Computers / Assignment Briefs / Library | Task 1 of assignment | R1 / R4 / W3 /W4 / SL1 / SL2 |
| 8- 29th October | **HALF TERM** |  |  |  |  |  |
| 9-5TH November | Introduction to Stress | The Bodies Response to Stress – The Fight or Flight Response / The General Adaptation Syndrome / Psychosocial Aspects of Stress (Cognitions & Emotions and Stress) | **Teaching Activities:** Explanation, leading activities, asking questions, providing support when required  **Learner Activities:**  Completing group work activities, note taking, answering questions, participating in discussion | Whiteboard, Power point, pens, handouts | Task 3 of assignment / answers to activities / feedback from questions | R2 / R3 / W1 / W3 / W4 / W7 / SL1 / SL2 / SL5 |
| 10-12th November | Stress and the Immune System | Completion of Psychosocial Aspects of Stress (Social Behaviour & Stress / Gender & Stress) / Introduction to the Immune System / Riley & Schliefer’s Studies | **Teaching Activities:** Explanation, leading activities, asking questions, providing support when required  **Learner Activities:**  Completing group work activities, note taking, answering questions, participating in discussion | White board , Power point, pens, handouts | Task 3 of assignment / answers to activities / feedback from questions | R2 / R3 / W1 / W3 / W4 / W7 / SL1 / SL2 / SL5 |
| 11-19th November | Health Psychology: Stress - Posters on concepts taught to date | Group Posters on concepts learnt so far (Bodily Responses to Stress / General Adaptation Syndrome / Psychosocial Aspects of Stress / Stress and the Immune System | **Teaching Activities:**  Providing Support where required  **Learner Activities:** Creating revision posters | Card / Pens/ Pencils | Created product of poster | SL1 / SL2 / SL5 |
| 12-26th November | Stress & Life Events | The Link between Stress & Life Events , SRRS Scale, Daily Hassles | **Teaching Activities:** Explanation, leading class experiment, providing support where required for activities, asking questions, promoting discussion  **Learner Activities:**  Note taking, completing experiments, participating in discussion, providing feedback | Handouts, power point, whiteboard, | Feedback from questions, feedback from activities, task 3 of assignment | R2 / W1 / W3 / W4 / W7 / SL1 / SL2 / SL6 /H1 |
| 1-3rd December | Coping Strategies & Responses | Problem & Emotion Focused Coping / Behavioural Techniques when Coping with Stress (Relaxation Training / Systematic Desensitisation / Biofeedback Training) | **Teaching Activities:**  Explanation, Promoting discussion, Asking questions, Providing assistance when required during exercises  **Learner Activities**  Note taking, Answering Questions, Completing Activities, Participating in discussion | Handouts, power point, whiteboard | Q & A Session, feedback from activities , Assignment task 3 | R2 / R3 / W1 / W3 / W4 / W7 / SL1 / SL2 / SL5 |
| 14-10th December | Stress Management Strategies | Cognitive Techniques when Coping with Stress (Stress Inoculation Training / Rational Emotive Training / Hypothesis Testing | **Teaching Activities:**  Explanation, Promoting discussion, Asking questions, Providing assistance when required during exercises  **Learner Activities:**  Note taking, Answering Questions, Completing Activities, Participating in discussion | Power point / Handouts / White board | Q & A Session, feedback from activities , Assignment task 3 | R2 / R3 / W1 / W3 / W4 / W7 / SL1 / SL2 / SL5 |
| 15-17th December | Assignment Task 3: Stress | Stress Illness Link / Stress Management | **Teaching Activities:** Providing Support when required, explanation  **Learner Activities:** Gathering resources, completing task | Computers / Assignment Briefs / Library | Task 3 of assignment | R1 / R4 / W3 /W4 / SL1 / SL2 |
| 16-24th December | **Christmas Hols** |  |  |  |  |  |
| 17-31st December | **Christmas Hols** |  |  |  |  |  |
| 18 -7th January | Understand Contemporary Issues in Health Psychology | Smoking – Health Implications & Social Learning Perspective | **Teaching Activities:** Explanation, leading activities, asking questions, providing support when required / Controlling video and stimulating discussion  **Learner Activities:**  Completing activities, note taking, answering questions, participating in discussion, watching video | Handouts / Whiteboard /Power point | Task 2 of assignment | R2 / W1 / W3 / W4 / W7 / SL1 / SL2 / SL6 / |
| 19-14th January | Understand Contemporary Issues in Health Psychology | Alcohol – Consumption of Alcohol & Social Learning Perspective | **Teaching Activities:**  Explanation, Promoting discussion, Asking questions, Providing assistance when required during exercises  **Learner Activities**  Note taking, Answering Questions, Completing Activities, Participating in discussion | Handouts/ Power point / Whiteboard | Task 2 of assignment / Q & A Sessions / Feedback from activities | R2 / R3 / W1 / W3 / W4 / W7 / SL1 / SL2 / SL5 |
| 20-21st January | Understand Contemporary Issues in Health Psychology | Eating Disorders: The Characteristics of Anorexia and Bulimia / Obesity / Similarities & Differences | **Teaching Activities:** Explanation, Leading case study activities, controlling DVD and promoting discussion  **Learner Activities:** Identifying clinical characteristics of eating disorders from case studies, watching DVD and answering questions, listening | DVD & TV, power point, whiteboard, handouts | Task 2 of assignment / Q & A Session / Feedback from activities | R2 / R3 / W1 /W3 / W4/ W7 / SL1 / SL2 / SL6 |
| 21-28th January | Understand Contemporary Issues in Health Psychology | Eating Disorders: Psychological Causes (The Psychodynamic Approach / The Behavioural Approach) | **Teaching Activities:**  Explanation, Leading activities, asking questions  **Learner Activities:**  Answering questions, completing activities, note taking | Power point, whiteboard, handouts | Task 2 of assignment / Q & A Session / Feedback from activities | R2 / R3 / W1 /W3 / W4/ W7 / SL1 / SL2 / SL6 |
| 22-4th February | Understand Contemporary Issues in Health Psychology | Eating Disorders: Psychological Causes (The Cognitive Approach) Ethic’s involved in the treatment of these disorders | **Teaching Activities:**  Explanation, Promoting discussion, Asking questions, Providing assistance when required during exercises  **Learner Activities**  Note taking, Answering Questions, Completing Activities, Participating in discussion | Power point, interactive whiteboard, handouts, case study | Task 2 of assignment / Exercises / Answering questions | R2 / R3 / W1 /W3 / W4/ W7 / SL1 / SL2 / SL6 |
| 23-11th February | **Half Term** |  |  |  |  |  |
| 24- 18th February | Understand Contemporary Issues in Health Psychology | Exercise: Who exercises? Why exercise? Physical & Psychological Benefits of exercise | **Teacher Activities:**  Explanations, Promoting discussions, Asking Questions, Leading Group Work Activity  **Learner Activities:**  Answering Questions / Participating in Discussions / Group Work / Note Taking | Power point, interactive whiteboard, handouts | Task 2 / Answers to group work activity | R2 / W1 / W3 / W4 / W7 / SL1 / SL2 / SL6 |
| 25-25th February | Understand Contemporary Issues in Health Psychology | Childbirth – The Mediatisation of childbirth, cultural and religious issues, caesarean & home births | **Teacher Activities:**  Controlling DVD and promoting discussion / asking questions  **Learner Activities:** Watching DVD, answering questions, contributing to group discussion | DVD, question handouts to go with DVD | Task 2 / Feedback from DVD Questions | W1 / SL1 / SL6 |
| 26-4th March | Understand Contemporary Issues in Health Psychology | Workshop Session: Task 2, P3 / M1 / D1 | **Teacher Activities:**  Explanation, providing assistance where required  **Learner Activities:**  Listening to what’s required / Completing task | Computers / Books / Library | Task 2 of Assignment | R4 / R1/ SL! / SL2 |
| 27-11th March | Chronic & Terminal Illness | Trends in Chronic Illness (Local / National / Worldwide Statistics)  http://www.sarahwoodbury.com/wp-content/uploads/2010/03/welsh_flag.png | **Teacher Activities:**  Promoting discussion of statistics / asking questions / explanation  **Learner Activities:**  Answering questions on data / Participating in discussion | Handouts on statistics of illnesses / Whiteboard | Task 4 of assignment / Feedback from exercises on statistics | R2 / W4 / W7 / SL1 / SL2 |
| 28 – 18th March | Chronic & Terminal Illness | Behavioural and Cognitive States in relation to Chronic Illness & The Availability of intervention /treatment | **Teaching Activities:**  Explanation, Promoting discussion, Asking questions, Providing assistance when required during exercises  **Learner Activities**  Note taking, Answering Questions, Completing Activities, Participating in discussion | Power point, interactive whiteboard, handouts, activity handouts | Task 4 of assignment / Exercises / Answering questions | R2 / R3 / W1 / W4 / W7 / SL1 / SL2 / SL6 |
| 29-25th March | Chronic & Terminal Illness | Theories of Pain – Psychological Factors involved in pain perception, organic pain, psychogenic pain | **Teacher Activities:** Providing assistance during activities / Promoting discussion & feedback  **Learner Activities:**  Completing activities / Providing feedback / Participating in discussion | Power point, whiteboard, handouts | Answering questions, feedback from exercises, Assignment task 4 | R2 / R3 / W1 / W4 / W7 / SL1 / SL2 / SL6 |
| 30-1st April | **Easter Hols** |  |  |  |  |  |
| 31-8th April | **Easter Hols** |  |  |  |  |  |
| 32 -15th April | Chronic & Terminal Illness | Acute and chronic pain, injury without pain and vice versa, psychological approaches to the alleviation of pain | **Teacher Activities:** Providing assistance during activities / Promoting discussion & feedback  **Learner Activities:**  Completing activities / Providing feedback / Participating in discussion | Power point, whiteboard, handouts | Answering questions, feedback from exercises, Assignment task 4 | R2 / R3 / W1 / W4 / W7 / SL1 / SL2 / SL6 |
| 33-22nd April | Chronic & Terminal Illness | Psychological theories related to diagnosis and behaviour change | **Lecturer Activities:** Providing assistance where required during activities  **Learner Activities:** Completing activities / providing feedback / participating in discussion | Handouts, whiteboard | Feedback from activities and discussion / Assignment task 4 | R2 / W7 / SL1 / SL2 / SL6 |
| 34-29th April | Chronic & Terminal Illness | Effects on families and cared ones of illnesses such as Cancer, HIV, diabetes, asthma | **Lecturer Activities:** Promoting discussion, listening and sensitively responding to learner experiences  **Learner Activities:** Reflection, empathising, drawing on personal experiences | Power point activities / Whiteboard / Case Studies | Feedback from discussion / Assignment 4 | SL6 / W6/ W1 |
| 35- 6th May | **May Bank Holiday Monday** |  |  |  |  |  |
| 36 -13th May | Assignments | Completion of overall assignments and mop up! | **Teacher Activities:**  Explanation, providing assistance where required  **Learner Activities:**  Listening to what’s required / Completing task | Computers / Books / Library | Overall assignment | R4 / R1/ SL! / SL2 |
| 37-20th May | Assignments | Completion of overall assignments and mop up! | **Teacher Activities:**  Explanation, providing assistance where required  **Learner Activities:**  Listening to what’s required / Completing task | Computers / Books / Library | Overall assignment | R4 / R1/ SL! / SL2 |
| 38-27th May | **Half Term** |  |  |  |  |  |
| 39-3rd June | Assignments | Completion of overall assignments and mop up! |  | Computers / Books / Library | Overall assignment | R4 / R1/ SL! / SL2 |
| 40 -10th June | Assignments | Completion of overall assignments and mop up! |  | Computers / Books / Library | Overall assignment | R4 / R1/ SL! / SL2 |
| Notes: | | | | | |  |