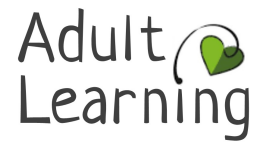


Adult Learning - Course Information Sheet



SZZ6BA27 - Health Psychology

Virtual Classroom - Zoom

<https://zoom.us/>

Start Date: 01 March 2025
End Date: 01 March 2025
Start Time: 10:00AM
End Time: 3:00PM
Day: Saturday
Sessions: 1
Tutor: Mrs Virginia Antunes

ZZ99 9ZZ **Room** Virtual Classroom - Zoom

Course aim

In this course we will reflect on the role of Health Psychology and particularly on how it affects healthcare experiences. We will also discuss how to promote healthier lifestyles, the barriers and enablers of this and focus in particular on a model of behaviour change that is very used in Health Psychology in changing behaviours such as smoking. Finally, we will apply all these approaches to two specific health conditions, chronic pain and stress, to better understand how wide-reaching Health Psychology can be in promoting physical and psychological wellbeing.

Course Outcomes

- Recognise the definition of Health Psychology
- Identify the scope of impact of Health Psychology
- Recognise approaches to promoting healthy lifestyles
- Identify the stages of the one model of behaviour change

How will the course be taught?

The course will be taught online via Zoom and will be a live interactive class. Joining instructions along with unique log in for the session will be emailed to you by our support services team prior to the course start date so please check your email address. To take part in the course learners will need either: a computer or laptop, phone or tablet connected to the internet and able to view a live video stream.

What do I need to bring / have ready?

Pen and paper

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01536 535809 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefivestopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

