

Course Specification

Course Summary Information		
1	Course Title	MSc Health Psychology
2	BCU Course Code	PT0771
3	Awarding Institution	Birmingham City University
4	Teaching Institution(s) (if different from point 3)	
5	Professional Statutory or Regulatory Body (PSRB) accreditation (if applicable)	British Psychological Society (BPS)

6	Course Description
	<p>Want to study a health psychology Master's in Birmingham? Our MSc Health Psychology is accredited by the British Psychological Society (BPS).</p> <p>With the shifting emphasis in governance and health-related policy papers, health psychology continues to grow in popularity.</p> <p>Communities are dynamic and always changing, so our understanding and support of health, wellbeing and behavioural changes needs to be considerate of all diverse groups. On our BPS accredited MSc Health Psychology course, you will study a range of techniques and methods, ensuring you graduate with the skills you need to be a competent, knowledgeable health psychology practitioner.</p> <p>What's covered in the course?</p> <p>We will provide you with a detailed understanding of the key theoretical and applied issues in health psychology. These include the key psychological theories and applications which support behaviour change, addressing disease prevention and enhancing health and wellbeing, managing health, health promotion and health interventions, and self-reflection on your own learning and development.</p> <p>Contemporary health issues will be put into context at local, national and international levels, exposing you to issues which cover the globe as well as local areas.</p> <p>You'll be taught how to submit a research ethics proposal, which will address a health issue with the use of psychology. You will also learn how to complete a mini systematic review, which will provide a rationale for your health psychology project, and how to evaluate and conduct analysis. You will also enhance your skills in communication, presentation and group work.</p>

7	Course Awards		
7a	Name of Final Award	Level	Credits Awarded
	Master of Science Health Psychology	7	180
7b	Exit Awards and Credits Awarded		
	Postgraduate Certificate Health Psychology	7	60
	Postgraduate Diploma Health Psychology	7	120

8	Derogation from the University Regulations
	<ol style="list-style-type: none"> 1. Compensation of marginally failed modules is not permitted. 2. Condonement of failed modules is not permitted.

9	Delivery Patterns			
	Mode(s) of Study	Location(s) of Study	Duration of Study	Code(s)
	Full Time	City Centre	1 year	PT0771
	Part Time	City Centre	2 years	PT0770

10	Entry Requirements
	<p>The admission requirements for this course are stated on the course page of the BCU website at https://www.bcu.ac.uk/.</p>

11 Course Learning Outcomes	
Knowledge and Understanding	
1	Advanced systematic knowledge of historical and current developments of theoretical constructs, approaches and evidence base in health psychology and interrelatedness to cognate disciplines in its application.
2	Advanced understanding of health psychology cutting-edge empirical research in its application to health initiatives, promotion, and education which addresses contemporary government health priorities and authentic health issues (local, national and international) over the lifespan.
3	Advanced knowledge of quantitative, qualitative and mixed methods research in your application to health psychology research enquiry.
4	Advanced understanding of the physiology of health and illness across the lifespan.
5	Detailed understanding of ethical, legal, and practice frameworks and legal and statutory obligations and restrictions which govern practitioner and scholarly work in health and applied health psychology in the UK, Europe, and further internationally.
6	Detailed knowledge and understanding of skills involved when working with a range of clients over the lifespan (cross-cultural perspectives, gender differences, children and the role of the family in health and illness, and death, dying, and bereavement), management of acute and long-term conditions and impact of health services.
7	Detailed knowledge and understanding of skills relevant to working with other health professionals and multidisciplinary teams when applying health psychology in practice and scholarly activity.
8	Advanced understanding of empirical research in its application of theoretical models to health-related behaviour and cognition and factors which may impact application.
9	Advanced knowledge of the process involved in selecting psychological interventions for behaviour change and measuring health outcomes.
10	Advanced understanding of psychometric issues relating to development of outcome measures in health psychology.
11	Advanced understanding of the developing skills and competencies required for professional identity and work of a trainee and chartered health psychologist.
Intellectual Skills	
1	Critically evaluate current knowledge, theory and evidence base in the application of health psychology.
2	Critically appraise the limits of health psychology in its application and inter-relatedness to cognate disciplines.
3	Synthesise health psychology cutting-edge research in its application to authentic contemporary health issues.
4	Critically appraise competing relevant research methodologies and their utility in health psychology research enquiry.
5	Critical approach to evaluating restrictions and limitations placed on health and applied health psychology in the UK, Europe, and further internationally.
6	Synthesise skills required for work with clients, and groups across the lifespan and multidisciplinary teams in health contexts.
7	Critical evaluation of factors which impact and limit the application of health psychology models to health behaviour and cognition.
8	Compare and contrast psychology interventions and limits of application to behaviour change and measuring health outcomes.
9	Critical appraisal of psychometric issues and assessments in assessing outcome measures in health psychology.

10	Synthesise the skills and knowledge required for the professional identity and work of trainee and chartered health psychologists and how these differ to allied health professions and research where psychology is applied to health issues.
11	Demonstrate initiative and novel argument in addressing contemporary health issues in practice locally, nationally, and internationally.
Subject/Professional/Practical Skills	
1	Apply theoretical grounded practical intervention skills to address health psychology issues.
2	Apply knowledge of relevant research methodologies and enquiry to a health grant proposal.
3	Apply skills required to conduct and complete a mini-systematic review in the context of health psychology.
4	Apply relevant skills required to plan, propose, conduct and complete an empirical project in health psychology and write-up for publication.
5	Apply knowledge to the formulation and assessment of a health issues and how this informs a health psychology intervention.
6	Develop and apply advanced quantitative research techniques to health psychology data.
7	Develop and apply advanced qualitative research technique to health psychology data.
8	Develop and apply critical self-reflective and reflexive skills to clients/patients/service users and multidisciplinary teams.
9	Apply relevant ethical, legal and professional practice frameworks (BPS, HCPC) to practice and research.
10	Critically reflect on and synthesise health psychology knowledge and skills in developing professional identity as a trainee health psychologist.
11	Develop and apply critical self-reflection and reflexivity and capabilities relevant to progression to health psychology practice, work or scholarship in the health sector.
Transferable Skills and other Attributes	
1	Fully competent as an independent and autonomous life-long learner.
2	Proficient self-critical, reflective, and reflexive skills to support continued engagement in professional development and working with others.
3	Proficiency in advanced research methods and techniques at master's level.
4	Proficient use of software and skills to carry on with scholarly activity.
5	Collaborative work in teams and with supervisors.
6	Undertake independent research at master's level.
7	Competence in the use of databases, searches, and using a variety of learning resources.
8	Competence in oral and written argument.
9	Confidence in problem-solving.
10	Provide argument, and synthesising of material in concise reporting.
11	Engage confidently in academic and professional communication, discussion and debate.
12	Manage time and organise work schedule which meet with deadlines.
13	Proficient in the skills required for the systematic synthesis of empirical work.
14	Confidence in engagement and active membership within the scientific community.

12	Course Requirements		
12a	Level 7: <i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 180 credits):</i>		
	Module Code	Module Name	Credit Value
	PSY7062	Application of Health Psychology Models	20
	PSY7063	Health Psychology over the Lifespan	20
	PSY7064	Applied Research Methods in Health Psychology 1	20
	PSY7065	Psychological Interventions and Behaviour Change	20
	PSY7066	Applied Research Methods in Health Psychology 2	20
	PSY7067	Professional Development in Health Psychology	20
	PSY7068	Health Psychology Dissertation	60

12b Structure Diagram

Full Time Structure and Attendance

Full-time students will be expected to attend 2 days/week

SEMESTER ONE	SEMESTER TWO	SEMESTER THREE
Applied Research Methods in Health Psychology 1 (20 credits)	Psychological Interventions and Behaviour Change (20 credits)	
Application of Health Psychology Models (20 credits)	Applied Research Methods in Health Psychology 2 (20 credits)	
Health Psychology over the Lifespan (20 credits)	Professional Development in Health Psychology (20 credits)	
Health Psychology Dissertation (60 credits)		

Part Time Structure and Attendance

Part Time students will be expected to attend 1 day/week

Year one

SEMESTER ONE	SEMESTER TWO	SEMESTER THREE
Applied Research Methods in Health Psychology 1 (20 credits)	Applied Research Methods in Health Psychology 2 (20 credits)	
Application of Health Psychology Models (20 credits)	Psychological Interventions and Behaviour Change (20 credits)	

Year two

SEMESTER ONE	SEMESTER TWO	SEMESTER THREE
Health Psychology over the Lifespan (20 credits)	Professional Development in Health Psychology (20 credits)	
Health Psychology Dissertation (60 credits)		

13 Overall Student Workload and Balance of Assessment

Overall student *workload* consists of class contact hours, independent learning and assessment activity, with each credit taken equating to a total study time of around 10 hours. While actual contact hours may depend on the optional modules selected, the following information gives an indication of how much time students will need to allocate to different activities at each level of the course.

- *Scheduled Learning* includes lectures, practical classes and workshops, contact time specified in timetable
- *Directed Learning* includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning
- *Private Study* includes preparation for exams

The *balance of assessment* by mode of assessment (e.g. coursework, exam and in-person) depends to some extent on the optional modules chosen by students. The approximate percentage of the course assessed by coursework, exam and in-person is shown below.

Level 7

Workload

% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	188
Directed Learning	600
Private Study	1012
Total Hours	1800

Balance of Assessment

Assessment Mode	Percentage
Coursework	99%
Exam	
In-Person	1%