

25611 - Health psychosociology

Syllabus Information

Academic Year: 2019/20

Subject: 25611 - Health psychosociology

Faculty / School: 127 - Facultad de Ciencias de la Salud

Degree: 275 - Degree in Physiotherapy

ECTS: 9.0

Year: 2

Semester: Annual

Subject Type: Basic Education

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The learning process that has been designed for this subject is based on the following basis:

The participatory methodology allows the student to experience in a learning situation, the importance of individual responsibility and their integration to a work team. Both facets are necessary for their future professional performance and even more in the field of health.

4.2.Learning tasks

The course includes the following learning tasks:

- **Lectures** on the contents of the subject by the teacher with special emphasis on the operational definitions, the elements of analysis, the different theoretical perspectives and the applied consequences that are inferred from them. The master class in this context tries to provide the student with an organized and critical synthesis of information.
- **Participation in the classroom** in different group situations small group, a complete group on the topics addressed in the expository activities and with different format eg. Discussion groups, role-playing, debates. In

this sense, teaching activities involve a more practical and applied approach to the subject. Participation in class stimulates theoretical expositions, helps peers to better understand and guides the teacher towards issues that are more difficult to assimilate.

- **Research/project** on an aspect of the contents of the subject, presenting it in written and oral form in the class group. The teams will choose a topic that is part of the contents of the program to investigate and deepen it, looking for a practical application in the workplace. The deadline for delivery of the inform, in its written and oral format, will be agreed with the teacher at the beginning of the quarter. As well, that phases and dates of the process included tracking the activity.
- **Tutorials:** develop the meaningful construction of knowledge through the interaction of the student with the teacher. They are a personalized meeting space that facilitates communication and coordination between the student and the teacher.
- **Autonomous work and study** Through reading and active work of re-elaboration and restructuring of knowledge, the student must be responsible in a progressively autonomous way to understand the concepts of the subject and achieve the expected learning outcomes.

4.3.Syllabus

The course will address the following topics:

- INTRODUCTION: Social psychology as a discipline of social interaction (not evaluable)
- Module 1: PSYCHOSOCIAL NEEDS
- Module 2: BASIC PSYCHOSOCIAL PROCESSES
 - a) Social perception: the perception of health and disease
 - b) Social cognition: stereotypes, prejudice, and discrimination
- Module 3: COMMUNICATION
 - a) Concepts and dimensions
 - b) Social Skills
 - c) Patient- health professional interaction
- Module 4: GROUP WORK (multidisciplinary team)
 - a) Group structure: roles, status, cohesion, standards
 - b) Leadership
 - c) Decision-making group process
 - d) Conflict management
- Module 5: SOCIAL PSYCHOLOGY AND WELLBEING
 - a) Lifestyle and health
 - b) Stress, psychosocial analysis
 - c) Quality of life-related to health

4.4.Course planning and calendar

Schedule of face-to-face sessions and presentation of works:

- Lectures: 2 hours a week throughout the course
- Practical group classes: 2 hours per week during the first semester
- Exhibition work: during the first four-month period
- Delivery of group theoretical and practical work: February
- Test of theoretical and practical knowledge: June

4.5.Bibliography and recommended resources