



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University Electronics City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Certificate Course Report 2020-2021

Title of the Course: Health Psychology

Date of Commencement: 22.2.2021/20.3.2021

Course Facilitator: Prof. Lakshmi Balakrishnan and Prof. Augustin Joseph M

Course Objectives:

- The aim of the course is to focus on the health promotion and health maintenance.
- It focuses on stress and the health and its relation.
- It even aims to focus on the modification and the enhancement of behaviors of the individuals.

Course Structure:

Health Psychology is an emerging concept in the field of Psychology. The course is structured mainly focusing on the quick and easy grasping of the concepts of the students. Health Psychology is a field which not only focusing on the physical state, but the psychological, physical and the emotional state of people. The course involves various concepts covering from the basic definition of Health, domains of health, the basic perspectives of health to the health enhancing behaviour of individuals. As other fields of Psychology are important, Health Psychology is also considered to be one of the important field.

It is very evident that Health Psychology as a subject is very important and learning this course will ensure a promising career in various hospitals and Rehabilitation centres. This course comprises topics that will discuss the in- depth concepts in the field of Health Psychology and ensure that the students have even a practical knowledge in the field of Health and Psychology.

Assessment Scheme

Module – I	Module – II	Module - III
Class Videos - 7	Class Videos - 7	Class Videos - 7
Assignment – 2	Assignment – 2	Assignment – 2
Online Quiz - 1	Online Quiz - 1	Online Quiz – 1

SI. NO.	Activities	Marks
1	Attendance	75% compulsory
2	Assignments	10 marks
3	Quiz all 3 Modules	20 marks
4	Total Internal Examination	30 marks
5	Final Examination - Online Quiz	70 marks
6	Overall Marks (30+70)	100 marks

- The students should be informed about the modalities well in advance.
- A student attend 75% of the class will be eligible for writing examination.
- After completing Module, I, II and III of syllabus, assignment and quiz shall be given to understand the learning level of students.
- After completion of 100% syllabus a theory exam for 70 marks as external exam shall be conducted by the facilitator.
- The students attend both the internal and external exam and score 40% marks shall be considered for the course completion certificates.

Course Delivery:

Health Psychology the certificate course, started on 22nd February 2021 to 20th March 2021. Prof. Lakshmi Balakrishnan and Prof Augustin Joseph was the course facilitators. The course duration was 30 hours and it was conducted in online platform with the help of google classroom and G-meet. Nearly 30 students enrolled for this course and completed the course by the month of March successfully. Their theoretical understanding and practical experience were systematically

assessed after completing the syllabus. For assessing their theoretical understanding, 30 marks were allotted while 70 marks were allotted for assessing their practical experience.

Outcomes:

- To get a better understanding of how to maintain and promote health of individuals.
- A better glance of how stress is related to health.
- A detailed view of how one can modify and enhance the behaviors of people.

Payal
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Name

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