

BEHV 0008 PSYCHOLOGICAL FOUNDATIONS OF HEALTH (WSTC)

Credit Points 10

Legacy Code 900123

Coordinator Mitzi Crawford (<https://directory.westernsydney.edu.au/search/name/Mitzi Crawford/>)

Description This subject provides an introduction to the psychology of health and behaviour relevant to understanding patient health decisions and outcomes. You will be introduced to psychology and health to understand the tradition and relevance of psychology to nursing. This subject also includes foundation topics such as models of health and illness, health-behaviour change models, risk-taking behaviour, stress and health, learning and conditioning, personality and health, human development over the lifespan, death and dying, as well as group dynamics in health. These topics are offered as basic principles, theories, and models of psychology related to health behaviours, future learning, and professional practice in nursing.

School Western Sydney The College

Discipline Psychology

Student Contribution Band HECS Band 1 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 0 Preparatory subject

Restrictions

This subject is only available to College students enrolled in the Undergraduate Preparation Programs.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Apply basic terminology, principles, theories, and models of psychology to account for health decisions and behaviours
2. Reflect on personal health decisions and behaviour and relate this to psychological principles introduced in this unit
3. Demonstrate a foundational understanding of individual and group differences and the impact of these when working with people from diverse backgrounds
4. Effectively present thoughtful, considered views, arguments and information in written and oral formats

Subject Content

- Introduction to psychology and health
- Models of health and illness
- Health-behaviour change models
- Risk-taking behaviours
- Stress and health
- Learning and conditioning
- Personality and health
- Human development
- Death and dying
- Group dynamics in health

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Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Presentation	Part A: 500 words –20% Part B: 5 minutes Individual – 20%	40	N	Individual	N
Reflection	300-500 words	30	N	Individual	N
Quiz	60 minutes	30	N	Individual	N

Teaching Periods

Autumn Block 3 (2025)

Nirimba Education Precinct

On-site

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View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV0008_25-AB3_BL_1#subjects)

Spring Block 3 (2025)

Campbelltown

On-site

Subject Contact Mitzi Crawford (<https://directory.westernsydney.edu.au/search/name/Mitzi Crawford/>)

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV0008_25-SB3_CA_1#subjects)

Liverpool

On-site

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View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV0008_25-SB3_LP_1#subjects)

Summer Block 1 (2025)

Campbelltown

On-site

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Liverpool

On-site

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