

**Maulana Abul Kalam Azad University of Technology, WB**  
**(Formerly known as West Bengal University of Technology)**  
**Syllabus of B.Sc. in B.Sc. in Psychology**  
**Effective from academic session 2023-24**

**Semester-VIII**

**Course Name: HEALTH PSYCHOLOGY**

**Mode: Offline**

**Credits: 5**

**BSCPYPY-801**

**Aim of the Course:** The aim is to achieve basic concept of Health psychology, the models of Health Psychology; helping behavior in paramedical areas, stress, and Lifestyle disorders psychological correlates of the same; health promoting and health damaging behaviors.

**Course Objectives:** The course is aimed to build knowledge in meaning, nature, and scope of Health Psychology. The students should be able to explain the models of Health Psychology. They should be able to demonstrate the helping behavior in paramedical areas. They should have a clear conception about the stress and their nature, models, determinants, causes, and consequences. And upon completion of this course, students should know about the concept of Lifestyle disorders (Cardiovascular, diabetes, respiratory problems, gastrointestinal problems) and psychological correlates of the same as well as health promoting and health damaging behaviors.

<b>Sl</b>	<b>Graduate attributes</b>	<b>Mapped modules</b>
CO1	The student will get an introduction to Health Psychology.	<b>M1</b>
CO2	The student shall learn the models of Health Psychology.	<b>M2</b>
CO3	The student must comprehend the idea of helping behavior in paramedical areas.	<b>M3</b>
CO4	The Students should have a comprehensive understanding on Stress.	<b>M4</b>
CO5	The students will get the knowledge of Lifestyle disorders	<b>M5</b>

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**Learning Outcome/ Skills:**

The candidates should have a comprehensive understanding in building knowledge of the meaning, nature, and application of health psychology is the goal of the course. The health psychology models ought to be explicable to the students. It should be possible for them to exhibit the helpful behaviour in paramedical domains. They ought to be well-aware of the nature, models, determinants, causes, and effects of stress. Students should also understand the idea of lifestyle illnesses (diabetes, cardiovascular disease, respiratory issues, gastrointestinal issues), as well as the psychological underpinnings of these conditions and behaviours that either promote or impede health, after completing this course.

<b>Module Number</b>	<b>Content</b>	<b>Total Hours</b>	<b>% of questions</b>	<b>Bloom Level (applicable)</b>	<b>Remarks, if any</b>
<b>THEORY</b>					
<b>M1</b>	Basic concept of health psychology	<b>15</b>	<b>20</b>	<b>1,2,3</b>	<b>NA</b>
<b>M2</b>	Different models of Health Psychology	<b>15</b>	<b>20</b>	<b>1,2</b>	<b>NA</b>
<b>M3</b>	Introduction to Stress and related	<b>15</b>	<b>20</b>	<b>1,2</b>	<b>NA</b>
<b>M4</b>	The concepts Lifestyle disorders	<b>15</b>	<b>20</b>	<b>1,2,3</b>	<b>NA</b>
<b>M5</b>	Health related behaviours	<b>15</b>	<b>20</b>	<b>1,2,3</b>	<b>NA</b>
<b>Total Theory</b>		<b>75</b>	<b>100</b>		
<b>TOTAL</b>		<b>75</b>			

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**Detailed Syllabus:**

**Module 1:Basic concept of health psychology**

Meaning, nature, and scope of Health Psychology

**Total Hours: 15**

**Module 2:Different models of Health Psychology**

Models of Health Psychology; helping behavior in paramedical areas

**Total Hours: 15**

**Module 3:Introduction to Stress and related**

Stress: nature, models, determinants, causes, consequences

**Total Hours: 15**

**Module 4:The concepts Lifestyle disorders**

Lifestyle disorders (Cardiovascular, diabetes, respiratory problems, gastrointestinal problems)

**Total Hours: 15**

**Module 5:Health related behaviour**

Psychological correlates of the same; health promoting and health damaging behaviors

**Total Hours: 15**

**Suggested Readings:**

- Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.
- Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.
- Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.)NY: Wiley.
- Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

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**Course Name: POSITIVE PSYCHOLOGY & STRESS MANAGEMENT**

**Mode: Offline**

**Credits: 5**

**BSCPYPY- 802**

**Aim of the Course:** The aim is to achieve basic concept of Positive Psychology, meaning in life: objectives and sources of meaning, happiness hypothesis: nature, concept, determinants in modern times and concept of Flow and stress management.

**Course Objectives:** The course is aimed to build knowledge meaning, nature and scope of Positive Psychology. The students should be able to explain the meaning in life: objectives and sources of meaning. They should be able to demonstrate happiness hypothesis: nature, concept, determinants in modern times. Upon the completion of the course, they will have a comprehensive understanding to the Concept of Flow as well as to the stress management.

<b>Sl</b>	<b>Graduate attributes</b>	<b>Mapped modules</b>
CO1	The student will get an introduction to Positive Psychology.	<b>M1</b>
CO2	The student shall learn the concept of Meaning in Life.	<b>M2</b>
CO3	The student must comprehend the idea of Happiness Hypothesis.	<b>M3</b>
CO4	The students should have a concept of Flow	<b>M4</b>
CO5	The students will get the knowledge of stress management	<b>M5</b>

**Learning Outcome/ Skills:**

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The candidates should have a comprehensive understanding in building knowledge in Learning about the nature, significance, and application of positive psychology is the goal of the course. The students need to be able to articulate the purposes and sources of meaning in life. They should be able to illustrate the nature, concept, and contemporary factors of happiness hypothesis. They will have a thorough understanding of both stress management and the concept of flow after completing the course.

Module Number	Content	Total Hours	% of questions	Bloom Level (applicable)	Remarks, if any
<b>THEORY</b>					
M1	Basic concept of positive psychology	15	20	1,2,3	NA
M2	Meaning in life	15	20	1,2	NA
M3	Happiness Hypothesis	15	20	1,2,3	NA
M4	The introduction to Concept of Flow	15	20	1,2,3	NA
M5	Understanding to stress management	15	20	1,2,3	NA
<b>Total Theory</b>		<b>75</b>	<b>100</b>		
<b>TOTAL</b>		<b>75</b>			

**Detailed Syllabus:**

**Module 1: Basic concept of positive psychology**

Meaning, nature, and scope of Positive Psychology

**Total Hours: 15**

**Module 2: Meaning in life**

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Meaning in life: objectives and sources of meaning

**Total Hours: 15**

**Module 3:Happiness Hypothesis**

Happiness Hypothesis: nature, concept, determinants in modern times

**Total Hours: 15**

**Module 4:The concepts Lifestyle disorders**

Lifestyle disorders (Cardiovascular, diabetes, respiratory problems, gastrointestinal problems)

**Total Hours: 15**

**Module 5:Understanding to stress management**

The concept of stress management

**Total Hours: 15**

**Suggested Readings:**

- Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.
- Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
- Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
- Snyder, C.R., &Lopez,S.J.(2007). Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
- Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.
- Dolan, Paul. (2019). Happy Ever After. Allen Lane