



Faculty of Arts and Social Sciences  
Psychology

## Syllabus

### Positive Psychology and Health

<b>Course Code:</b>	PSGB05
<b>Course Title:</b>	Positive Psychology and Health <i>Positiv psykologi och hälsa</i>
<b>Credits:</b>	15
<b>Degree Level:</b>	Undergraduate level
<b>Progressive Specialisation:</b>	First cycle, has less than 60 credits in first-cycle course/s as entry requirements (G1F)

**Major Field of Study:**  
PSA (Psychology)

#### Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2017-09-13, and is valid from the Spring semester 2018 at Karlstad University.

#### Prerequisites

At least 15 ECTS credits completed for the course PSGA34 Psychology A: An Overview 30 ECTS cr, or at least 15 ECTS cr completed for PSGA38 Psychology: Foundations 30 ECTS cr, or equivalent.

#### Learning Outcomes

Module 1 Positive Psychology and Well-Being (7.5 ECTS cr)

Upon completion of the course, students should be able to

1. give an account of central concepts and theories in positive psychology,
2. analyse psychological phenomena in relation to positive psychology theories,
3. describe central research results on subjective well-being determinants,
4. give an account of and evaluate strategies for influencing subjective well-being, and
5. give an account of how knowledge of positive psychology can be applied in daily life and work.

Module 2 Stress, Health and Coping (7.5 ECTS cr)

Upon completion of the course, students should be able to

1. describe and explain psychological models for health, coping, and health behaviour,
2. describe and give an account of current research and central health psychology theories,
3. give an account of and evaluate evidence-based strategies to manage stress and improve resilience, and
4. explain and analyse situations in daily life in relation to health psychology research and suggest appropriate interventions.

#### Content

Module 1 Positive Psychology and Well-Being (7.5 ECTS cr)

The module deals with the foundations of positive psychology and subjective well-being. On the basis

of the central concepts and theories of positive psychology students acquire understanding of human psychological resources and competences. A research perspective on factors contributing to well-being and life quality is presented. Strategies for subjective well-being are presented and applied. Instruction is in the form of lectures, field experiments, workshops and group discussions. Students are also expected to seek relevant articles in current areas

#### Module 2 Stress, Health and Coping (7.5 ECTS cr)

The module deals with central concepts and theories in the field of health psychology and students learn about the phenomena of stress, health, coping and resilience. The relation between physical and psychological health and common risk and health promoting factors are treated. Different examples of applying health psychological knowledge are presented and its suitability discussed. Current social issues are discussed in terms of the concepts and theories of health psychology.

#### **Reading List**

See separate document.

#### **Examination**

##### Module 1 Positive Psychology and Well-Being (7.5 ECTS cr)

Assessment is based on mandatory field experiments with individual hand-in assignments, presented and discussed in mandatory seminars.

##### Module 2 Stress, Health and Coping (7.5 ECTS cr)

Assessment is based on mandatory field experiments with individual hand-in assignments, presented and discussed in mandatory seminars.

#### **Grades**

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

#### **Quality Assurance**

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

#### **Course Certificate**

A course certificate will be provided upon request.

#### **Additional information**

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.