

**KEY PROGRAMME INFORMATION**

<b>Originating institution(s)</b> Bournemouth University	<b>Faculty responsible for the programme</b> Faculty of Science and Technology
<b>Final award(s), title(s) and credits</b> MSc Health Psychology (180 credits)	
<b>Intermediate award(s), title(s) and credits</b> PG Diploma Health Psychology (120 credits) PG Certificate Health Psychology (60 credits)	
<b>UCAS Programme Code(s) (where applicable and if known)</b> <a href="#">Click here to enter text.</a>	<b>HECoS (Higher Education Classification of Subjects) Codes</b> 100497 Psychology 100985 Health Psychology
<b>External reference points</b> QAA benchmarks for undergraduate psychology degrees QAA benchmarks for Economic and Social Research Council (ESRC) National Framework for Higher Education Qualifications The UK Quality Code for Higher Education: Part A The British Psychological Society Standards for Accreditation of Masters and Doctoral Programmes in Health Psychology Health and Care Professions Council (HCPC) Standards of Proficiency – Practitioner Psychologists	
<b>Professional, Statutory and Regulatory Body (PSRB) links</b> The British Psychological Society (BPS) – Accreditation Through Partnership	
<b>Places of delivery</b> Bournemouth University, Talbot Campus	
<b>Mode(s) of delivery</b> Full-Time Part-Time	<b>Language of delivery</b> English
<b>Typical duration</b> 12 months (FT) 24 months (PT)	
<b>Date of first intake</b> September 2019	<b>Expected start dates</b> September
<b>Maximum student numbers</b> Not applicable	<b>Placements</b> Mandatory equivalent of a minimum of 1 week (35 hours) completed in one stretch or spread out over several weeks. Non-credit bearing. Context: A health psychology related academic, clinical, or public health setting.
<b>Partner(s)</b> Not applicable	<b>Partnership model</b> Not applicable
<b>Date of this Programme Specification</b> November 2023	
<b>Version number</b> v1.6-0925	

## Programme Specification – Section 1

**Approval, review or modification reference numbers**

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EC 2122 77

EC 2223 02

[FST2324 08, approved 22/11/2023, previously v1.5](#)

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## Programme Specification – Section 1

### Programme Structure

Programme Award and Title: MSc Health Psychology									
<b>Stage 1/Level 7</b> Students are required to complete all 8 core units.									
Unit Name	Core/Option	No of credits	Assessment Element Weightings			Expected contact hours per unit	Unit version no.	HECoS code(s) (plus, balanced or major/minor load)	
			Exam 1	Cwk 1	Cwk 2				
Stress and Developmental Influences on Health and Illness	C	20		30	70	20	2.2	100497	100985
Health Related Cognitions, Behaviours and Beliefs	C	20	70	30		20	2.1	100497	100985
Experience of Chronic Illness and Delivery of Healthcare	C	20	50	50		20	2.2	100497	100985
Digital Methods and Data Skills	C	20		50	50	20	1.0	100497	
Advanced Quantitative Methods	C	20	25	75		20	1.0	100497	
Advanced Research Methods	C	20		50	50	20	2.1	100497	
Research Project	C	60		100		60	2.2	100497	100985
Placement	C	0		P/F		6	1.0	100497	100985
<b>Progression requirements:</b> Not applicable									
<b>Exit qualification:</b> <b>PG Cert Health Psychology</b> requires 60 credits at Level 7 (40 credits of which must include the units Health Related Cognitions, Behaviours and Beliefs; and <i>either</i> Stress and Developmental Influences on Health and Illness <i>or</i> Experience of Chronic Illness and Delivery of Healthcare)									
<b>PG Cert Psychology and Health</b> requires 60 credits at Level 7 (20 credits of which must include the unit Health Related Cognitions, Behaviours and Beliefs)									
<b>PG Dip Health Psychology</b> requires 120 credits at Level 7 (60 credits of which must include the following units: Health Related Cognitions, Behaviours and Beliefs; Advanced Research Methods; and <i>either</i> Stress and Developmental Influences on Health and Illness <i>or</i> Experience of Chronic Illness and Delivery of Healthcare)									
<b>MSc Health Psychology</b> requires 180 credits at Level 7 (and must also include the placement unit)									
<b>Placement:</b> Placement is mandatory and non-credit bearing. The duration of the placement is the equivalent of at least one week of full time work experience (35 hours) and takes place between the period May – end August, after the taught components of the course and alongside the Research Project.									

### AIMS OF THE DOCUMENT

The aims of this document are to:

- define the structure of the programme;
- specify the programme award titles;
- identify programme and level learning outcomes;
- articulate the regulations governing the awards defined within the document.

### AIMS OF THE PROGRAMME

The aims of this Masters programme in Health Psychology are to develop the appropriate knowledge base and practical skills required for students to become scientist practitioners working in health settings. Graduates of the programme will have reached Stage 1 training in Health Psychology as accredited by the British Psychological Society's (BPS), providing the basis for becoming a Chartered Member of the BPS. The specific aims of the programme are in accordance with the programme standards and core skills required by the BPS for an MSc in Health Psychology. The MSc programme in Health Psychology will complement the MSc programmes already available within the department and utilise the core teaching of units such as Advanced Research Methods and Advanced Statistics within the Department's existing postgraduate framework. It will adhere to the BPS curriculum guidelines in line with their accreditation requirements, drawing on the established expertise of behaviour change within the department. It will also take advantage of the flexibility within the BPS requirements to develop a programme with two unique selling points (USPs). The first USP is that of placement provision, currently offered by only very few MSc Health Psychology courses in the UK, making them some of the most popular courses. The department is well placed to offer a variety of placements, having good links with external placement providers (including NHS Trusts and clinicians, schools, and public health domains, as well as academic research placements). The second USP is the expertise offered in the subject area of stress and resilience across the lifecourse, and this child health psychology focus is not currently offered as a USP by any other MSc in the UK

Specifically, the aims of the programme at Bournemouth University are to provide students with:

- an advanced knowledge and understanding of Health Psychology theory and practice and of the application of health psychology across all aspects of health, illness and disability
- the ability to critique and develop analytical problem-based learning skills and transferable skills in preparation for postgraduate employment or further study in health psychology and beyond
- an enhanced development of interpersonal, evaluative, technical and creative skills to enable students to assess health issues and design appropriate health interventions
- advanced research skills and a sound understanding of their appropriate application within the scientist-practitioner context of health
- opportunities for collaborative learning, development of health professional skills required for both autonomous working and team work, including self-reflection and responsibility.

This MSc programme provides the first stage of training for becoming a Health Psychologist, equipping students with the necessary qualification to undertake stage two training in Health Psychology accredited by the Health and Care Professions Council (HCPC) for those wishing to pursue a career as a Practitioner Psychologist in Health. It also provides a potential route to undertake a PhD or Doctoral level study in a Health Psychology or related area and is a good grounding for increasing success in obtaining a place on a Doctorate Training Programme in Clinical Psychology. It also provides graduates more broadly with a sound training in health and psychology related skills that equip students for entering a number of professional avenues across academic, healthcare, and public health settings, including research psychologist positions, postdoctoral research in health psychology, and in a variety of medical settings.

### ALIGNMENT WITH THE UNIVERSITY'S STRATEGIC PLAN

The MSc Health Psychology programme is informed by and aligned with Bournemouth University's 2025 Vision and Strategy which has at its core the fusion of excellent teaching, world-class research and professional practice. The programme endorses the University's purpose to inspire learning, advance knowledge and enrich society; and its values of excellence, inclusivity, creativity and responsibility. Students are supported by academics with a wealth of professional practice experience, several of whom are Health Psychologists, Chartered with the BPS and Registered with Practitioner Psychologists with the HCPC (Health modality), and actively engaged in health related research. Academics delivering the programme are involved in cutting edge research, while students are expected to participate in a range of coursework activities and a compulsory placement that bridges theory and professional practice. The programme epitomises the concept of fusion with the application of the scientist-practitioner model, taking knowledge and learning into health and social settings with the goal of seeking to promote health and improve the experience of illness.

### LEARNING HOURS AND ASSESSMENT

Bournemouth University taught programmes are composed of units of study, which are assigned a credit value indicating the amount of learning undertaken. The minimum credit value of a unit is normally 20 credits, above which credit values normally increase at 20-point intervals. 20 credits is the equivalent of 200 study hours required of the student, including lectures, seminars, assessment and independent study. Twenty University credits are equivalent to 10 European Credit Transfer System (ECTS) credits.

The MSc programme has 180 credits. It is composed of 6 taught units with 20 credits (10 ECTS credits), which is equivalent 200 study hours per unit required of the student, including lectures, seminars, assessment and independent study. In addition, students are required to complete a MSc research project worth 60 credits (30 ECTS credits) and which is equivalent of 600 hours study time of which 60 hours are contact time. On the MSc Health Psychology students are also required to complete a zero credit placement unit composing of at least 35 hours or one working week either in one block or spread out over several weeks. This placement arrangement is modelled on the MSc Health Psychology placement provision provided at UCL, one of the most highly esteemed programmes in this field. The placement will take place towards the end of semester 2 any time from May through to the end of August, after appropriate skills have been covered on the taught components of the programme.

As a general rule, time devoted to assessment represents approximately 25% of the student learning time for a 20 credit unit (i.e. 50 hours), leaving the rest for specific programme-related activities, including lectures, seminars, preparatory work, practical activities, reading, critical reflection and independent learning. Students are expected to undertake a lot of independent working and some self-directed working across the programme as a whole.

Of the time devoted to assessment, every 10 hours of student effort is equivalent to approximately 1,000 words of coursework or 1 hour of examination. Therefore, as a guideline, a 20-credit unit would normally require the equivalent of approximately 3,000 words in total (e.g. 1,000 words of written coursework and a 2 hour unseen examination depending on the requirements of the unit).

Students with additional learning needs will be considered by Additional Learning Support (ALS) on a case-by-case basis. If required, a BU "Reasonable Adjustment for Students" request will be made to the Programme Leader (requesting things such as the provision of course materials in advance of the lecture, extra time in written examinations, to record lecture content etc.). The course has been designed to be flexible in this regard. Wheelchair access to the lecture theatres, seminar rooms and the library is provided.

### STAFF DELIVERING THE PROGRAMME

## Programme Specification - Section 2

Students will usually be taught by a combination of senior academic staff with others who have relevant expertise including, where appropriate according to the content of the unit, academic staff, and qualified professional practitioners. The core Health Psychology team will deliver the three specialist units of Stress and Developmental Influences on Health and Illness, Health Related Cognitions and Behaviours, and Experience of Chronic Illness and Delivery of Healthcare; common units that include statistical analysis and methods, research design and professional and transferable skills will be taught by academic staff with expertise in these areas. The unit covering Experience of chronic illness and the delivery of health care includes external visiting speakers from a range of health care professions of relevance to health psychology in order to provide students exposure to professionals with a diverse range of experiences of relevance to the discipline. The core Health Psychology teaching team have a strong background in health psychology research and practice and considerable experience between them in delivering successful MSc Health Psychology programmes and units at other Universities.

### INTENDED LEARNING OUTCOMES – AND HOW THE PROGRAMME ENABLES STUDENTS TO ACHIEVE AND DEMONSTRATE THE INTENDED LEARNING OUTCOMES

#### PROGRAMME AND LEVEL 7 INTENDED PROGRAMME OUTCOMES

<p><b>A: Subject knowledge and understanding</b></p> <p>This programme/level/stage provides opportunities for students to develop and demonstrate knowledge and understanding of:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme/level learning outcomes:</p>
<p><b>A1</b> Theories and models in health psychology and their application to health and illness across the lifespan;</p> <p><b>A2</b> Theory and application in health cognitions and changing health behaviour</p> <p><b>A3</b> Stress and developmental influences on health and illness</p> <p><b>A4</b> The experience of chronic illness and delivery of healthcare within the contemporary cultural and political climate</p> <p><b>A5</b> Context, perspectives, values and evidence in health psychology research and practice</p> <p><b>A6</b> Research approaches, methods, design and analysis in health psychology</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lecture-seminars (A1 – A5)</li> <li>• Directed reading (A1 – A5)</li> <li>• Workshops (A6)</li> <li>• independent research (for research Project) (A6).</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Coursework assignments (A1 – A6)</li> <li>• Unseen exams (A1 – A5)</li> <li>• Research Project (A5)</li> </ul>
<p><b>B: Intellectual skills</b></p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to</p>

## Programme Specification - Section 2

This programme/level/stage provides opportunities for students to:	demonstrate the programme/level outcomes:
<b>B1</b> Develop a systematic understanding of knowledge needed for academic study at Masters level; <b>B2</b> Critically evaluate current theory, models and practice <b>B3</b> Synthesise information from a number of sources in order to gain a coherent understanding of theory and practice; <b>B4</b> Evaluate and critique methodologies, proposing new solutions and practices where appropriate <b>B5</b> Manage complexity, uncertainty and ambiguity	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lecture-seminars (B1 – B5)</li> <li>• Directed reading (B1 – B5)</li> <li>• Independent research for research Project</li> <li>• (B1 - B5)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Coursework assignments (B1 - B5)</li> <li>• Exams (B1 - B5)</li> <li>• Research Project (B1 - B5)</li> </ul>
<b>C: Practical skills</b>  This programme/level/stage provides opportunities for students to:	The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme/level learning outcomes:
<b>C1</b> Correctly select, evaluate and apply a range of relevant research techniques, statistical and experimental methods, including the skills to conduct and report a systematic review <b>C2</b> Plan, initiate, design, conduct and report a piece of original health psychology research <b>C3</b> Be able to apply problem-solving strategies and techniques <b>C4</b> Develop skills in research governance and ethics <b>C5</b> Develop professional skills of managing time effectively, prioritizing work, multi-tasking and coping under pressure <b>C6</b> Communicate topics in a professional manner suitable for a wide range of audiences including academic, non-academic, across a range of formats (e.g. written, oral, group and individual) <b>C7</b> Obtain preliminary skills in the design of health interventions	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lecture-seminars (C1-C6)</li> <li>• Workshops (C1-C7)</li> <li>• Independent research for research Project (C1-C2)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Coursework assignments (C1-C7)</li> <li>• Unseen exam (including problem-based answers) (C3 – C7)</li> <li>• Research Project (C1 – C2)</li> </ul>
<b>D: Transferable skills</b>	The following learning and teaching and assessment strategies and methods enable students to achieve and to

## Programme Specification - Section 2

This programme/level/stage provides opportunities for students to:	demonstrate the programme/level learning outcomes:
<p><b>D1</b> Demonstrate competence in the effective communication of ideas and findings through oral, written and visual means</p> <p><b>D2</b> Perform effectively and professionally when working in collaboration with others;</p> <p><b>D3</b> Develop the style and skills of working within a problem-solving scientist-practitioner framework including the professional skill of self-reflection</p> <p><b>D4</b> Deploy a range of interpersonal skills including effective listening, negotiating, persuasion and presentation;</p> <p><b>D5</b> Demonstrate openness and sensitivity to diversity in respect to people, cultures and politics</p> <p><b>D6</b> Manage their own motivation, tasks and behaviour in enterprising, innovative and professionally appropriate ways; and demonstrate initiative, self-direction and personal responsibility in learning and research</p> <p><b>D7</b> Use a variety of appropriate information technology and social media</p> <p><b>D8</b> Collect, select, and analyse a range of experimental and fieldwork data</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lecture-seminars (D1 – D8)</li> <li>• Directed reading (D1- D8)</li> <li>• Placement (D1 – D7)</li> <li>• Use of the VLE (D7)</li> </ul>
	<p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• coursework assignment (D1 – D8)</li> <li>• Unseen examinations (D1, D3)</li> <li>• Research Project (D1- D8)</li> <li>• Placement reflective diary (D1-D7)</li> </ul>
<p>Note: For PG Cert Health Psychology approximately one third of these intended programme outcomes would be expected; and for PG Dip Health Psychology approximately two thirds would be expected, commensurate with the credit bearing units taken.</p>	

## ADMISSION REGULATIONS

Please refer to the course website for further information regarding admission regulations for this programme: [MSc Health Psychology | Bournemouth University](#)

## ASSESSMENT REGULATIONS

The assessment regulations for this MSc programme are the University's Standard Postgraduate Assessment Regulations. However, the following approved exception applies:

in accordance with the professional accreditation body for Stage 1 MSc Health Psychology qualifications, The British Psychological Society (BPS), who are the relevant PSRB for this programme, in addition to requiring the pass mark for all credit bearing units on this programme to be 50% (standard), also specifies that **no compensation across modules [units] is permissible** (BPS Standards for Accreditation of Masters and Doctoral Programmes in Health Psychology, section 1.4.2 (page 10) published October 2017):

*Section 1.4.2 Accredited postgraduate programmes must stipulate a minimum pass mark of 50 per cent for all modules that contribute to the accredited award where quantified marking is employed. No compensation across modules is permissible.* Source: [www.bps.org.uk/partnership](http://www.bps.org.uk/partnership)

This does not impact on the BU Standard Regulation in relation to the assessment pass mark.

The University's Standard Postgraduate taught assessment programme regulations are available under the following link:

<https://intranet.bournemouth.ac.uk/pandptest/6a-standard-assessment-regulations-postgraduate.pdf>

In cases where students have prior postgraduate training and/or work experience that is directly relevant to the taught units and might be considered equivalent to that being covered on the unit, consideration of exemption on a particular unit will be given under Accreditation of Prior Learning (APL) on a case-by-case basis.

Consistent with the Academic Regulations, Policies and Procedures that govern the University's academic provision, this programme has multiple exit routes (PG Cert, PG Dip, MSc).

## WORK BASED LEARNING (WBL) AND PLACEMENT ELEMENTS

One compulsory work based placement of at least 35 hours (i.e. equivalent of one week of full time work) in a health psychology related context is required on this MSc. Students will be able to complete this in one stretch or spread it out over several weeks. Placements will be in academic, clinical or public health settings. The placement component is compulsory but zero credit bearing, requiring the submission of a 500-word placement report (reflective diary account) using the template provided. The placement supervisor (i.e. the supervisor on location and acting as line manager on placement) will be asked to complete a brief report with a summative assessment and open-ended qualitative responses assessing the student's performance. Students will also have the opportunity to contribute to the assessment form and this will be used as the basis for their discussion with the programme team. Preparation for placements will be initiated early in semester 1 with placements allocated by May of each year. In addition to placements being offered and assigned, students can suggest their own placement subject to approval by the team.

## Programme Skills Matrix

Units		Programme Intended Learning Outcomes																									
		A 1	A 2	A 3	A 4	A 5	A 6	B 1	B 2	B 3	B 4	B 5	C 1	C 2	C 3	C 4	C 5	C 6	C 7	D 1	D 2	D 3	D 4	D 5	D 6	D 7	D 8
LEVEL 7	Stress and Developmental Influences on Health and Illness	X	X	X	X	X	X	X	X	X	X	X			X	X		X	X	X	X		X	X	X	X	
	Health Related Cognitions, Behaviours and Beliefs	X	X	X	X	X	X	X	X	X	X	X			X	X		X	X	X	X		X	X	X	X	
	Experience of Chronic Illness and Delivery of Healthcare	X	X	X	X	X	X	X	X	X	X	X	X		X	X		X	X	X	X		X	X	X	X	
	Advanced Research Methods						X	X		X	X	X	X	X	X	X		X	X	X					X	X	X
	Research Project	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Placement	X	X	X	X	X	X	X	X	X	X	X			X	X	X	X	X	X	X	X	X	X	X	X	
	Advanced Quantitative Methods						X	X				X	X	X	X		X	X		X					X	X	X
	Digital Methods and Data Skills						X	X		X	X	X	X	X	X	X	X	X		X					X	X	X

### A – Subject Knowledge and Understanding

This programme provides opportunities for students to develop and demonstrate knowledge and understanding of:

1. Theories and models in health psychology and their application to health and illness across the lifespan
2. Theory and application in health cognitions and changing health behaviour
3. Stress and developmental influences on health and illness
4. The experience of chronic illness and delivery of healthcare within the contemporary cultural and political climate
5. Context, perspectives, values and evidence in health psychology research and practice
6. Research approaches, methods, design and analysis in health psychology

### C – Subject-specific/Practical Skills

This programme provides opportunities for students to:

1. Correctly select, evaluate and apply a range of relevant research techniques, statistical and experimental methods, including the skills to conduct and report a systematic review
2. Plan, initiate, design, conduct and report a piece of original health psychology research
3. Be able to apply problem-solving strategies and techniques
4. Develop skills in research governance and ethics
5. Develop professional skills of managing time effectively, prioritizing work, multi-tasking and coping under pressure
6. Communicate topics in a professional manner suitable for a wide range of audiences including academic, non-academic, across a range of formats (e.g. written, oral, group and individual)
7. Obtain preliminary skills in the design of health interventions

### B – Intellectual Skills

This programme provides opportunities for students to:

1. Develop a systematic understanding of knowledge needed for academic study at Masters level;
2. Critically evaluate current theory, models and practice
3. Synthesise information from a number of sources in order to gain a coherent understanding of theory and practice
4. Evaluate and critique methodologies, proposing new solutions and practices where appropriate

### D – Transferable Skills

This programme provides opportunities for students to:

1. Demonstrate competence in the effective communication of ideas and findings through oral, written and visual means
2. Perform effectively and professionally when working in collaboration with others
3. Develop the style and skills of working within a problem-solving scientist-practitioner framework including the professional skill of self-reflection

<p>5. Manage complexity, uncertainty and ambiguity</p>	<p>4. Deploy a range of interpersonal skills including effective listening, negotiating, persuasion and presentation</p> <p>5. Demonstrate openness and sensitivity to diversity in respect to people, cultures and politics</p> <p>6. Manage their own motivation, tasks and behaviour in enterprising, innovative and professionally appropriate ways; and demonstrate initiative, self-direction and personal responsibility in learning and research</p> <p>7. Use a variety of appropriate information technology and social media</p> <p>8. Collect, select, and analyse a range of experimental and fieldwork data</p>
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