

## **MSc The Psychology of Health and Wellbeing Programme Specification**

<https://www.bradford.ac.uk/courses/pg/psychology-health-wellbeing/>

Academic Year: 2024/25

Degree Awarding Body: **The University of Bradford**

Final and interim awards: **Master of Science (Framework for Higher Education Qualifications level 7);  
Postgraduate Diploma (FHEQ Level 7); Postgraduate Certificate (FHEQ Level 7)**

Programme admissions: **September and January**

Programme duration: **12 months full-time (September entry) or 15 months full-time (January entry)**

Date last approved by Faculty Board: **April 2018; March 2019; August 2020, June 2022**

**Please note:** This programme specification has been published in advance of the academic year to which it applies. The curriculum may change, subject to the University's programme monitoring and review processes. Every effort has been made to ensure that the information is accurate at the time of publication, but changes may occur given the interval between publishing and commencement of teaching. Any change which impacts the terms and conditions of an applicant's offer will be communicated to them. Upon commencement of the programme, students will receive further detail about their course and any minor changes will be discussed and/or communicated at this point.

### **Minor Modification Schedule**

1. August 2018: Swapped semesters for PSY7018-B and PSY7014-B for 18/19 only
2. August 2020: Added January intake
3. September 2020: Specification made accessible and Covid-19 adjustments input.  
Moved PSY7021-B to semester 2
4. April 2021: Specification reformatted
5. June 2021: Annual changes for 2021 academic year
6. June 2022: Annual changes for 2022 academic year
7. May 2023: Annual changes for 2023/4 academic year
8. March 2024: Annual review for 2024/5 academic year

### **Introduction**

The scientific and empirical study of psychology at undergraduate and postgraduate levels allows the development of skills and knowledge relevant to a wide variety of careers and professions. The PG Cert/Dip/MSc in the Psychology of Health and Wellbeing is aimed at graduates with a first degree in psychology, or other suitable degree, who wish to specialise in the psychology of health and wellbeing. This programme specialises in providing high quality, research-led teaching to introduce students to advanced concepts in psychology that relate to health and well-being. It contains a diverse portfolio of modules that will cover core elements, theory and practical applications of clinical psychology, neuropsychology, health psychology and cognitive neuroscience. The programme will be taught by experienced academics and researchers, drawing on their own interests and research experience, providing relevant and current information in the area of psychology, health and wellbeing.

Throughout their studies, students will have opportunities to develop research and analytical skills, problem-solving capacities, in-depth knowledge of psychological theory and the personal and interpersonal skills needed for doctoral study or pursuing a career in professional psychology. Students will experience a range of teaching methods, including lectures, seminars, group work, and presentations, culminating in an independent empirical project. This course would be appropriate for those students who want to pursue careers in a range of health related careers, including; clinical psychology, health psychology, educational psychology, PhD training or other health related areas.

The Division of Psychology is located within the Faculty of Management, Law and Social Sciences and offers a number of programmes at both undergraduate and postgraduate level in addition to a buoyant research programme. Teaching excellence is a priority for the Faculty of Management, Law and Social Sciences (FMLSS), and several divisions hold QAA subject review scores at the top of the ranking scales. Teaching is informed and supported by a commitment to research; the departmental staff consists of researchers who bring expertise from their ongoing academic studies to the lectures and laboratory classes.

## **Programme Aims**

The programme is intended to:

- Apply psychological scientific principles generally, though specifically in understanding the mind, brain, behaviour and experience and the complex interactions between these in relation to health and wellbeing.
- present multiple perspectives and consider the inter-relationship of psychological knowledge in a way that demonstrates an ability to critically evaluate.
- evaluate the role of empirical evidence in the creation and constraint of theory as well as how theory guides the collection and interpretation of data.
- apply ethical principles and a range of research skills and methods to the investigation of experience and behaviour, culminating in the ability to conduct research independently.
- critically evaluate theory, research findings and recognise the transformative nature of psychology as well as its real-life applications.
- apply employability-related and personal transferable knowledge and skills to be able to progress to further advanced study in psychology or to move into employment or further study that do not require psychology subject specific skills.
- apply the principles of psychological literacy by demonstrating an awareness of self and others, developing the potential to become ethical, socially and environmentally responsible participants in their communities/society, beyond university and employment.

## **Programme Learning Outcomes**

### **Postgraduate Certificate in the Psychology of Health and Wellbeing**

To be eligible for the award of Postgraduate Certificate at FHEQ level 7, students will be able to:

1. Present a systematic and critical understanding of the scientific underpinnings of psychology as a discipline in relation to health and wellbeing, showing a comprehensive understanding that there are multiple perspectives within this field of study, and that psychology involves a range of research methods, theories and evidence.
2. Draw on knowledge at the forefront of contemporary health and wellbeing related psychology and be able to synthesise and apply knowledge originally when commenting on a range of influences on psychological behaviour, functioning and experience.
3. Critically evaluate the conceptual contribution of the core domains of psychology relevant to the field, including their application, perspectives and theories, and integrate them into new contexts.
4. Critically process, interpret and systematically evaluate quantitative and/or qualitative data.
5. Critically consider ethical issues in psychology in relation to health and wellbeing contexts.
6. Communicate effectively using a range of written, oral and visual means in order to present structured, coherent and evidence-based arguments.
7. Be computer literate for the purposes of furthering their own learning including an understanding and application of specialist psychological software.
8. Work individually and autonomously, and as part of a team showing a critical awareness of contextual and interpersonal factors.
9. Reflect critically and act autonomously in relation to academic and professional self-development.

### **Postgraduate Diploma in the Psychology of Health and Wellbeing**

Additionally, to be eligible for the award of Postgraduate Diploma at FHEQ level 7, students will be able to:

10. Present critical and conceptual understanding of multiple perspectives when problem solving within appropriate psychological domains.
11. Demonstrate a critical awareness of the reciprocal relationship between environment and behaviour.

## Degree of Master in the Psychology of Health and Wellbeing

Additionally, to be eligible for the award of Degree of Master at FHEQ level 7, students will be able to:

12. Present a systematic and critically evaluative literature review of contemporary psychological literature within the domain of psychological health and wellbeing.
13. Initiate, design, conduct and report an original empirically based research project under appropriate supervision including the generation of research hypotheses/research questions, that reflect psychological theories and concepts related to health and wellbeing, in relation to theories and concepts, and to demonstrate the ability to make decisions in complex situations.

### Programme Structure

This programme runs both full-time and part-time with intakes in the Autumn (September, Semester 1) and Spring (January, Semester 2). For the target award of masters, September intake students will complete this programme in 12 months study and January intake students will complete in 15 months study, undertaking 6 modules totalling 120 credits, and completing the 60 credit MSc Research Project module:

September Full-time Intake	January Full-time Intake
Semester 1 Modules	Pre-enrolment
Winter Holiday Period	
Semester 2 Modules & Dissertation Preparation	Semester 2 Modules
Summer Holiday Period & Dissertation	Summer Holiday Period
Dissertation Submission (September)	Semester 1 Modules & Dissertation Preparation
Graduation (Winter)	Dissertation
Studies completed	Dissertation Submission (March)
	Graduation (Summer)

### Curriculum

The curriculum may change, subject to the University's programme approval, monitoring and review procedures.

### Postgraduate Certificate and Postgraduate Diploma

Students will study key areas in the psychology of health and wellbeing. They will develop not only a strong theoretical background in health and wellbeing psychology but also a variety of practical skills required for working and/or further study in the field. Within a broadly biopsychosocial framework students will study key theories and concepts within health and wellbeing psychology, applications of and professional issues in clinical psychology, health, eating behaviour, neuropsychology, as well as studying a range of research methods relevant to the field.

External speakers from the field of psychology, health and wellbeing will be invited to talk to students within, for instance, the Putting Health into Context module. This will provide students with a broad knowledge of roles, research and theory in a number of areas within the field.

Module Code	Module Title	Module Type	Credit	Study Period	FHEQ Level
PSY7015-B	Food and Behaviour	Core	20	Sem 1	7
PSY7018-B	Neurocognitive Health	Core	20	Sem 1	7
PSY7027-B	Enhancing lifespan Psychological Wellbeing	Core	20	Sem 2	7
PSY7021-B	Advanced Psychological Research Methods	Option	20	Sem 1	7
PSY7004-B	Research Methods in Psychology	Option	20	Sem 1	7
PSY7017-B	Putting Health into Context	Core	20	Sem 2	7
PSY7014-B	Topics and Theoretical Issues in Clinical Psychology	Core	20	Sem 2	7

Students will be eligible to exit with the award of Postgraduate Certificate if they have successfully completed 60 credits and achieved the award learning outcomes.

Students will be eligible to exit with the award of Postgraduate Diploma if they have successfully completed at least 120 credits and achieved the award learning outcomes.

## Degree of Master

Furthermore, students will undertake an independent empirical project under close supervision, in an area specific to the psychology of health and wellbeing. Throughout their studies, students will have opportunities to develop research and analytical skills, problem-solving capacities, in-depth knowledge of psychological theory and personal and interpersonal skills.

Module Code	Module Title	Module Type	Credit	Sept. Intake Study Period	Jan. Intake Study Period	FHEQ
PSY7020-E	MSc Research Project in the Psychology of Health and Wellbeing	Core	60	Sem 2 & Sem 3	Sem 1 & Sem 2	7

Students will be eligible for the award of Degree of Master if they have successfully completed at least 180 credits and achieved the award learning outcomes.

## **Placement and Study Abroad**

This programme is not currently eligible for placement or study abroad opportunities.

## **Teaching, Learning and Assessment Strategies**

The teaching, learning and assessment strategies are based on the programme and module learning outcomes and the need for appropriate independent study at this level.

Teaching on the programme includes lectures, small group seminars, workshops and laboratory-based practicals. For instance, during lectures students will be encouraged to actively engage with the learning materials by taking part in group discussions, debates and problem-solving activities. Furthermore, in practical sessions students will take part in a number of activities, for example in Advanced Psychological Research Methods students will process and analyse quantitative and qualitative data. Whereas in Topics and Theoretical Issues in Clinical Psychology, practical sessions will involve taking part in experiential tasks to better understand clinical psychology.

Throughout all the modules, students will be encouraged to work collaboratively in groups and individually to enhance their learning. Modules are assessed by a variety of means including essays, exams, practical assessments, laboratory reports, workbooks, peer assessment, presentations (oral and poster) and a supervised placement. Formative assessment, for instance, feedback on lab work or group discussion, in every module will give students the opportunity to reflect upon and develop academic skills. In addition, an element of informal peer assessment will also take place during activities, which require group work, such as presentations, simulations and debates. In conjunction with the module tutor, the programme leader and in their personal tutoring sessions, students will be encouraged to reflect on assignment feedback and improve their techniques.

For the 60 credit MSc Research Project in the Psychology of Health and Wellbeing students will be able to choose a topic within the area psychology of health and wellbeing they wish to research. This will reflect the diversity of the core psychology curriculum and staff expertise. This research project offers students the opportunity to carry out an empirical and independent piece of research investigating one area relevant to the field of psychological health and wellbeing in depth, using theoretical understanding and research method skills developed during the programme. This independent research study will also help to further develop their skills to work independently and rigorously, whilst benefiting from the support of a member of staff with experience in a similar area.

Students will explore theories that underpin current debates and develop experience and confidence in making a considered contribution to an argument. Assessment will usually foreground written expression of their skills, through essays, examinations or workbook writing. Students will also develop skills in presenting research findings and in the production of article writing. Assessment criteria are transparent and published.

Students will develop discipline skills that can be applied to either their personal or professional expertise. Throughout the programme, students will acquire further employability related skills in knowledge acquisition, presentation, discussion and debate that will be useful in their career progression.

Also built into the programme are opportunities for students to feedback to the staff on their experience of the programme and for students to help enhance the content and running of the MSc. Students will be encouraged to actively engage in feedback with staff during Staff Student Liaison Committees, through module review and through their tutors.

## Assessment Regulations

This Programme conforms to the standard Postgraduate University Assessment Regulations which are available at the link: <https://www.bradford.ac.uk/regulations>

## Applications and Admissions

We take into consideration a number of factors when assessing your application. It's not just about your grades; we take the time to understand your personal circumstances and make decisions based on your potential to thrive at university and beyond.

## Academic Admission Requirements

A typical successful application would have:

1. An undergraduate degree in Psychology which has or has not been accredited by The British Psychological Society (BPS), or an undergraduate degree in a subject related to Psychology, Health or Social Sciences.
2. GCSE maths and English at grade 4 (national grade C) or above (or equivalent RQF level 2 qualification such as Key Skills)

For international students, the programme requires IELTS 6.5, or the equivalent in another recognised test: see [www.brad.ac.uk/international/entry-requirements/](http://www.brad.ac.uk/international/entry-requirements/) for details.

This admission information is relevant for the cycle when this document was originally published. For admission information relevant to the current recruitment cycle please visit the course webpage: <https://www.brad.ac.uk/courses/pg/psychology-health-wellbeing/>

## Access and Recognition of Prior Learning

Applications are welcome from students with non-traditional qualifications, and/or significant personal/professional experience.

If applicants have prior certificated learning or professional experience which may be equivalent to parts of this programme, the University has procedures to evaluate and recognise this learning in order to provide applicants with exemptions from specified modules or parts of the programme.

The University of Bradford has always welcomed applications from disabled students. To discuss adjustments or to find out more about support and access, you may wish to contact the Disability Service before you apply at [www.bradford.ac.uk/disability/before](http://www.bradford.ac.uk/disability/before) .