COURSE DATA

Data Subject	
Code	33936
Name	Psychology
Cycle	Grade
ECTS Credits	6.0
Academic year	2024 - 2025

Study (s)

Degree	Center	Acad. year	Period
1205 - Degree in Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	1	First term
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	1	First term

Subject-matter

Degree	Subject-matter	Character
1205 - Degree in Human Nutrition and Dietetics	6 - Psychology	Basic Training
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	1 - Asignaturas obligatorias del PDG Farmacia-Nutrición Humana y Dietética	Obligatory

Coordination

Name	Department
COTOLI CRESPO, MARIA AMPARO	295 - Personality, Evaluation and Psychological Treatment

SUMMARY

The goals of PSYCHOLOGY are focused on the basic knowledge of psychology concepts that allow students to understand the factors bio-psycho-social impact on human behavior and, moreover, that acquire a series of theoretical developments and knowledge of procedures used to show the relevance of psychological factors on health and nutrition of human beings.

Along with this, it is important to the acquisition of personal skills and communication are essential in the field of health professionals.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

No specific knowledge is required

COMPETENCES (RD 1393/2007) // LEARNING OUTCOMES (RD 822/2021)

1205 - Degree in Human Nutrition and Dietetics

- Capacidad comunicativa oral y escrita en todos los ámbitos posibles del ejercicio de su profesión; espíritu crítico, adquiriendo habilidades de trabajo en equipo y asumiendo el liderazgo cuando sea apropiado.
- Desarrollar habilidades para emprender estudios posteriores y actividades de formación continuada.
- Recognise one's own limitations and the need to maintain and update professional competence, with particular emphasis on independent and lifelong learning of new facts, products and techniques in the field of nutrition and food, and on motivation for quality.
- Realizar la comunicación de manera efectiva, tanto oral como escrita, con las personas, profesionales o industria y medios de comunicación.
- Participar en actividades de promoción de la salud y prevención de trastornos y enfermedades relacionadas con la nutrición y los estilos de vida, llevando a cabo la educación alimentaria-nutricional de la población.
- Know the psychological base and the biopsychosocial factors that affect human behaviour.
- Know the aspects of critical importance in psychology and highlight the relevance of psychological issues on human health and nutrition.
- Develop and apply the basic principles of communication techniques.
- Know about the various educational methods applicable to the health sciences, and the communication techniques used in food and human nutrition.

LEARNING OUTCOMES (RD 1393/2007) // NO CONTENT (RD 822/2021)

The goal is to form competent students so that the end of the course are able to:

• Analyze and interpret correctly the problems presented
• Demonstrate knowledge, understanding and practical skills in organization and planning
• Write with correction
• Perform tasks effectively as a team member
• Be skilled in interpersonal relations and conflict management
• Recognize the factors bio-psycho-social impact on human behavior
• Consider the importance of the psychological aspects of health and human feeding
• Arguing plans, to promote physical and psychological
• Rigorously evaluate relevant information
• Demonstrate commitment to continuous self-assessment and personal development

• Demonstrate commitment to the SDGs

DESCRIPTION OF CONTENTS

1. Introduction to Psychology

Theme 1.- Historical overview. Definition of Psychology
Theme 2.- Main Models
Theme 3.- Basic concepts in Psychology:
Learning, Thinking, Motivation, Emotion, Personality, Developmental Psychology

2. Introduction to Health Psychology

Theme 4.- Historical and conceptual approach to health psychology
Theme 5.- Adherence to the therapy
Theme 6.- Specific topics of health promotion: stress, tobacco, obesity, exercise
Theme 7.- Introduction to the psychological disorders. Eating disorders
Theme 8.- Risk and vulnerability

2.1 WORKSHOP 1.- Healthy habits
2.2 WORKSHOP 2.- Psychological intervention in obesity
2.3 WORKSHOP 3.- Psychological interventions for eating disorders: anorexia and bulimia
2.4 WORKSHOP 7.- Stress management techniques

3. Introduction to the psychological evaluation. Interview techniques and counseling

Theme 9.- Evaluation and related concepts
Theme 10.- Assessment of eating disorders
Theme 11.- Interview and Counseling

3.1 WORKSHOP 5.- Assessment of eating disorders
3.2 WORKSHOP 6.- Interview techniques and counseling

4. Personal skills and communication

Theme 12.-Interaction and interpersonal perception
Theme 13.-Personal skills and communication
Theme 14.- Information and communication skills in the field of health service

4.1 WORKSHOP 7.- Communication and listening skills
4.2 WORKSHOP 8.- Information and communication skills in the field of health service
4.3 WORKSHOP COORDINATED 9.- Exposition and defense work in team
4.4 WORKSHOP COORDINATED 10.- Exposition and defense work in team

WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	45,00	100
Seminars	10,00	100
Tutorials	2,00	100
Development of group work	15,00	0
Development of individual work	10,00	0
Study and independent work	20,00	0
Readings supplementary material	5,00	0
Preparing lectures	15,00	0
Preparation of practical classes and problem	8,00	0
Resolution of case studies	10,00	0
Resolution of online questionnaires	2,00	0
TOTAL	**142,00**	

TEACHING METHODOLOGY

The methodological strategies are set so that the student be able to meet different competencies raised. They focus on three main sections: lecture, cooperative learning, independent learning:

• participatory lectures
• Modeling and role-playing techniques
• Case studies
• Presentation in class by students
• Cooperative work
• Individual work
• If possible, use the virtual classroom forum to facilitate consultation and clarification that may be of interest to the working groups
• Individualized Tutoring

During the activities, both theoretical and practical, examples of the applications of the contents of the subject in relation to the Sustainable Development Goals (SDGs), as well as in the proposed topics for Coordinated Seminars. This is intended to provide the students knowledge, skills and motivation to understand and address these SDGs, at the same time that reflection and criticism are promoted.

EVALUATION

It will assess the individual and group work carried out throughout the semester with regard to the acquisition of specific skills and generic.

The final evaluation and grading of the material will be made by:

a) Written examination in the form of objective evidence on the theoretical and practical matter. 80% of the final grade. (To be eligible to pass the course, students will have to overcome, at least 50% -4 punts-, this theoretical part).

b) Performing work: (To be eligible to pass the course, students will have to overcome at least 50% -1.5 points, this part of work:

- Teamwork realization in the Seminar Coordinator. 10% of the final for the group A and B

- An individual report on the practical part of the course (for students who have attended classes regularly practices and proposed activities). 10% of the final
- Teamwork on the theoretical and practical issues proposed. O.5% of the final

- Attendance and active participation in tutorials. 0.5% of final grade

The student must obtain a score equal to or greater than 5 to pass the course. Students who have not attended classes regularly practices of the subject, will be examined through a review of development on the subject in class based on a practical case to which they will have to answer the questions that arise on the subject taught in the classes.
To obtain distinction (from 9.5) an individual work will be carried out on a practical case

Students in the 1 st call only overcome one of the two parties will keep the note in the 2nd call. The note will NOT Presented only if don´t made the review of theory or practice.

The note of the Seminars coordinated only holds 2 years.

Topics may be drawn from the material explained in class, the basic literature and the material available at the library, photocopying or virtual classroom

Dual Degree students, doesn't Teamwork realization in the Seminar Coordinator, written examination in the form of objective evidence on the theoretical and practical matter. 90% of the final grade. (To be eligible to pass the course, students will have to overcome, at least 50% -4,5 points-, this theoretical part).

The students of Double Degree, the seminars 9 and 10 will be of presentation and defense of the works realized in equipment.

Continuous assessment activities, which in this subject are shown to be seminars/practices, tutorials and coordinated seminars, are COMPULSORY ATTENDANCE and, therefore, NON-RECOVERABLE, in accordance with the provisions of article 6.5 of the Assessment and Qualification Regulations. of the UV for Bachelor's and Master's degrees. In the event that, for justified reasons, you cannot attend any of these activities, you must notify us sufficiently in advance. In this way, the person in charge of the subject will be able to assign the student a session in another group.

Evidence of copying or plagiarism in any of the assessable tasks will result in failure to pass the subject and in appropriate disciplinary action being taken. Please note that, in accordance with article 13. d) of the Statute of the University Student (RD 1791/2010, of 30 December), it is the duty of students to refrain from using or participating in dishonest means in assessment tests, assignments or university official documents.

In the event of fraudulent practices, the "Action Protocol for fraudulent practices at the University of Valencia" will be applied (ACGUV 123/2020):

https://www.uv.es/sgeneral/Protocols/C83sp.pdf

REFERENCES

Basic

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Additional

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