**Shyama Prasad Mukherji College**

**Teaching Plan**

**Course and Year:2022-23**

**Semester:4th Semester**

**Taught : Shared**

**Paper: Health Psychology**

**Faculty: Garima**

**No. of Classes** (per week)**:2**

**Teaching Plan**



**Name of the Unit:**

**UNIT 3**

Health Enhancing Behaviour: Exercise and yoga, nutrition, sleep. Pain (meaning, measurement and management).

**Reference**

Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.(Unit 2: Chapter 3; Unit 3: Chapters 4 and 10).

**Unit -4**

Health and Well-being: Positive emotions, happiness, Subjective well-being; Resilience (definition, sources in childhood and youth)-

**References**

Snyder, C.R., Lopez S. J., &Pedrotti, J. T. (2011). Positive psychology:The scientific and practical explorations of human strengths. New Delhi:Sage. (Unit 4: Chapter 5).

**Additional Reading**

Dimatteo, M. R., & Martin L. R. (2011).Health psychology. India: Dorling Kindersley. (Unit 1: Chapter 1; Unit 2: Chapter 6). Snyder, C.R., Lopez S. J., &Pedrotti, J. T. (2011). Positive psychology:The scientific and practical explorations of human strengths. New Delhi:Sage. (Unit 4: Chapter 5). Taylor, S.E. (2006).

**Classes required to complete the unit (approx.):**

1. **Unit 1: No of Classes -6**
2. **Unit II: No of Classes-6**

**Methodology of Teaching: PPT , Interactive session etc**



**ASSESSMENT**



**Tentative date of assessments/ assignments (time frame): 15th February and 20th March 2023**

**Criteria of Assessment: Deep understanding of concepts ,presentation, Class participation etc**

Deep Understandings



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