

Department of Management Studies

Lesson Plan / Teaching Plan / Lecture Plan with Progress : BBA(FSB) 2nd Semester : 2025-256

Course Name (Code) :

Health Psychology (VAC-108-V)

Faculty : Dr. Munish

Topics / lectures are arranged in sequence - same - as to be taught in the class. Maintain data related to "Date" in its hard copy.

S. No.	Lecture No	CO (No)	Topic Description	Teaching Pedagogy	Reference Material	Date		Remarks, if any
						Planned	Actual Delivery	
1	1	1	Introduction to Health Psychology	Projector/PPT	Internet & Text Book			
2	2	1	Nature of and Goals of Health Psychology	Projector/PPT	Internet & Text Book			
3	3	1	Scope of Health Psychology	Projector/PPT	Internet & Text Book			
4	4	1	Relationship between mind and body	Projector/PPT	Internet & Text Book			
5	5	1	Emergence of Health Psychology	Projector/PPT	Internet & Text Book			
6	6	2	Introduction to the Components of Well-being	Projector/PPT	Internet & Text Book			
7	7	2	Eudemonia and Hedonism	Projector/PPT	Internet & Text Book			
8	8	2	Life Satisfaction Affect and Well being	Projector/PPT	Internet & Text Book			
9	9	2	Assessment of Health and Well-being	Projector/PPT	Internet & Text Book			
10	10	3	Introduction to the Stress- Causes and Consequences of Stress	Projector/PPT	Internet & Text Book			
11	11	3	Coping with Stress: Techniques	Projector/PPT	Internet & Text Book			
12	12	3	Pain and Illness and its types	Projector/PPT	Internet & Text Book			
13	13	3	Coping with Pain and Illness: Techniques	Projector/PPT	Internet & Text Book			
14	14	3	Health, Related Disorders	Projector/PPT	Internet & Text Book			
15	15	3	Coronary Heart Disease	Projector/PPT	Internet & Text Book			
16	16	3	Cancer and Diabetes	Projector/PPT	Internet & Text Book			
17	17	3	HIV and AIDS	Projector/PPT	Internet & Text Book			
18	18	4	Health Enhancing Behaviours	Projector/PPT	Internet & Text Book			
19	19	4	Psychological factors - Resilience, Hope, Optimism;	Projector/PPT	Internet & Text Book			
20	20	4	Psychological factors- Exercise; Safety and Nutrition	Projector/PPT	Internet & Text Book			
21	21	4	Implications for Well-being.	Projector/PPT	Internet & Text Book			

Course Outcomes (COs)

COx	Statement
1	Gain understanding regarding the concept of health and role of psychology in it.
2	Get acquainted with well-being and its significance.
3	Develop insight into scientific knowledge regarding negative consequences of stress and other health
4	Appreciate the positive impact of health enhancing behaviours on well-being and mental health.
5	

Study Material / Books / Web-resources / Online Courses Links etc.

S. No.	Description
1	Taylor, S.E. Health Psychology. New York: Tata McGraw Hill.