



**PEKING UNIVERSITY HEALTH SCIENCE CENTER
-MACAO POLYTECHNIC UNIVERSITY NURSING ACADEMY
BACHELOR OF SCIENCES IN NURSING PROGRAMME
LEARNING MODULE OUTLINE**

Academic Year	2025-2026	Semester	1
Module Code	NPSY2101		
Learning Module	Applied Psychology		
Pre-requisite(s)	Nil		
Medium of Instruction	Chinese and English		
Credits	3	Contact Hours	45 hrs
Instructor	Dr. LOK Ka In, Grace (subject teacher) Teachers from Peking University (Dr. SUN HongYu -Program leader) Dr. LIU Jiajia Ms. GUO Jimin	Email	kilok@mpu.edu.mo liujiajia_sdu@bjmu.edu.cn
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MODULE DESCRIPTION 學科單元/科目概述

This module focuses on the application of psychology to the field of health. Through this subject, students will gain an understanding of psychological theories and human behaviors, especially those related to health and illness. Those factors influencing health behaviors would be explored including physical, psychological, social, cultural, political and economic ones. By the end of the module, students would develop an integrative, holistic understanding of the individual health outcomes in healthcare practice.

MODULE INTENDED LEARNING OUTCOMES (ILOS) 學科單元/科目預期學習成效

On completion of this learning module, students will be able to:

M1.	Demonstrate an understanding of the fundamental theories in psychology applied to health and illness responses.
M2.	Explain the interactions of bio-psycho-socio-cultural elements in health and understand the outcome of such interactions.
M3.	Apply scientific researches that have been applied in psychology and health contexts.



These ILOs aims to enable students to attain the following Programme Intended Learning Outcomes (PILOs):

PILOs 課程預期學習成效	M1	M2	M3
P1. Demonstrate an understanding of the holistic nature of the clients' health status involving individual, family, and community aspects.	✓	✓	
P2. Demonstrate effective communication skills and the ability to establish and maintain a therapeutic relationship with clients.	✓		
P3. Demonstrate a mastery and an application of knowledge and skills for nursing practice, including biological sciences, social sciences and humanities, by making appropriate clinical reasoning and performing safe and therapeutic practice.		✓	
P4. Demonstrate the ability to maintain legal and ethical standards of nursing practice.			
P5. Demonstrate the ability to carry out relevant research and contribute to the health of the community.			✓
P6. Work effectively and efficiently alone or in teams.			
P7. Demonstrate the ability to identify and evaluate health care issues.			✓
P8. Demonstrate a critical understanding and apply the principles of evidence-based practice to the delivery of nursing care.			✓

MODULE SCHEDULE, COVERAGE AND STUDY LOAD 教與學日程、內容及學習量

Week 週	Content Coverage 涵蓋內容	Contact Hours 面授學時
1.	- Introduction to psychology - Consciousness	4
2.	- Learning and conditioning - Sensation and perception	4
3.	- Motivation and emotion - Perspectives of human development - Discussion (1)	4
4.	- Health beliefs - Meaning of health status - Illness cognition - Health behaviour - Doctor-patient communication	10
5.	- Sleep and health - Stress and changes in physiology - Stress and illness - Mental well-being of individuals with chronic diseases - Pain	10
6.	- Psychological process of illness - Exercise, Obesity and eating - Ecology, environment and culture (1)(2) - Discussion (2)	8
7.	Revisions & Tutorial of written assignment	3
	Final Exam	2
	Total	45



TEACHING AND LEARNING ACTIVITIES

In this learning module, students will work towards attaining the ILOs through the following teaching and learning activities: 修讀本學科單元/科目，學生將透過以下教與學活動取得預期學習成效

Teaching and Learning Activities	M1	M2	M3
T1. Lectures	✓	✓	✓
T2. Group discussions*	✓	✓	✓
T3. Tutorial	✓	✓	✓

* Groups will be form by students and each group should contain 5-6 students. The topics for discussion will be assigned. Students are required to submit their discussion notes at the end of the lessons and it will be scored according to the criteria of the marking schemes (MARKING RUBRICS 1).

ATTENDANCE

Attendance requirements are governed by the Academic Regulations Governing Bachelor's Degree Programmes of the Macao Polytechnic University. Students who do not meet the attendance requirements for the learning module shall be awarded an 'F' grade.

ASSESSMENT

In this learning module, students are required to complete the following assessment activities:

Assessment Activities	Weighting (%)	ILOs to be Assessed (M1,M2,M3,M4,M5,M6....)
A1. Group Discussions	20	M1, M2, M3
A2. Written Assignment	30	M1, M2, M3
A3. Examination	40	M1, M2, M3
A4. Continues assessment	10	M1, M2, M3

The assessment will be conducted following the University's Assessment Strategy (see www.mpu.edu.mo/teaching_learning/en/assessment_strategy.php). Passing this learning module indicates that students will have attained the ILOs of this learning module and thus acquired its credits.



MARKING SCHEME (評分準則)

Assessment Activities	Assessment Criteria	Mark Ranges				
		88-100	73-87	58-72	50-57	<50
A1. Group Discussions	Each team member will evaluate the continued performance and contribution of the other team members.	Excellent	Good/ Very Good	Satisfactory	Marginal Pass	Fail; not reaching marginal levels
A2. Written Assignment	Each group are required to submit a written report on the topic chosen for discussion (2). The written report should include but not limit to the description of the concept of culture, its impact on health, cultural traditions and forms that are beneficial to health, and existing health risk factors, etc.	Excellent	Good/ Very Good	Satisfactory	Marginal Pass	Fail; not reaching marginal levels
A3. Examinations	The examination will be conducted in three sessions (multiple choice questions, short questions, and scenario analysis), each of which will contain the content of the session.	Excellent	Good/ Very Good	Satisfactory	Marginal Pass	Fail; not reaching marginal levels
A4. Continues assessment	Demonstrate the understanding of the subjects covered in the classes and show their participation and active learning attitude in class.	Excellent	Good/ Very Good	Satisfactory	Marginal Pass	Fail; not reaching marginal levels



GUIDELINES FOR GROUP DISCUSSIONS & WRITTEN ASSIGNMENT (小組討論及書面作業指引)

1. Groups will be form by students and each group should contain 5-6 students.
2. Each group will work on a topic which relate to health behaviors.
3. Each group will present their topic within 10 minutes. Each of the group members should participate into the presentation; otherwise, no marks will be given to her/ him.
4. A written assignment is required to submit to Canvas on or before due dates. Late assignments are not accepted. The assignment should be written by following the APA 7th citation format. Written in either Chinese or English, it should be 1,000~1,200 words. Please do not plagiarize from any references or published materials, otherwise, no mark will be given and probably losing your study qualification.
5. The content of the topic exploration should be included but not limited as:
 - 5.1 Raise up a real example (could be personal experience, clinical experience, or news report, etc.) that relate to the topic.
 - 5.2 Identify and explain one psychological theory that can be applied to understand the topic. How does this theory help in understanding his/ her behavior and emotions?
 - 5.3 Briefly explain the key information about the selected psychological theory, with academic citation (e.g. textbook, journal paper, research findings, academic or professional website, etc.).
 - 5.4 Bonus: Link up further application in future clinical practice in the view of health promotion.



MARKING RUBRICS (評分表) 1 - DISCUSSIONS

評核範圍及比重 Areas of Assessment and Weighting	評核準則 Marking criteria			意見 Feedback
1. Understanding of Topic 1%	Accurate understanding of the topic and key concepts. Clear expression of all ideas.	Clear understanding of the topic and key concepts. Clear expression of nearly all ideas.	Misunderstanding or inaccurate of the topic. Confused/ambiguous/illogical expression of key concepts and ideas	
	1	0.5	0	
2. Content clarity, width & depth 3%	Wide knowledge and thorough understanding of the subject. Explicit & relevant discussion of topic with psychological theories coherently and clearly.	Partial relevant discussion of topic with psychological theories. Content is rich and has logical flow.	Incoherent & ambiguous. Irrelevant discussion of the topic with psychological theories. Inadequate or incorrect exploration on the topic.	
	3	2	1	
3. Analytic & synthetic abilities 3%	Identify and analysis key issues of the topic accurately. Understanding of all data. Emphasis on and justify with the key points of relevant and academic references. Forming own logical conclusion of the topic accurately.	Correct understanding of nearly all issues and concepts without fundamental misconception. Justify the topic with relevant and adequate references. Forming a reasonable conclusion.	Incorrect or illogical justification of the topic. Without or inadequate references apply. Unable to form a reasonable conclusion.	
	3	2	1	
4. Students' continuous performance & Style of presentation 3%	Excellent participation in group discussion. Accurate information collection & presentation of topic. Excellent use of available resources. Accurate, well organize & convincing performance with excellent quality of presented materials during presentation.	Active participation in group discussion. Correct information collection of the topic Some use of available resources. Good quality in presented material & organized. Partially clear & accurate, partially convincing.	Passive or no participation in group discussion. Incorrect information collection of the topic. Poor use of available resources. Unclear or not convincing during presentation.	1.) 2.) 3.) 4.) 5.)
	3	2	1	
總分 Total:				10%

Evaluator's Signature: _____

Date : _____



MARKING RUBRICS (評分表) 2 - WRITTEN ASSIGNMENT

評核範圍及 比重 Areas of Assessment and Weighting	評核準則 Marking criteria			意見 Feedback
1. Understanding of Topic 5%	Accurate understanding of the topic and key concepts. Clear and well-structured expression of all ideas.	Partial understanding of the topic and key concepts. Superficial/ Repetitive expression of ideas.	Misunderstanding or inadequately understanding of the topic. Confused/ambiguous/illogical expression of key concepts and ideas.	
	≥4%	2%-3%	≤1.9%	
2. Content clarity, width & depth 10%	Wide knowledge and thorough understanding of the subject. Explicit & relevant discussion of topic with psychological theories coherently and clearly. Written with substantial content and logical flow.	Coherent & occasionally ambiguous. Partially relevant or ambiguous discussion of the topic. Superficial elaboration on the topic from psychological aspect.	Incoherent & ambiguous Irrelevant discussion of the topic. None elaboration on the topic from psychological aspect.	
	≥8%	6%-7%	≤5%	
3. Analytic & synthetic abilities 10%	Identify and analysis key issues of the topic accurately. Understanding of all data. Emphasis on and justify with the key points of relevant and academic references. Forming own logical conclusion of the topic accurately.	Correct understanding of a majority of issues and concepts. Less convincing justification partially supported by relevant evidence. Forming a reasonable conclusion.	Incorrect or illogical justification of the topic. Without or inadequate references apply. Unable to form a reasonable conclusion.	
	≥8%	6%-7%	≤5%	
4. Academic Writing Ability and Referencing 5%	Fluent and clear sentences. Well-structured and coherent essay; problem of the subject clearly identified. Academic writing format complied with the APA7th guideline. References cited and listed properly to ensure copyright and academic honesty. All/a majority of the academic references in English. Wide selection of >7 pieces of relevant academic references.	Partially fluent sentences. Loosely-linked structure, possibly irrelevant to the question/3~5flaws found in the academic writing format with the APA7th guideline. Referencing partially inaccurate or sometimes absent. Selection >5 pieces of academic references.	Non-fluent sentences with frequent spelling mistakes. Poor structure of material; irrelevant to the problem of the subject. Academic writing format inaccurate and not complied with the APA7th guideline. Referencing inaccurate or absent. Limited use of evidence/ use of outdated or non-academic material/ limited use of relevant material.	1.) 2.) 3.) 4.) 5.)
	≥4%	2%-3%	≤1.9%	
Evaluator' s Signature: _____			總分 Total:	30%
Date: _____				



REQUIRED READINGS 書單

1. Ogden, J. (2023). *Health Psychology (7th edition)*. Berkshire: McGraw-Hill Education.
2. 錢明(2019)。《健康心理學(第3版)》。北京：人民衛生出版社。

REFERENCES 參考文獻

1. Boyer, B. A (2008). *Comprehensive handbook of clinical health Psychology*. New Jersey: John Wiley.
2. Brannon, L. & Feist, J. (2010). *Health psychology an introduction to behavior and health (7th ed)*. Belmont: Wadsworth / Cengage Learning
3. Howard S. Friedman & Roxane Cohen Silver (2007). *Foundations of health Psychology*. Oxford: Oxford University Press
4. Kaptein, A. A. (2004). *Health psychology*. Mass: BPS Blackwell
5. Lyons, Antonia C. (2006). *Health psychology: a critical introduction*. Cambridge: Cambridge University Press
6. Linda Brannon (2007). *Health Psychology: an introduction to behavior and health*. Belmont: Thomson/Wadsworth.
7. Nolen-Hoeksema, S., Fredrickson, B.L., Loftus, G.R. & Lutz, C. (2015). *Atkinson & Hilgard's Introduction to Psychology (16th Ed.)*. United Kingdom: Cengage Learning.
8. Regan A. R. & Gurung (2010). *Health Psychology: a cultural approach*. Belmont: Wadsworth / Cengage Learning
9. Sarafino, E. P. (2006). *Health psychology – biopsychosocial interactions (5th ed.)*. Toronto: John Wiley.
10. Taylor, S.E. (2015). *Health Psychology (9th ed.)*. NY: McGraw-Hill Education.

STUDENT FEEDBACK

At the end of every semester, students are invited to provide feedback on the learning module and the teaching arrangement through questionnaires. Your feedback is valuable for instructors to enhance the module and its delivery for future students. The instructor and programme coordinators will consider all feedback and respond with actions formally in the annual programme review.

ACADEMIC INTEGRITY

The Macao Polytechnic University requires students to have full commitment to academic integrity when engaging in research and academic activities. Violations of academic integrity, which include but are not limited to plagiarism, collusion, fabrication or falsification, repeated use of assignments and cheating in examinations, are considered as serious academic offenses and may lead to disciplinary actions. Students should read the relevant regulations and guidelines in the Student Handbook which is distributed upon the admission into the University, a copy of which can also be found at www.mpu.edu.mo/student_handbook/.



Class 2A: 2025-2026 Applied Psychology (Timetable) -Semester 1

N	Content	Teachers
1	Introduction to psychology	陸嘉燕 1
2	Variations in consciousness	陸嘉燕 2
3	Learning and conditioning	陸嘉燕 3
4	Sensation and perception	陸嘉燕 4
5	Motivation and emotion	陸嘉燕 4
6	Perspectives of human development	陸嘉燕 5
7	Group discussion (1) 10%	陸嘉燕 6
8	Health beliefs	京-郭記敏 1
9	Meaning of health status	京-郭記敏 2
10	Illness cognition	京-郭記敏 3
11	Health behavior	京-郭記敏 4
12	Doctor-patient communication	京-郭記敏 5
13	Stress and changes in physiology	京-郭記敏 6
14	Stress and illness	京-郭記敏 7
15	Psychological process of illness	京-郭記敏 8
16	Pain	京-劉佳佳 1
17	Sleep and health	京-劉佳佳 2
18	Mental well-being of individuals with chronic diseases	京-劉佳佳 3
19	Ecology, environment and culture (1)	京-劉佳佳 4
20	Exercise, Obesity and eating	京-劉佳佳 5
21	Revision (2 hours) Tutorial of assignment	京-劉佳佳 6
22	Ecology, environment and culture (2) - Group discussion (2) 10%	京-劉佳佳 7
23	Examination	陸嘉燕 8



Class 2B: 2025-2026 Applied Psychology (Timetable) -Semester 1

N	Content	Teachers
1	Introduction to psychology	陸嘉燕 1
2	Variations in consciousness	陸嘉燕 2
3	Learning and conditioning	陸嘉燕 3
4	Sensation and perception	陸嘉燕 4
5	Motivation and emotion	陸嘉燕 5
6	Health beliefs	京-劉佳佳 1
7	Meaning of health status	京-劉佳佳 2
8	Illness cognition	京-劉佳佳 3
9	Health behavior	京-劉佳佳 4
10	Doctor-patient communication	京-劉佳佳 5
11	Stress and changes in physiology	京-劉佳佳 6
12	Stress and illness	京-劉佳佳 7
13	Psychological process of illness	京-劉佳佳 8
14	Pain	京-劉佳佳 9
15	Sleep and health	京-劉佳佳 10
16	Mental well-being of individuals with chronic diseases	京-劉佳佳 11
17	Ecology, environment and culture (1)	京-劉佳佳 12
18	Exercise, Obesity and eating	京-劉佳佳 13
19	Revision (2 hours) - Tutorial of assignment	京-劉佳佳 14
20	Ecology, environment and culture (2) - Group discussion (1) 10%	京-劉佳佳 15
21	Perspectives of human development	陸嘉燕 6
22	Group discussion (2) 10%	陸嘉燕 7
23	Examination	陳美蘭 1



Class 2C: 2025-2026 Applied Psychology (Timetable) -Semester 1

N	Content	Teachers
1	Introduction to psychology	陸嘉燕 1
2	Variations in consciousness	陸嘉燕 2
3	Learning and conditioning	陸嘉燕 3
4	Sensation and perception	陸嘉燕 4
5	Motivation and emotion	陸嘉燕 5
6	Perspectives of human development	陸嘉燕 6
7	Group discussion (1) 10%	陸嘉燕 7
8	Health beliefs	京-郭記敏 1
9	Meaning of health status	京-郭記敏 2
10	Illness cognition	京-郭記敏 3
11	Health behavior	京-郭記敏 4
12	Doctor-patient communication	京-郭記敏 5
13	Stress and changes in physiology	京-郭記敏 6
14	Stress and illness	京-郭記敏 7
15	Psychological process of illness	京-郭記敏 8
16	Pain	京-郭記敏 9
17	Sleep and health	京-郭記敏 10
18	Mental well-being of individuals with chronic diseases	京-郭記敏 11
19	Ecology, environment and culture (1)	京-郭記敏 12
20	Exercise, Obesity and eating	京-郭記敏 13
21	Revision (2 hours) Tutorial of assignment	京-郭記敏 14
22	Ecology, environment and culture (2) Group discussion (2) 10%	京-郭記敏 15
23	Examination	郎斌 1