UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Methods and Techniques of Intervention for The Promotion of Wellness

2627-2-F5112P023

Learning area

Experiential learning

Learning objectives

Knowledge and understanding

- Current issues in health and well-being promotion
- Differences between prevention and promotion interventions in health and well-being
- Specificities of methods and techniques for prevention and promotion in health and well-being

Applying knowledge and understanding

- Ability to perform demand analysis
- Ability to apply and implement the main methods and techniques for health and well-being promotion to specific population targets
- Ability to apply and implement the main methods and techniques for health and well-being promotion to specific intervention goals

Making judgements

- Ability to critically analyse scientific evidence concerning prevention and health and well-being promotion interventions.
- Ability to evaluate the appropriateness of intervention methodologies and techniques according to the target population, objectives, and application context.

- Ability to independently formulate evaluations in the design and selection of interventions, providing reasons for decisions based on acquired knowledge.

Communication skills

- Ability to communicate scientific contents, methodologies, and results related to health and well-being promotion interventions clearly and effectively.
- Ability to present intervention projects and justify the methodological choices adopted through communication strategies appropriate to the context and the audience.

Learning skills

- Ability to independently identify and use scientific sources and methodological tools relevant for the design and evaluation of health and well-being promotion interventions.
- Ability to autonomously update and further develop knowledge in the field of prevention and health and well-being promotion.

Contents

Adopting an experiential-based learning approach, the laboratory presents possible assessment and intervention techniques to address health and well-being promotion.

Detailed program

• Psychology, health, and well-being
• Prevention and promotion in health and well-being: applications
• Methods and techniques for the assessment and intervention for health and well-being
• New technologies, health, and well-being
• Design and implementation of intervention projects for health and well-being promotion

Prerequisites

None in particular. Attending the course “Psychosocial Intervention for well-being promotion” is recommended.

Teaching methods

The laboratory will adopt a teaching mixed-method approach. Each laboratory class (on-site) will consist in an introductory theoretical part (for a total of 6 hours) followed by individual and collaborative hands-on experiences (for a total of 18 hours). Thus, each student will have the possibility to share the competencies acquired throughout the laboratory. The laboratory activities will be monitored during supervision sessions.

Assessment methods

Throughout the laboratory sessions, students will experience some methods and techniques for health and well-being promotion and will be asked to design an assessment and/or intervention project in line with the themes of the program. To obtain final approval, students are required to attend 75% of the classes (i.e., 18 hours), perform the proposed activities timely, and deliver an individual written report of the project designed.

Textbooks and Reading Materials

Psicologia e salute. Teorie e ambiti di intervento. A cura di Paola Gremigni, Alessandra Gorini. Carocci Editore, 2022.

Although this course is held in Italian, for Erasmus students, course material can also be available in English, and students can be assessed for final approval in English if they wish to do so.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING