

## Work, Health and Well-being (H002026)

Course size (nominal values; actual values may depend on programme)

Credits 5.0 Study time 150 h Contact hrs 35.0 h

Course offerings and teaching methods in academic year 2018-2019

A (semester 2)	Dutch	seminar	10.0 h
		lecture: plenary	1.25 h
		exercises	
		group work	10.0 h
		lecture	13.75 h

Lecturers in academic year 2018-2019

Vlerick, Peter PP09 lecturer-in-charge

Offered in the following programmes in 2018-2019

	crdts	offering
<a href="#">Master of Science in Psychology (main subject Personnel Management and Industrial Psychology)</a>	5	A
<a href="#">Master of Science in Psychology (main subject Teacher Education and Training)</a>	5	A

Teaching languages

Dutch

Keywords

work, well-being, gezondheid

Position of the course

Employees' health does not only imply the absence of disease but also the presence of physical, emotional and cognitive well-being. Masters in Industrial Psychology and Personnel Management are employed in a variety of business sectors. Through their scientific knowledge and professional behavior, they can contribute to promote the health and well-being of employees in various professional groups and organizations. In the in-depth course 'Work, health and well-being' some important types of work-related (un) well-being are highlighted. How these can be studied scientifically and how employees' health and well-being problems can be prevented is demonstrated as well.

Contents

This course contains the following subjects :

1. Individual characteristics and work behavior
2. Work-family interaction
3. Work-related (un)well-being : burnout, engagement, boredom and work addiction
4. Job performance
5. Psychosocial risks at work : prevention and intervention

Initial competences

This course builds on courses 'Introduction Industrial Psychology' and 'Psychological Work Characteristics' from the Bachelor of Science in Psychology programme.

Final competences

1. Have Knowledge and insight into types, antecedents and consequences of work-related (un)well-being.
2. Have knowledge and insight into the relationship between work and health/well-being.
3. Able to analyse work psychological problems.
4. Able to formulate recommendations regarding employees' well-being and health.

- 5 5. Able to communicate in writing and orally regarding work psychological problems and solutions.

#### Conditions for credit contract

Access to this course unit via a credit contract is determined after successful competences assessment

#### Conditions for exam contract

This course unit cannot be taken via an exam contract

#### Teaching methods

Group work, lecture, seminar, lecture: plenary exercises

#### Learning materials and price

\*Selection of chapters from handbook : Peeters, M., De Jonge, J., & Taris, T. (2013).

An introduction to contemporary work psychology. Chichester: Wiley-Blackwell.

\*Selection of scientific articles (partly from own research) (via Minerva)

\*Slides (via Minerva)

\*Estimated cost: 55 EUR

#### References

Arnold, J. et al. (2010). Work Psychology: understanding human behavior in the workplace, 5th edition. Financial Times Press.

Drenth, P.J., Thierry, H., & Wolff, Ch.J. de (1998). Handbook of work and organizational psychology (2nd edn). Volume 2: work psychology. Hove: Psychology Press.

Schaufeli, W. & Bakker, A. (2013). De psychologie van arbeid en gezondheid, 3e druk. Houten: Bohn Stafleu Van Loghum.

Taris, T. (2018). The Psychology of Working Life. London: Routledge.

#### Course content-related study coaching

interactive support using Minerva and on appointment by email

#### Evaluation methods

end-of-term evaluation and continuous assessment

#### Examination methods in case of periodic evaluation during the first examination period

Written examination with multiple choice questions

#### Examination methods in case of periodic evaluation during the second examination period

Written examination with multiple choice questions

#### Examination methods in case of permanent evaluation

Participation, assignment, peer assessment

#### Possibilities of retake in case of permanent evaluation

examination during the second examination period is not possible

#### Calculation of the examination mark

A combination of periodic evaluation (50%) and permanent evaluation (50%).

Participation in all parts of the evaluation is compulsory.

In order to pass the course students have to obtain a final score of at least 10/20 and have to obtain at least the equivalent of 8/20 on all parts of the evaluation. In that case, final scores of 10/20 and above will be reduced to the highest fail quotation (9/20).

Students will not be deliberated if they obtain an equivalent of 8/20 on at least one part of the evaluation. In that case final scores of 8/20 and above will be reduced to the highest non-deliberative quotation (7/20).