

Liverpool John Moores University

Title: CONCEPTS IN POSITIVE PSYCHOLOGY
Status: Definitive
Code: **7001POSPSY** (125540)
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology
Teaching School/Faculty: Psychology

Team	Leader
Peter Malinowski	Y
Catrin Eames	

Academic Level: FHEQ7 **Credit Value:** 10 **Total Delivered Hours:** 28
Total Learning Hours: 100 **Private Study:** 72

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	18
Online	8

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	Exam	Exam	100	2

Aims

The module will provide a historical overview of positive psychology, particularly emphasising key philosophical, conceptual and theoretical positions and establish an appropriate framework for the in depth engagement with positive psychology in other modules.

Learning Outcomes

After completing the module the student should be able to:

- 1 Appraise the position of positive psychology within the wider context of psychological theory and practice
- 2 Describe and critically evaluate key theoretical perspectives and empirical approaches in positive psychology

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

EXAM	1	2
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Outline Syllabus

The syllabus will cover key perspectives in positive psychology and include emerging topics, such as:

- *The emergence and development of the field of Positive Psychology*
- *Hedonic and eudemonic happiness*
- *Well-being, life satisfaction and flourishing*
- *The Broaden-and-Build theory*
- *Values, motivation and goal theories*
- *Positive interventions*

Learning Activities

The module will primarily rely on traditional lectures. Where appropriate lecture sessions will involve interactive class discussions during which students will be expected to evaluate and discuss core concepts and associated literature. To engage with our evidence-based and theory-led approach to positive psychology students will gain experience in reading research articles, literature reviews, meta-analyses, theory and position papers.

During the online sessions students will be guided towards more self-directed engagement with scholarly activities working with a range of scholarly materials and depictions of positive psychology in mass media.

Notes

The module will provide the conceptual framework specific to Positive Psychology.