

**YORK UNIVERSITY, FACULTY OF HEALTH
DEPARTMENT OF PSYCHOLOGY**

COURSE: HH/PSYC 4190 3.0 M
SEMINAR IN HEALTH PSYCHOLOGY

Term: Winter 2013

Course Webpage: Moodle Site: <http://moodle.yorku.ca>

Time: Wednesdays 7:00pm – 10:00pm

Location: 1156 Vari Hall

Course Director: Kaley Roosen, M.A.
Email: kaley@yorku.ca
Office: 072 J BSB
Office Hours: Wednesdays 5:00-6:00pm or by appointment

Pre-requisites: AK/ PSYC 1010 6.0 or AK/HH/PSYC 2410 6.0 with a minimum grade of C; PSYC 2030 3.0 or AK/PSYC 2530 3.0 or substitute; one of PSYC 2020 6.0, PSYC 2021 3.0, AK/PSYC 2510 3.0 or substitutes; PSYC 3170 3.0. Students must be in an Honours Program in Psychology and have completed 84 credits (excluding education courses).

Course Description: This course will explore in depth current issues relevant to Health Psychology in a seminar format. The topics will focus on the broad spectrum of Eating and Weight Management; from ‘normal’ to disordered eating to eating disorders. Students will have the opportunity to examine the biopsychosocial issues and trends facing health psychologists and healthcare in Canada specific to eating and weight. We will also pay particular attention to broader sociocultural/political implications involved in clinical health psychology of eating and weight management. Finally, a portion of the course will be dedicated to discussion of professional development to help students gain a broader understanding of the roles of health psychology professionals.

Learning Objectives:

- Develop a comprehensive understanding of the spectrum of eating and its relationship to current health trends and issues.
- Differentiate between problematic eating and healthy eating.
- Explain the biological, psychological, social and cultural mechanisms that impact eating, weight and other health behaviours.
- Understand the role of prevention, treatment and environmental/social interventions in eating, disordered eating and obesity.
- Become more aware of the broader sociopolitical implications involved in health and eating.
- Critically appraise current social practices and literature addressing the ‘problems’ of weight, eating and health.
- Learn necessary skills for future work in health psychology; as a researcher, clinician or other professional; such as critical thinking, collaborative discussion, effective communication and presentation skills, research skills and writing.

Class Format: The course will consist of lecture material, student presentations, guest lectures, videos and discussion. Class attendance and participation is crucial to the success in this course. Missed classes will be reflected in the participation marks. Students have access to the course website in Moodle where readings will be posted as well as questions to consider for thought papers. Students are expected to come prepared to discuss and reflect on course content. Material to assist with course assignments and quizzes will also be posted (e.g., examples of thought papers, lecture slides, tips to writing papers, guidelines for powerpoint presentations, etc.)

Readings: Required readings will be posted on the moodle website. Students are expected to read approximately 3 academic articles per week. Readings will be selected based on content but also as a venue to encourage critical thinking and discussion. Each week, readings will vary between research material, review articles, opinion papers, implications for policy/social programs and case studies. Therefore, some weeks there may be more than 3 readings; however, the content may be less 'heavy' (i.e., include autobiographies or media articles). There is no text book for this course. However, references to books are available upon request.

Grading: The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and quizzes will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - <http://calendars.registrar.yorku.ca/2010-2011/academic/index.htm>)

Evaluation:

Quiz (Jan. 23):	15%
Thought Papers (5 in total):	15%
Presentation:	30%
Final Paper (Apr. 3):	30%
Participation:	10%

Detailed Description of Evaluation:

Quiz (Jan. 23, 2013): 15%

Multiple Choice and Short-Answer quiz testing material from Jan. 9 & 16 lectures. Focus on the Biology and Psychology of Food and Eating.

Thought Papers (5 in total: Feb. 6-Mar. 27, 2013): 15%

Students are to submit 500 word typed thought paper based on their reactions from the readings at the beginning of class. The thought paper can be submitted starting February 6th until March 27, 2013. You are expected **to submit a total of 5 thought papers** (each worth 3% of your grade) throughout the course. This means you may skip TWO weeks. Thought papers will be graded on the level of clarity and depth to which you express your opinion/critiques/reactions/thoughts. I want to stress that these assignments are an opportunity for you to critically examine a reading and explore your opinions and thoughts on the topic. They are NOT a summary of the readings. They are also NOT a personal diary or journaling exercise. Examples will be covered in class but consider your paper as an example of writing an opinion

piece in a psychology journal or writing a letter to the editor. See the course website for examples.

Questions will be posted with readings on the course website. You may choose to answer these questions in your thought paper. However, these are only suggested topics to help you think about the readings in greater depth.

Presentation: 30%

20 minute presentation related to the course material. Students may choose a topic of their choice under the broader topic for the week. They may choose to focus on a specific disorder or treatment. Or they may wish to discuss a current social issue relevant to health psychologists. Please email the course director your presentation topic ahead of time for approval.

Grade: Your grade will be based on: 50% - course director
50% - peer evaluation

Presentations will be marked on:

- 1) Clarity/appearance of Powerpoint slides;
- 2) Presentation style;
- 3) Content of presentation;
- 4) The level at which you can engage the class in constructive discussion.

Suggested presentation format: 10-15 minutes lecture; 5-10 minutes discussion

*Email your slides to the course director (kaley@yorku.ca) before 12:00pm the day of your presentation

Examples of Presentation topics: Bariatric Surgery in Children; Treatment for Binge Eating Disorder; Exercise Addiction; Eating Disorders in Males; Coping with Diabetes; Body Image in Women with Cancer; Alcohol Use and Dieting; Weight Discrimination (legal aspects)

Final Paper: 30%

Final Paper (**10-12 pages total** – excluding references) includes an in-depth examination of one of the topics covered in the class. Topic choice is flexible and should be approved by the course director by March 13th, 2012 (email or in-person meeting).

Your paper should include a review of the literature, but also includes some sort of argument or thesis. You may choose to critically examine a topic and end with suggested changes for future research. You also may wish to pick a topic that has been understudied and make the argument through presenting different literature that we need to pay more attention to this. Alternatively, you may choose to present a critical argument then use literature to support your position. For example: I may argue that promotional material intended to help children become more active is in fact causing weight discrimination leading to lowered self-esteem and higher rates of obesity. However, I would need literature to support my position.

APA-format – (title page does not need to be APA format: please ensure you include your name, the course name, date and course director name on the title page)

See Publication Manual of the American Psychological Association, 6th Ed., 2009 – Scott Library.

Students needing writing assistance are encouraged to visit the Centre for Academic Writing (329 South Ross). Also, the Scott Library holds workshops to assist with conducting literature searches for the presentation and research paper:

<http://www.library.yorku.ca/ccm/Home/ResearchAndInstruction/ScottWorkshops.htm>

Submission: Paper copy to the course director at the beginning of class on April 3rd, 2012. Late papers will be penalized.

Participation: 10%

Will consist of attendance, participation in discussion as well as quality/quantity of peer feedback for presentations. If you miss a class due to illness or other emergency, please email the course director.

Lateness Penalty: Thought Papers or Presentation Slides received later than the due date will be penalized by 1 grade point per day late. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., an attending physician's statement form – see below).

Policy for Missed Quizzes: Students with a documented reason for missing a course quiz or presentation date, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation may request accommodation from the Course Instructor.

A quiz missed on the grounds of *medical conditions must be supported by an Attending Physician's Statement Form*. The form could be downloaded from the Registrar's Office Website: http://www.yorku.ca/grads/forms/NEW/attending_physician_statement.pdf.

The document MUST state that the student is incapacitated to an extent that taking the test on the date of the quiz/presentation is not possible.

Non-medical circumstances must also be supported by appropriate documentation (i.e., death certificates, obituary notice, accident report).

If the quiz falls on a religious holiday, please inform the course director at least one week before the quiz. Failure to provide appropriate documentation will result in a grade of "0%" for the missed quiz.

Students who miss the quiz on January 23 will be expected to attend a make-up quiz the following week before class. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

COURSE SCHEDULE

DATE	LECTURE TOPICS
Jan. 9	Introduction to Course: Role of Health Psychology in Eating/Weight Management
Jan. 16	Biology: The Physiology of Eating/Food
Jan. 23	Food & Mood: Psychology of Eating/Food
Jan. 30	QUIZ (15%) – covers material from Jan. 16 & 23 - - The Biology & Psychology of Eating/Food Lecture: Social and Political Considerations: Health Promotion – Healthy Eating
Feb. 6	Obesity & The Obesity Epidemic <i>Thought Paper Due</i> Student Presentations: 1) _____ 2) _____ 3) _____
Feb. 13	Dieting & Disordered Eating <i>Thought Paper Due</i> Student Presentations: 1) _____ 2) _____ 3) _____
Feb. 20	No Class – Reading Week
Feb. 27	Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder) <i>Thought Paper Due</i> Student Presentations: 1) _____ 2) _____ 3) _____
Mar. 6	The Role of Exercise <i>Thought Paper Due</i> Student Presentations: 1) _____ 2) _____ 3) _____
Mar. 13	Body Image: Relationships to Health & Mental Health <i>Thought Paper Due</i> Student Presentations: 1) _____ 2) _____ 3) _____

Religious Accommodation

York University is committed to respecting the religious beliefs and practices of all members of the community, and making accommodations for observances of special significance to adherents. Should any of the dates specified in your course syllabus for an in-class quiz or participation requirement or presentation date pose such a conflict for you, contact the Course Director. More information is located here:

<https://w2prod.sis.yorku.ca/Apps/WebObjects/cdm.woa/wa/regobs>

The Privacy and Legal statement

<http://www.yorku.ca/scdr/studentconduct.html> for details) specifically prohibits theft of intellectual property by a student, which **includes recording a course director's lecture without their permission** or taking lecture material provided for a student online, modifying it, and/or using it for a student's own personal use or gain. The material provided by a course director is only to be used for a student's personal study when they take the course for which it was created. Use in any other way could result, at the minimum, in sanctions in accordance with the York's Student Code of Conduct and, at the maximum, will be breaking federal, provincial or municipal laws and will be acted on accordingly.