

**AN INTRODUCTION TO HEALTH PSYCHOLOGY
HH/PSYC 3170 B; 2012-2013, Winter term**

<u>Course Director</u>	Professor Jennifer S. Mills Office: 241 BSB Email: jsmills@yorku.ca Phone: 416-736-2100 ext. 33153
<u>Online Resources</u>	This course is on Moodle : go to www.moodle.yorku.ca and login using your Passport York account for all online resources
<u>Teaching Assistants</u>	Leah Keating: lkeating@yorku.ca Magali Segers: msegers@yorku.ca TA office hours will be announced in class and online
<u>Course Description</u>	<p>This course explores the role of psychological factors in the experience of health and illness. We will examine research evidence and the need for a biopsychosocial model in order to understand and clinically treat various health problems (e.g., obesity, stress, pain, heart disease, cancer).</p> <p>Please note that this is a “<i>blended</i>” course, which means that some of the course is taught online. See course schedule below for further details.</p>
<u>Time and Location</u>	Fridays, 11:30-2:30 in Vari Hall Lecture Room B Winter term (January 7 – April 8, 2013)
<u>Required Reading</u>	Taylor, S., & Sirois, F.M. (2012). <i>Health Psychology, Second Canadian Edition</i> . McGraw-Hill Publishers.
<u>Prerequisite</u>	AK/AS/HH/SC/PSYC 1010 6.0 with a minimum grade of C.
<u>Course Credit Exclusions</u>	AS/SC/PSYC 3440 3.0 (prior to Summer 2002), GL/PSYC 3635 3.0, KINE 3100 3.0, AS/SC/KNE 4050D3.0 or AS/SC/KINE 4710 3.0

Additional Information

Excellent tips on all aspects of studying for and writing exams can be found at the Counseling and Development Centre's, Learning Skills Program website: <http://www.yorku.ca/cdc/lsp>.

York's Senate Policy on Academic Integrity is important for all students to know and can be found at <http://www.yorku.ca/academicintegrity/students/policy.htm>.

Important Winter 2013 term dates

January 21	Last date to enroll <u>without</u> the instructor's permission
February 4	Last date to enroll <u>with</u> the instructor's permission
March 15	Last date to drop the course without receiving a grade

Evaluation Scheme

Test 1 (30%) FRIDAY, FEBRUARY 8, 2013

Content: Chapters 1-5, all lecture material and videos shown to date

Format: 75 multiple choice, one long answer

Test 2 (30%) FRIDAY, MARCH 15, 2013

Content: Chapters 6-10, all lecture material and videos shown since Test 1

Format: 75 multiple choice, one long answer

Final Exam (40%) T.B.A. (During final exam period of April 10 – 26, 2013)

Content: Based on material from the entire course, with an emphasis on the material since Test 2. It will cover textbook chapters 11-15, all lecture material since the beginning of the course, and all videos shown to date.

Format: 50 multiple choice, two long answer

Tips for Doing Well in this Course

1. Don't procrastinate using the online resources – you will need them to do well!
2. Come to class and pay attention in class. Access online lecture slides to help with note taking.
3. Buddy up with someone in class with whom you can share notes in case you can't do the above. I don't give out my detailed lecture notes.
4. Come see either me or the TA before/after class or during office hours if you have questions about the material or the tests.
5. Keep up with the readings. The textbook material is dense.

Policy on Missed Tests or Exams

1. Within 48 hours of the missed test or exam, students must contact the instructor by phone or email. Be sure to clearly state your name, student number, course, reason for missing the exam, and a phone number or email address.
2. Appropriate documentation verifying the circumstances for the missed test or exam must be provided within one week of the missed exam. Failure to provide appropriate documentation will result in a grade of 0.
 - A. Tests or exams missed for medical reasons must be supported by an Attending Physician's Statement. The Attending Physician's Statement must include (i) the full name, mailing address and telephone number of the Physician, (ii) state the nature of the illness and its duration and (iii) a statement that the illness and/or treatment would have SERIOUSLY affected the student's ability to study and perform over the period in question, not just that they were ill and were seen by a doctor. If the note is not detailed enough, it will not be accepted.
 - B. Tests or exams missed for non-medical reasons must be supported by appropriate documentation (i.e., copy of a death certificate, automobile accident report, etc.) Pre-booked travel is not a reasonable excuse for missing a test or exam.
3. In the case of a missed test, a prorated procedure will be used: the grade component will be distributed across the other tests or exams in the course. The other evaluative components will still have the same weighting relative to each other. If the final exam is missed, the student must formally petition for deferred standing in the course with the Registrar's office.

DATE	FORMAT	LECTURE TOPIC	CHAPTER(S)
January 11	In-class	Introduction to the course The Biopsychosocial Model of Health VIDEO: Health, Mind, & Behaviour (#7809)	1, 2
January 18	In-class	Health Interventions and Behaviour Change VIDEO: Motivational Interviewing in Medical Settings (#6172)	3
January 25	In-class	Dieting and Obesity	4
February 1	Online	Substance Use and Abuse	5
February 8	In-class	TEST 1	
February 15	In-class	Stress and Coping VIDEO: Stressed to the Limit (#13991)	6, 7
February 22		Reading Week (No class)	
March 1	Online	Becoming Ill and Getting Medical Treatment	8, 9
March 8	In-class	Pain and Pain Management VIDEO: Placebo: The Science of Hope (#8120)	10
March 15	In-class	TEST 2	
March 22	Online	Terminal and Chronic Illness	11, 12
March 29	In-class	Coronary Heart Disease VIDEO: Understanding the Mind-Body Connection (#13990)	13
April 5	In-class	Review	14, 15