

FACULTY OF HEALTH
Department of Psychology

Course: Health Psychology; PSYC 3170 3.0, Section M
Winter, 2016
Classes: Thursdays, 2:30PM – 5:30PM, CLH E
Moodle site is available

Instructor: Krista K. Trobst, Ph.D.
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Office hours: Tuesdays, 2:30PM-3:30PM; Wednesdays, 1PM to 2PM; or by appointment

Teaching Assistants: **For Last Names Beginning with A-L**
TBA

For Last Names Beginning with M-Z
TBA

Prerequisites/Corequisites: AK/AS/HH/SC/PSYC 1010 6.0 or AK/PSYC 2410 6.0 with a minimum grade of C.

Course credit exclusions: AS/SC/PSYC 3440 3.0 (prior to Summer, 2002); AS/HH/SC/KINE 3100 3.0;
AS/HH/SC/KINE 4050D 3.0 (prior to Summer, 1997); AS/HH/SC/KINE 4710 3.0; GL/PSYC 3635 3.0.

Text: Taylor, S. E., & Sirios, F. M. (2014). Health Psychology (3rd Canadian ed.). Toronto: McGraw-Hill.

Course Overview and Objectives

This course will explore the application of psychological theory and research to specific health issues. Coverage will include: general strategies of health promotion; health habits (e.g., smoking, substance abuse; weight control); pain; management of chronic and terminal illness; and, issues in heart disease, cancer, and AIDS. The focus will be on the role of psychological research and principles in the promotion and maintenance of health and in the understanding and prevention of disease.

By the end of the course you will:

- have a critical understanding of the role of biological, psychological and social factors in health and wellbeing
- develop a deeper understanding of health-related research across a variety of disciplines
- understand how to think from a biopsychosocial perspective
- become familiar with current knowledge regarding a number of chronic and terminal illnesses

Evaluation *

1) First Exam:	February 4th, 2016	33 1/3%
2) Second Exam:	March 10th, 2016	33 1/3%

3) Final Exam: April, 2016 TBA: Registrar schedules 33 1/3%

Exams are composed of a combination of multiple choice questions and an essay question.

* The Senate Grading Scheme and Feedback Policy stipulates that (a) the grading scheme (i.e. kinds and weights of assignments, essays, exams, etc.) be announced, and be available in writing, within the first two weeks of class, and that, (b) under normal circumstances, graded feedback worth at least 15% of the final grade for Fall, Winter or Summer Term, and 30% for 'full year' courses offered in the Fall/Winter Term be received by students in all courses prior to the final withdrawal date from a course without receiving a grade - see the policy for exceptions to this aspect of the policy -

<http://www.yorku.ca/secretariat/policies/document.php?document=86>

** If final grades will be subject to grades distribution adjustment, it should be specifically noted in this section by including the following statement: "Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles."

*** An exam or term test worth more than 20% of the final grade may not be given during the final two weeks of classes.

Grading, Assignment Submission, Lateness Penalties, and Missed Exams

Conversion of Percentages to Letter Grades:

Percentage	Letter Grade	Grade Point	Percentage	Letter Grade	Grade Point
90-100	A+	9	60-64	C	4
80-89	A	8	55-59	D+	3
75-79	B+	7	50-54	D	2
70-74	B	6	48, 49	E	1
65-69	C+	5	0-47	F	0

For a full description of York grading system see the York University Undergraduate Calendar

http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04_5_acadinfo.pdf.

Missed Exams: If an exam is to be missed:

1) The student must contact me by phone or email or the course secretary by telephone (Zehra Bandhu ext. 66232) within 48 hours of the examination. You must clearly state the following:

- your name (it helps to spell your last name)
- your student number,
- course and section
- phone number at which you can be reached
- best time to call you back

2) If you cannot contact me or the secretary during this 48 hour period, subsequent documentation accounting for the delay must be provided.

3) Appropriate documentation verifying the circumstances for the missed examination must be provided at the time specified by the instructor. Failure to provide appropriate documentation will result in a grade of F on the missed examination.

What is appropriate documentation?

a) Medical circumstances – tests/exams missed due to medical circumstances must be supported by an attending physician's statement or a statement by a psychologist or counselor. The physician's statement must include the following: i) full name, mailing address, and telephone number of the physician. ii) state the nature

of the illness and its duration (i.e., specific dates covered), and iii) an indication of whether the illness and/or medication prescribed would have SERIOUSLY affected the student's ability to write the exam.

You MUST use the recommended physician's form found at

http://www.registrar.yorku.ca/pdf/attend_physician_statement

NOTE: the physician's office may be contacted to verify that the forms were completed by the physician.

b) Non-medical circumstances – tests/exams missed due to non-medical circumstances must be supported by appropriate documentation, i.e., death certificates, obituary notice, automobile accident reports, airline/bus ticket/receipt for emergency travel (with date of booking on ticket), etc. Airline/train/bus ticket/receipts for emergency travel must indicate destination, departure, and return dates. *Having to work at the time of a test is not considered a valid excuse for missing the test.*

4) The manner in which the missed examination (which has been legitimately documented) is handled will be at the discretion of the course director. E.g., In the case of a make-up exam, you must be prepared to write the test at the make-up date. Although the content to be examined will be the same, the format may or may not follow that of the original test/exam. YOU must check with me for the date and time of the make-up. A conflict in another course during the time of the make-up is not an acceptable reason for missing the make-up (unless there is an examination in the other course at that time). You should be aware that if you miss the exam before the official drop date, you may not have the requisite feedback on your course work to determine if you need to drop the course or not. As a result, it is in your best interest to write the exam at the time it is scheduled.

IMPORTANT INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) -

<http://www.yorku.ca/secretariat/policies/index-policies.html>

- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation

Cheating/Plagiarism/Impersonation

The University does not look favorably on cheating of any kind and the penalties for doing so are very harsh. Become familiar with the rules and regulations regarding cheating/plagiarism. You can find them listed on pages 6-7 of the Undergraduate Psychology Supplemental Calendar. In summary, you can avoid problems by following some simple rules. a) Do your own work and present your own ideas in your own words. Do not merely repeat or reword sections from other sources. b) Don't copy from friends or neighbors and don't let friends or neighbors copy from you. c) If you have any doubts about the appropriateness of what you are doing -- ASK.

York's Academic Honesty Policy and Procedures/Academic Integrity Website:

<http://www.yorku.ca/secretariat/policies/document.php?document=69>

LECTURE SCHEDULE & ASSIGNED READINGS

Date		Lecture Topic	Readings
Jan. 7 th	Week 1	Introduction and History	Chapter 1
Jan. 14 th	Week 2	Systems of the Body	Chapter 2
Jan. 17 th		<i>Last day to enroll without permission of the course instructor.</i>	
Jan. 21 st	Week 3	Health Behaviours	Chapter 3 Chapter 4
Jan. 28 th	Week 4	Health Behaviours - Compromising	Chapter 5
Jan. 29 th		<i>Last day to enroll with permission of the course instructor.</i>	
Feb. 4 ^{th d}	Week 5	Exam 1: 33 1/3% of Final Course Grade Chapters 1, 2, 3, 4, 5, & Lectures from Jan. 7th, 14th, 21st and 28th.	
Feb. 11 th	Week 6	Stress	Chapter 6 Chapter 7
Feb. 13 th -19 th		READING WEEK	
Feb. 25 th	Week 7	Patient Treatment	Chapter 8 Chapter 9
Mar. 3 rd	Week 8	Pain and its Management	Chapter 10
Mar. 4 th		<i>Last day to withdraw from course without receiving a grade.</i>	
Mar. 10 th	Week 9	Exam 2: 33 1/3% of Final Course Grade Chapters 6, 7, 8, 9, 10 & Lectures from Feb. 11th, 25th, & Mar. 3rd.	
Mar. 17 th	Week 10	Chronic, Advancing, and Terminal Illness	Chapter 11 Chapter 12
Mar. 24 th	Week 11	Heart Disease, Hypertension, Stroke, & Diabetes	Chapter 13
Mar. 31 st	Week 12	Psychoneuroimmunology, AIDS, Cancer, & Arthritis	Chapter 14 Chapter 15
Apr. 4 th		Last day of classes.	
April 6 th – 20 th		Final Exam Period. Final exam to be scheduled by the Registrar. Date: TBA Final Exam: 33 1/3% of Final Course Grade Chapters 11, 12, 13, 14 15 & Lectures from Mar. 17th, 24th, & 31st	