

**Faculty of Health**  
**Department of Psychology**  
**PSYC 3170 3.0 Section N: HEALTH PSYCHOLOGY**  
**Thursdays 2:30 to 5:30 PM / VH C**  
**Winter 2024**

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**This is a fully in-person course. Lectures and exams will occur during the scheduled class time in the assigned room. Recordings of the lectures will NOT be posted. Weekly quizzes will be completed Online via the textbook publisher's platform Connect. Exams will be in person.**

### **Instructor and T.A. Information**

Instructor: Dr. Krista K. Trobst, Ph.D.

Office Hours: readily available by appointment

Email: trobst@yorku.ca

<b>T.A.</b>	<b>Andrea Aternali</b>	<b>TBA</b>
<b>Email</b>	aternali@yorku.ca	
<b>Office Hours</b>	By appointment	
<b>Student Surname</b>	<b>A-K</b>	<b>L-Z</b>

### **Course Prerequisite(s): Course prerequisites are strictly enforced**

- HH/PSYC 1010 6.00 (Introduction to Psychology), with a minimum grade of C.
- Completed at least 54 earned credits

### **Course Credit Exclusions**

Please refer to [York Courses Website](#) for a listing of any course credit exclusions.

### **Course website: [eClass](#)**

All course materials will be available on the course eClass site. The site will be your central access point for course materials

### **Course Description**

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.

### **Program Learning Outcomes**

Upon completion of this course, students should be able to:

1. Demonstrate in-depth knowledge in health psychology.
2. Articulate trends in health psychology.

3. Express knowledge of health psychology in written form.
4. Describe and explain limits to generalizability of research findings in health psychology.
5. Demonstrate ability to relate information in health psychology to own and others' life experiences.

### Specific Learning Objectives

- have a critical understanding of the role of biological, psychological and social factors in health and wellbeing
- understand how to think from a biopsychosocial perspective
- become familiar with current knowledge regarding many chronic and terminal illnesses

### Required Text

- Taylor, S. E., Sirios, F. M., Andersen, J. P. & Stanton, A. L. (2023). *Health Psychology*. (5<sup>th</sup> Canadian edition). McGraw-Hill.

You will need McGraw-Hill CONNECT for online quizzes that comes with the ebook version and can buy the paper text as a supplement.

Information for acquiring the text is on eClass.

### Course Requirements and Assessment:

Assessment	Date of Evaluation	Weighting
Quizzes	Weekly via CONNECT	20%
Exam #1	February 1	20%
Exam #2	March 7th	25%
Health Behaviour Report	March 28th; submit via eClass	10%
Exam #3	Final Exam Period: TBA	25%
<b>Total</b>		<b>100%</b>

### Description of Assignments

Quizzes will be weekly, online via CONNECT, beginning January 25th. There will be 12 quizzes, each worth 2% and each having 10 MCQs. For example, if you receive 3/10 on a quiz, your grade is 0.6% (out of 2%). If you receive 5/10 your grade is 1%, 9/10 is 1.8% etc. The best 10 grades (of the 12 quizzes) will be kept, for a total of 20% weight. Quizzes will be open the day of class from 6 AM to 11:59 PM. The time limit is 10 minutes.

**There are no extensions or make-up opportunities for quizzes.**

Exams will be multiple choice and completed in person during the regularly scheduled class time for exams 1 & 2. Exam #3 will occur during the official final exam period with the date and time to be announced when they become available.

The Health Behaviour Report is a take-home assignment due before midnight on March 28th. You will submit it via eClass. Instructions will be shared later in the semester.

## Class Format and Attendance Policy

Students are to attend lectures. Lectures will NOT be recorded and posted. Note that about 20% of the exam questions are derived from material presented in lectures that does NOT appear on the lecture slides themselves so you will need to attend the lectures to obtain that material.

## Grading as per Senate Policy

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 tests\* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 89, B+ = 75 to 79, etc.)

For a full description of York grading system see the York University Undergraduate Calendar – [Grading Scheme for 2023-24](#)

## Missed Tests/Midterm Exams/Late Assignment

For any missed quiz or late assignment, students MUST complete the following online form which will be received and reviewed in the Psychology undergraduate office. At this time, due to COVID-19 an Attending Physician's Statement (APS) is not required, however, a reason for missing an evaluated component in the course must be provided.

[HH PSYC: Missed Tests/Exams Form](#). Failure to complete the form by 48 hours after the original deadline will result in a grade of zero for the missed quiz or late assignment.

## Add/Drop Deadlines

For a list of all important dates please refer to [Undergraduate Fall/Winter 2023-2024 Important Dates](#)

	Fall (Term F)	Year (Term Y)	Winter (Term W)
Last date to add a course <b>without permission</b> of instructor (also see Financial Deadlines)	September 20	September 20	January 22
Last date to add a course <b>with permission</b> of instructor (also see Financial Deadlines)	September 28	September 28	January 31
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	November 8	February 8	March 11
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	November 9 – December 5	February 9- April 8	March 12- April 8

## Add and Drop Deadline Information

There are deadlines for adding and dropping courses, both academic and financial. Since, for the most part, the dates are **different**, be sure to read the information carefully so that you understand the differences between the sessional dates below and the [Refund Tables](#).

You are strongly advised to pay close attention to the "Last date to enrol without permission of course instructor" deadlines. These deadlines represent the last date students have unrestricted access to the registration and enrolment system.

After that date, you must contact the professor/department offering the course to arrange permission.

You can drop courses using the registration and enrolment system up until the last date to drop a course without receiving a grade (drop deadline).

You may [withdraw from a course](#) using the registration and enrolment system after the drop deadline until the last day of class for the term associated with the course. When you withdraw from a course, the course remains on your transcript without a grade and is notated as 'W'. The withdrawal will not affect your grade point average or count towards the credits required for your degree.

### **Electronic Device Policy**

This course will be delivered in person and electronic devices (e.g., tablets, laptops) are permitted during class time for course-related purposes.

### **Academic Integrity for Students**

York University takes academic integrity very seriously; please familiarize yourself with [Information about the Senate Policy on Academic Honesty](#).

It is recommended that you review Academic Integrity by completing the [Academic Integrity Tutorial](#) and [Academic Honesty Quiz](#)

### **Test Banks**

The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test questions and/or answers), or any course specific test questions/answers is not permitted in the Faculty of Health. Any student found to be doing this may be considered to have breached the Senate Policy on Academic Honesty. In particular, buying and attempting to sell banks of test questions and/or answers may be considered as “Cheating in an attempt to gain an improper advantage in an academic evaluation” (article 2.1.1 from the Senate Policy) and/or “encouraging, enabling or causing others” (article 2.1.10 from the Senate Policy) to cheat.

### **Academic Accommodation for Students with Disabilities**

While all individuals are expected to satisfy the requirements of their program of study and to aspire to do so at a level of excellence, the university recognizes that persons with disabilities may require reasonable accommodation to enable them to do so. The university encourages students with disabilities to register with Student Accessibility Services (SAS) to discuss their accommodation needs as early as possible in the term to establish the recommended academic accommodations that will be communicated to Course Directors as necessary. Please let me know as early as possible in the term if you anticipate requiring academic accommodation so that we can discuss how to consider your accommodation needs within the context of this course.

<https://accessibility.students.yorku.ca/>

### **Excerpt from Senate Policy on Academic Accommodation for Students with Disabilities**

1. Pursuant to its commitment to sustaining an inclusive, equitable community in which all members are treated with respect and dignity, and consistent with applicable accessibility legislation, York University shall make reasonable and appropriate accommodations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs. This policy aims to eliminate systemic barriers to participation in academic activities by students with disabilities.

All students are expected to satisfy the essential learning outcomes of courses. Accommodations shall be consistent with, support and preserve the academic integrity of the curriculum and the academic standards of

courses and programs. For further information please refer to: [York University Academic Accommodation for Students with Disabilities Policy](#).

### **Course Materials Copyright Information**

These course materials are designed for use as part of the PSYC 3170 N 3.0 course at York University and are the property of the instructor unless otherwise stated. Third party copyrighted materials (such as book chapters, journal articles, music, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

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