

York University
Faculty of Health
Psychology

<u>COURSE:</u>	Health Psychology PSYC 3170 3.0 A
<u>TERM:</u>	Fall 2014
<u>CLASS MEETINGS:</u>	Wednesdays, 8:30-11:30am, CLH-B
<u>COURSE DIRECTOR:</u>	Dr. Melissa St. Pierre Office: 256 BSB Email: stpierre@yorku.ca Office hours: Wednesdays, 11:30am-1:30pm
<u>TEACHING ASSISTANT:</u>	Meaghan Ferguson Email: mferg@yorku.ca Available to meet by appointment only.
<u>FACULTY SECRETARY:</u>	Agnes Levstik Office: 281 BSB Telephone: 416-736-5125

ONLINE RESOURCES: <http://www.moodle.yorku.ca>

*****The best way to communicate with us is via email. In the event of an emergency (i.e., you will be absent from a test or the final exam), please email Dr. St. Pierre. Please allow us 2 business days to respond to your email. Note that we do not respond to email over the weekend.*****

REQUIRED TEXTBOOK:

Taylor, S. E., & Sirois, F. M. (2014). *Health Psychology: Third Canadian Edition*. McGraw-Hill Ryerson.

****Please note that a) the third edition of the textbook is required for our course; b) I teach from this newest edition of the textbook; and c) there are differences between the third edition of the textbook and earlier versions.***

COURSE PREREQUISITES:

AK/AS/HH/SC/PSYC 1010 6.00 or AK/HH/PSYC 2410 6.00, with a minimum grade of C

COURSE CREDIT EXCLUSIONS:

AS/SC/PSYC 3440 3.00 (prior to Summer 2002), AS/HH/SC/KINE 3100 3.00, AS/HH/SC/KINE 4050D 3.00 (prior to Summer 1997), AS/HH/SC/KINE 4710 3.00, GL/PSYC 3635 3.00

COURSE DESCRIPTION

Health Psychology examines how psychological, social, behavioural, and biological factors have an impact on people's experiences of health and illness. Topics include: healthy behaviours and prevention; health-compromising behaviours; stress and coping; patient interactions with health care providers and health

care systems; the management of chronic and terminal illness, among others. The health and community focused research interests of the course director are weaved throughout the course topics.

COURSE LEARNING OBJECTIVES

- Understand health and illness as influenced by the interplay of psychological, social, behavioural, and biological factors.
- Identify health promoting and health compromising behaviours. Understand how the practice of these is linked to the development of chronic diseases.
- Explain health psychology theories and apply to your own experiences of health.
- Identify key social determinants of health. Understand how these differentially impact Canadians' experiences of health and health care.

IMPORTANT DATES

Last date to enroll without permission of course instructor – September 22, 2014.

Last date to enroll with permission of course instructor – October 6, 2014.

Last date to drop courses without receiving a grade – November 7, 2014.

EVALUATION

Method of assessment	Date	Weight toward final grade
<u>Test 1</u> Chapters 1-5 from textbook and all lecture materials. Multiple choice, short answer, and long answer.	October 8, 2014	30%
<u>Test 2</u> Chapters 6-10 from textbook and all lecture materials. Multiple choice, short answer, and long answer.	November 12, 2014	30%
<u>Final exam</u> Covers entire textbook and all lecture materials discussed during course. Greater emphasis on chapters 11-15. Multiple choice, short answer, and long answer.	TBA, December 9-22, 2014	40%

POLICY ON MISSING A TEST OR FINAL EXAM

Only **documented** illnesses or emergencies are acceptable reasons for missing a test/final exam. You must contact me via email before the test/final exam (i.e., not during or after the test/final exam) to let me know of your absence. You must obtain medical (i.e., note from physician, psychologist, or counselor) or other (e.g., death certificate) documentation to be permitted to write the make-up test/final exam. If you do not have a legitimate reason to miss a test/final exam, you will be given a grade of 0 on what you missed.

There will only be two, non-negotiable dates to complete a make-up test or the final exam (TBA).

****Note that the format of the make-up tests/final exam may be different from the original tests/final exam**.** If you miss a test and the make-up of a test, you have waived the right to have a specific percentage of graded feedback available to you prior to the drop date. If you miss the make up test and/or make up final exam dates, you will receive a grade of 0 on what you missed.

POLICY ON DISTRIBUTING POWERPOINT SLIDES/INSTRUCTOR NOTES

PowerPoint slides will be posted on Moodle the night before class. If you miss a class, please consult a peer for their notes; I do not lend my personal notes. However, if you attended a class and need to clarify something with me I am happy to do so **during office hours**.

OTHER IMPORTANT POLICIES

Please see the York University Secretariat website for policies on academic honesty, conduct, academic accommodation for students with disabilities, etc.: <http://yorku.ca/secretariat/policies/index-policies.html>

York University also has an Academic Integrity website: <http://www.yorku.ca/academicintegrity/>

If you are a student requiring academic accommodation, please contact me via email and/or see me during office hours as soon as possible. Please note that I require a copy of your documentation for my files.

RESOURCES & SERVICES

Department of Psychology website: to find course syllabi, and help answer most of your questions about the program, advising, etc. – <http://psyc.info.yorku.ca/>

The Writing Centre: improve your writing - <http://www.yorku.ca/laps/writ/centre/>

Learning Skills Services: workshops on taking notes, studying, improving presentation skills, etc. - <http://lss.info.yorku.ca/>

Counseling & Disability Services: individual and group counseling for students - <http://cds.info.yorku.ca/>

SCHEDULE

Sept 10	-What is health Psychology? -Introduction to the biopsychosocial model of health -Overview of the systems of the body	Chapters 1, 2
Sept 17	-Health behaviours -Understanding behaviour change	Chapter 3
Sept 24	-Preventive and health-promoting behaviours	Chapter 4
Oct 1	-Health-compromising behaviours	Chapter 5
Oct 8	★Test 1	-All textbook and lecture materials -Chapters 1-5 inclusive
Oct 15	-Stress and coping	Chapters 6, 7
Oct 22	-Interactions with health care providers and systems	Chapters 8, 9
Oct 29	Co-curricular day – no class!	
Nov 5	-Pain and pain management	Chapter 10
Nov 12	★Test 2	-All textbook and lecture materials -Chapters 6-10 inclusive
Nov 19	-Chronic and terminal illness	Chapters 11, 12
Nov 26	-Heart disease, hypertension, stroke, and diabetes -HIV/AIDS, cancer, and arthritis	Chapters 13, 14
Dec 3	-Where do we go from here?	Chapter 15
TBA (Dec 9-22)	★Final exam	-All textbook and lecture materials from entire course -Greater emphasis on Chapters 10-15

FACULTY OF HEALTH GRADING SCHEME

Grade	Grade Point	Percent Range	Description
A+	9	90-100	Exceptional
A	8	80-89	Excellent
B+	7	75-79	Very good
B	6	70-74	Good
C+	5	65-69	Competent
C	4	60-64	Fairly competent
D+	3	55-59	Passing
D	2	50-54	Marginally passing
E	1	Marginally below 50%	Marginally failing
F	0	Below 50%	Failing