

**HEALTH PSYCHOLOGY**  
**HH/PSYC 3170 A; 2015-2016, Fall Term**

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<u>Online Resources</u>	This course is on <b>Moodle</b> : please go to <a href="http://www.moodle.yorku.ca">www.moodle.yorku.ca</a> and login using your Passport York account for all online resources, including lecture slides.
<u>Teaching Assistants</u>	Leah Keating: <a href="mailto:lkeating@yorku.ca">lkeating@yorku.ca</a> Claire Wicks: <a href="mailto:cwicks@yorku.ca">cwicks@yorku.ca</a> TA office hours will be announced in-class and online
<u>Course Description</u>	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).  *Please note that this is a “blended” course, which means that some of the course is taught online. See course schedule below for further details.
<u>Time and Location</u>	Fridays, 11:30-2:30 in Curtis Lecture Hall A
<u>Required Reading</u>	Taylor, S., & Sirois, F.M. (2014). <i>Health Psychology, Third 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 Services website: <http://www.yorku.ca/cds/lss/> .

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

Important Fall 2015 term dates

September 10	Classes start
September 24	Last date to enroll in a course <u>without</u> the instructor's permission
October 8	Last date to enroll in a course <u>with</u> the instructor's permission
November 9	Last date to drop a course without receiving a grade

### Grading Scheme

**Test 1 (30%)                    FRIDAY, OCTOBER 9, 2015**

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

Format: 75 multiple choice, one long answer

**Test 2 (30%)                    FRIDAY, NOVEMBER 13, 2015**

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

Format: 75 multiple choice, one long answer

**Final Exam (40%)            T.B.A. (During the final exam period of December 9-23)**

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 covered to-date.

Format: 50 multiple choice, two long answers

### Tips for Doing Well in this Course

1. Start using the online resources right away.
2. Come to class and pay attention. 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 come to class. I do not give out my detailed lecture notes and the slides don't cover everything.
4. Come see either me or the TA before/after class or during office hours if you have any 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 an acceptable excuse for missing a test or exam.

3. In the case of a missed test, a prorated grading 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 (i.e., 43% and 57% for the other test and the final exam, respectively). 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)
September 11	In-class	Introduction to the course The Biopsychosocial Model of Health "Health, Mind, & Behaviour" (DVD 10691)	1, 2
September 18	In-class	Health Interventions and Behaviour Change "Motivational Interviewing: Preparing People for Change" (DVD 6167, Disc 2, Program E)	3
September 25	Online	Substance Use and Abuse	5
October 2	In-class	Dieting and Obesity	4
October 9		<b>TEST 1</b>	
October 16	Online	Becoming Ill and Getting Medical Treatment	8, 9
October 23	In-class	Stress and Coping "Stressed to the Limit" (DVD 13991)	6, 7
October 30		<b>Fall Reading Days (no class)</b>	
November 6	In-class	Pain and Pain Management "Placebo: The Science of Hope" (DVD 8120)	10
November 13		<b>TEST 2</b>	
November 20	Online	Terminal and Chronic Illness	11, 12
November 27	In-class	Coronary Heart Disease "Understanding the Mind-Body Connection" (DVD 13990)	13
December 4	In-class	Psychoneuroimmunology Review	14, 15