

HEALTH PSYCHOLOGY
HH/PSYC 3170 B; 2013-2014, Fall term

<u>Course Director</u>	Professor Jennifer Mills Office: 241 BSB Email: jmills@yorku.ca Phone: 416-736-2100 ext. 33153
<u>Online Resources</u>	This course is on Moodle : please go to www.moodle.yorku.ca and login using your Passport York account for all online resources, including lecture slides.
<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>	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 “ <i>blended</i> ” 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 E
<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 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 2013 term dates

September 9	Classes start
September 22	Last date to enrol without permission of course instructor
October 4	Last date to enrol with permission of course instructor
November 8	Last date to drop a course without receiving a grade

Evaluation Scheme

Test 1 (30%) FRIDAY, OCTOBER 11, 2013

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

Format: 75 multiple choice, one long answer

Test 2 (30%) FRIDAY, NOVEMBER 8, 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 the final exam period of December 10-23)

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 shown to date.

Format: 50 multiple choice, two long answer

Tips for Doing Well in this Course

1. Start using the online resources right away.
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 cannot 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 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 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 13	In-class	Introduction to the course The Biopsychosocial Model of Health "Health, Mind, & Behaviour" (DVD 10691)	1, 2
September 20	Online	Substance Use and Abuse	5
September 27	In-class	Health Interventions and Behaviour Change "Motivational Interviewing: Preparing People for Change" (DVD 6167, Disc 2, Program E)	3
October 4	In-class	Dieting and Obesity	4
October 11		TEST 1	
October 18	In-class	Stress and Coping "Stressed to the Limit" (DVD 13991)	6, 7
October 25	In-class	Pain and Pain Management "Placebo: The Science of Hope" (DVD 8120)	10
November 1	Online	Becoming Ill and Getting Medical Treatment	8, 9
November 8		TEST 2	
November 15	In-class	Coronary Heart Disease "Understanding the Mind-Body Connection" (DVD 13990)	13
November 22	Online	Terminal and Chronic Illness	11, 12
November 29	In-class	Psychoneuroimmunology Review	14, 15

Please note: The last official day of fall classes is December 6, but we do not need to meet that day because we have an online lecture scheduled for the week with Co-Curricular Days (Oct 30-Nov 3). So you can treat December 6 as an exam study day.