

Faculty of Health
Department of Psychology
PSYC 3170 3.0 Section A: HEALTH PSYCHOLOGY
Fridays, 11:30 – 2:30, CLH F
Fall Term, 2019 - 2020

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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: [Moodle](#)

Course Description

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 details.

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.

Required Textbook

Sarafino, Smith, King, & De Longis (2015). Health Psychology: Biopsychosocial Interactions – Canadian edition. Wiley: Toronto.

Course Requirements and Assessment:

Assessment	Date of Evaluation	Weighting
Test 1	Friday, October 4, 2019	30%
Test 2	Friday, November 8, 2019	30%
Final exam	Official exam period (Dec 5-20)	40%
Total		100%

Description of Tests

TEST 1: Chapters 1-5 from the textbook, and all lecture material and videos covered in the course to-date. Format is 75 multiple choice and one long answer.

TEST 2: Chapters 6-10 from the textbook, and all lecture material and videos presented since Test 1. Format is 75 multiple choice and one long answer.

FINAL EXAM: Based on material from the entire course, with more weight on the material since Test 2. It will cover textbook chapters 11-15 only, but all lecture material and videos since the beginning of the course. Format is 50 multiple choice and two long answers.

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)

Missed Tests or Exams

For any missed tests, midterm exam or late assignments, students MUST complete the following online form which will be received and reviewed in the Psychology undergraduate office.

[HH PSYC: Missed Tests/Exams Form](#). Failure to complete the form within 48 hours of the original deadline will result in a grade of zero for the missed tests, midterm exam or late assignments.

In addition, to the online form, students documented reason for a missed tests, midterm exam or late assignments such as illness, compassionate grounds, etc., MUST submit official documentation (e.g. [Attending Physician Statement](#))

,In the case of a missed test, students must contact the professor by phone or email within 48 hours of the original due date. Documentation must be provided to the professor as soon as

possible. Once the documentation is approved, a prorated grading procedure will be used and the grade component will be distributed across the other test and exam 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, students may be required to petition for deferred standing in the course with the Registrar's office.

Add/Drop Deadlines

For a list of all important dates please refer to: [Fall/Winter 2019-20 - Important Dates](#)

	FALL (F)	YEAR (Y)	WINTER (W)
Last date to add a course without permission of instructor (also see Financial Deadlines)	Sept. 17	Sept. 17	Jan. 19
Last date to add a course with permission of instructor (also see Financial Deadlines)	Oct. 1	Oct. 22	Feb. 3
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 8	Feb. 3	March 13
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	Nov. 9 - Dec. 3	Feb. 4 - Apr. 5	March 14 - Apr. 5

***Note:** *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

Electronic devices in class can be distracting to other students. While in lecture, please use devices like laptops and tablets only for note-taking. Please check phones and email only during class breaks.

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 information [SPARK Academic Integrity modules](#). These modules explain principles of academic honesty.

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.

Electronic Devices During a Test/Examination

Electronic mobile devices of any kind are not allowed during a test or examination. Students are required to turn off and secure any electronic mobile device in their bag which is to be placed under the chair while a test/exam is in progress. Any student observed with an electronic device during a test/exam may be reported to the Undergraduate Office for a potential breach of Academic Honesty.

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 [York University Accessibility Hub](#) is your online stop for accessibility on campus. The [Accessibility Hub](#) provides tools, assistance and resources. Policy Statement.

Policy: York University shall make reasonable and appropriate accommodations and adaptations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs.

The nature and extent of accommodations shall be consistent with and supportive of the integrity of the curriculum and of the academic standards of programs or courses. Provided that students have given sufficient notice about their accommodation needs, instructors shall take reasonable steps to accommodate these needs in a manner consistent with the guidelines established hereunder.

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 A 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.

Copying this material for distribution (e.g. uploading material to a commercial third-party website) may lead to a violation of Copyright law. [Intellectual Property Rights Statement](#).

Course Schedule

DATE	FORMAT	LECTURE TOPIC	CHAPTER(S)
September 6	In-class	Introduction to the course The Biopsychosocial Model of Health “Health, Mind, & Behaviour” (DVD 10691)	1
September 13	In-class	Biopsychosocial aspects of stress “Stressed to the Limit” (DVD 13991)	2, 3
September 20	In-class	Stress and Illness “Understanding the Mind-Body Connection” (DVD 13990)	4
September 27	In-class	Health Interventions and Behaviour Change “Motivational Interviewing: Preparing People for Change” (DVD 6167, Disc 2, Program E)	5
October 4	In-class	TEST 1	
October 11	Online	Addictions and Eating Disorders	6, 7
October 18		Fall Reading Week (no class)	
October 25	In-class	Eating, Dieting, and Obesity	8
November 1	Online	Becoming Ill and Seeking Medical Treatment	9, 10
November 8	In-class	TEST 2	
November 15	In-class	Pain and Pain Management “Placebo: The Science of Hope” (DVD 8120)	11, 12
November 22	Online	Terminal and Chronic Illness	13, 14
November 29	In-class	Review and exam preparation	15