

**Faculty of Health**  
**Department of Psychology**  
**PSYC 3170 3.0, Section A: HEALTH PSYCHOLOGY**  
**Fridays, 11:30 to 12:30 & ONLINE via Zoom**  
**Fall 2020**

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This course will meet via Zoom on Fridays from **11:30am-12:30pm**. The rest of the class time will be delivered via pre-recorded lectures that will be available on EClass. You may watch and engage with the pre-recorded lectures on your own time. The live classes will have a question/answer period, in addition to teaching and reviewing important concepts. Both the live classes and pre-recorded lectures are equally important. Material, examples, and evaluations will be discussed.

It is strongly suggested that each student designate the same timeslot each week to view the pre-recorded lectures. Live lectures will be recorded and posted on EClass.

Please refer to the student guide for [eLearning at York University](#).

**Instructor and T.A. Information**

Instructor: Shira Yufe

Office Hours: Virtual office hour by appointment

Email: [syufe@yorku.ca](mailto:syufe@yorku.ca)

<b>T.A.</b>	<b>Andrea Aternali</b>	<b>Keisha Gobin</b>
<b>Email</b>	<a href="mailto:aternali@yorku.ca">aternali@yorku.ca</a>	<a href="mailto:kgobin@yorku.ca">kgobin@yorku.ca</a>
<b>Office Hours</b>	By virtual appointment	TBD

**Course Prerequisite(s):** Course prerequisites are strictly enforced  
PSYC 1010 6.00 – Introduction to Psychology (min. grade: 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, unless otherwise indicated by the instructor. The site will be your central access point for all course materials, such as all lectures, quizzes, and assignments.

**Course Description:**

This course explores the role of psychological factors in the experience of health and illness, and provides foundational knowledge of current health psychology topics. We will focus on research and principles of health promotion and health maintenance, stress, and different disease profiles. The field of health psychology will be learned through its research, current issues, and practice.

### 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 Text:

Taylor, Sirois, & Molnar (2020). Health Psychology, 5<sup>th</sup> Canadian Edition: McGraw-Hill Ryerson Limited.

### Course Requirements and Assessments:

Assessment	Date of Evaluation	Weighting
Quiz 1	Friday October 9th, 2020	10%
In-class breakout room	October 23rd, 2020	2.5%
Assignment: Part 1	November 6th, 2020	30%
Quiz 2	November 13th, 2020	10%
In-class breakout room	November 20th, 2020	2.5%
Quiz 3	December 4 <sup>th</sup> , 2020	10%
Assignment: Part 2	December 11 <sup>th</sup> , 2020	35%
<b>Total</b>		<b>100%</b>

### Description of Class time and Evaluations:

**Live classes:** Please attend our synchronous zoom classes. All lecture slides and a recording of our zoom class will be uploaded on EClass. Our in-class time will involve time to clarify concepts in the course, lecture, ask questions, practice, and engage with myself and your peers. **IMPORTANTLY**, on dates where you will be engaging with your peers in breakout rooms, your attendance is *mandatory* and attendance will be recorded. Please read the Zoom guidelines on EClass. "You are expected to use the utmost respect in your dealings with your colleagues or when participating in activities, discussions and online communication" (Arts and Sciences Online, Queen's University).

**Breakout rooms:** There will be two classes where your attendance will be recorded in a breakout room. The breakout rooms are to be used to discuss the assignments and for you to provide feedback to one another on your assignment ideas. The TAs and course instructor will drop-in to the breakout rooms for assistance and questions. You are required to have an adequate internet connection on those lecture days to be able to converse and type to your co-participants in the breakout room.

**Quizzes:** There are 3 quizzes throughout the term, consisting of multiple-choice questions only. Quizzes will be made available on EClass the Thursday afternoon prior to class at

12pm and close on Saturday at 12pm. This means you two days, from Thursday to Saturday to complete it online.

Quiz 1- Chapters 1-5

Quiz 2- Chapters 5-10

Quiz 3- Chapters 10-15

**Course assignment:** The two-part, class assignment will be to apply the biopsychosocial model to a case example. The full assignment description and detailed instructions will be posted on EClass. Part 1 and Part 2 will build on one another. They are not entirely separate assignments. They are meant to show growth and your thinking around health behaviour change over time.

Please use the feedback provided by the TAs on Part 1 to assist with improvement on Part 2. You will be graded on your ability to integrate feedback.

**Missed or Late Assignments:**

For any missed or late assignment or quizzes, 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 within 48 hours of the original deadline will result in a grade of zero for the missed or late assignment/exam.

Late assignments/exams will receive a 5% reduction for each day they are late.

Assignments will not be accepted one week after the original deadline, and the student will receive a grade of zero. This late penalty applies to both parts of the assignment.

If you do not attend the breakout room class lectures, you will receive a grade of zero. Please note you are required to have an adequate internet connection on those days.

Please note that (1) illness and (2) extenuating circumstances, as a result of unexpected events only, are considered valid reasons for missing assignments and quizzes. A poor internet connection will not be an adequate reason for missing class time or assignment deadlines.

**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 2020-21](#)

## **Add/Drop Deadlines**

For a list of all important dates please refer to: [Fall/Winter 2020-2021 Important Dates](#)

	<b>FALL (F)</b>	<b>YEAR (Y)</b>	<b>WINTER (W)</b>
Last date to add a course <b>without permission</b> of instructor (also see Financial Deadlines)	Sept. 22	Sept. 22	Jan. 25
Last date to add a course <b>with permission</b> of instructor (also see Financial Deadlines)	Oct. 6	Oct. 27	Feb.8
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 6	Feb. 5	March 12
<b>Course Withdrawal Period (withdraw from a course and receive a grade of “W” on transcript – see note below)</b>	<b>Nov. 7 - Dec. 8</b>	<b>Feb. 6 - Apr. 12</b>	<b>March 13 - Apr. 12</b>

### **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.

### **Information on Plagiarism Detection:**

To promote academic integrity in this course, students will be normally required to submit their written assignments to **Turnitin** (via the course EClass) for a review of textual similarity and the detection of possible plagiarism. In so doing, students will allow their material to be included as source documents in the Turnitin.com reference database, where they will be used only for the purpose of detecting plagiarism.

### **Electronic Device Policy:**

This course will be delivered in an online format and therefore 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 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](#).

### **Student Success Programming:**

#### **Calumet and Stong Colleges' Student Success Programming**

Calumet and Stong Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) aims to build the leadership skills of its course reps while contributing to the academic success and resourcefulness of students in core program classes.
- [Peer Assisted Study Sessions \(P.A.S.S.\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are known to be historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by trained peer tutors.
- Calumet and Stong Colleges also support students' [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [career exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- Please connect with your Course Director about any specific academic resources for this class.
- For additional resources/information about our student success programs, please consult our [website](#), email [scchelp@yorku.ca](mailto:scchelp@yorku.ca), and/or follow us on [Instagram](#) and [Facebook](#).

## Weekly Outline:

DATE	FORMAT	LECTURE TOPIC	CHAPTER(S)
September 11	Live & Recorded	Introduction to the course Health Psychology Introduction	1
September 18	Live & Recorded	Systems of the Body	2 Pages: 27-37, 40-43, 48-end
September 25	Live & Recorded	Health Behaviours	3
October 2	Live & Recorded	Health Promoting and Compromising Behaviours	4 & 5
October 9	Live & Recorded	Stress	6 Quiz 1
October 16		<b>Fall Reading Days (no class)</b>	
October 23	Live & Recorded	Moderators of the Stress Experience	7 Breakout Room
October 30	Live & Recorded	The Treatment Setting: Services and Relations	8 & 9
November 6	Live & Recorded	Pain and its Management	10 Assignment 1 Due:
November 13	Live & Recorded	Living with Chronic Illness	11 Quiz 2
November 20	Live & Recorded	Advancing and Terminal Illness	12 Breakout Room
November 27	Live & Recorded	Disease Profiles	13, 14
December 4	Live & Recorded	Challenges for the Future in Health Psychology	15 Quiz 3 ; Assignment 2 Due Dec 11th