

**Faculty of Health**  
**Department of Psychology**  
**PSYC 3170 3.0 B: HEALTH PSYCHOLOGY**  
**Thursday/11:30-2:30/Online via Zoom (link on eClass)**  
**Fall/2020**

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**Instructor and T.A. Information**

Instructor: Dr. Krista Trobst  
Office: Online via zoom  
Office Hours: By appointment  
Email: [trobst@yorku.ca](mailto:trobst@yorku.ca)

**Always contact your TA first before contacting the professor.**

<b>T.A.</b>	<b>Claire Champigny</b>	<b>Rivka Levin</b>
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Student Surname	A-L	M-Z
Office	Online via zoom	Online via zoom
Office Hours	By appointment: <a href="https://calendly.com/clairechampigny/psyc3170b">https://calendly.com/clairechampigny/psyc3170b</a>	By appointment: <a href="https://calendly.com/rivka/psyc3170b">https://calendly.com/rivka/psyc3170b</a>

**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**

eClass: <https://eclass.yorku.ca/eclass/my/>

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 course materials.

**Course Description**

This course will explore the application of psychological theory and research to specific health issues. Coverage will include: general strategies of health promotion; health habits (e.g., smoking, substance abuse; weight control); pain; management of chronic and terminal illness; and, issues in heart disease, cancer, and AIDS. The focus will be on the role of psychological research and principles in the promotion and maintenance of health and in the understanding and prevention of disease.

**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.

### Specific Learning Objectives

- Have a critical understanding of the role of biological, psychological and social factors in health and wellbeing.
- Understand how to think from a biopsychosocial perspective.
- Become familiar with current knowledge regarding many chronic and terminal illnesses.

### Required Text

Taylor, S.E., Sirois, F.M., & Molnar, D.S. (2020). *Health Psychology*. (5<sup>th</sup> Canadian ed.). McGraw Hill.

You can purchase this book online. Link to come soon.

### Course Requirements and Assessment:

Assessment	Date of Evaluation	Weight
Quizzes	Weekly, starting Sept. 24	10%
Exam 1	October 8	20%
Exam 2	November 12	25%
Health Behaviour Report	December 3	20%
Exam 3	TBD: Final exam period (Dec. 9-23)	25%
Total		100%

### Description of Assignments

Quizzes will be weekly during class time, online, starting Sept. 24 (after the add/drop deadline). There will be 12 quizzes. Each quiz is worth 1% and will have 10 MCQs. For example, if you receive 5/10 on a quiz, your grade is 0.5% (out of 1%). The time limit is 10 minutes. Quizzes will be on Connect. The twelve quizzes will add up to a total of 10%. If you score higher than 10% (e.g., you get the full 1% on every single quiz, which is 12%), there is no extra credit. There are no makeup quizzes.

Exams will be multiple choice and will take place online on eClass. Exams #1 and #2 will take place during class time. Exam #3 will take place during the final exam period at a date and time determined by the department of Psychology.

The Health Behaviour Report is a take-home assignment. Instructions will be shared later in the semester.

## 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](#))

## Late Work/Missed Tests

[HH PSYC: Missed Tests/Exams Form](#). For any missed test, students MUST complete the online form (click link above) 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. Failure to complete the form within 48 hours of the original deadline will result in a grade of zero for the missed test.

Late assignments will be deducted 10% per day up to two days. Assignment that are more than two days late will receive a zero. If you have a valid reason for requiring an extension, contact the professor *before* the due date.

## Add/Drop Deadlines

For a list of all important dates for the 2020-2021 academic year, please refer to: <https://registrar.yorku.ca/enrol/dates/fw20>

	FALL (F)	YEAR (Y)	WINTER (W)
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
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	Nov. 7 - Dec. 8	Feb. 6 - Apr. 12	March 13 - Apr. 12

## 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.

### **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. It is expected that you would complete tests/exams in a manner that does not require consulting an unauthorised source during an examination unless the tests/exams are open book.

### **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 B 3.0 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**

It is expected that you read the chapter *before* class. Come to class prepared with questions as we review the material. The quizzes will take place near the end of class each week.

Date	Book chapter	Due
Week 1: Sept. 10	Introduction to the course	Read the syllabus
Week 2: Sept. 17	1: What is Health Psychology? 2: The Systems of the Body	
Week 3: Sept. 24	3: Health Behaviours	Weekly quiz: chapter 3

Week 4: Oct. 1	4: Preventive and Health-Promoting Behaviours	Weekly quiz: chapter 4
Week 5: Oct. 8	EXAM #1 ONLINE (20%)	Covers all chapters (1,2,3,4) and lectures up to this point. Multiple choice exam online via eclass.
Oct. 15	READING WEEK	No class.
Week 6: Oct. 22	5: Health-Compromising Behaviours 6: Stress	Weekly quiz: chapter 5 Weekly quiz: chapter 6
Week 7: Oct. 29	7: Moderators of the Stress Response 8: Using Health Services	Weekly quiz: chapter 7 Weekly quiz: chapter 8
Week 8: Nov. 5	9: Patient-Provider Relationships	Weekly quiz: chapter 9
Week 9: Nov. 12	EXAM #2 ONLINE (25%)	Covers all chapters (5,6,7,8,9) and lectures from after the first exam up to this point. Multiple choice exam online via eclass.
Week 10: Nov. 19	10: Pain and Its Management 11: Living with Chronic Stress	Weekly quiz: chapter 10 Weekly quiz: chapter 11
Week 11: Nov. 26	12: Psychological Issues in Advancing and Terminal Illness 13: Heart Disease, Hypertension, Stroke & Diabetes	Weekly quiz: chapter 12 Weekly quiz: chapter 13
Week 12: Dec. 3	14: Psychoneuroimmunology, AIDS, Cancer & Arthritis	Weekly quiz: chapter 14 Health Behaviour Report due at 11:30am
Final exam period: Dec. 9-23	EXAM #3 ONLINE (25%)	Covers all chapters (10,11,12,13,14) and lectures from after exam #2 up to this point. Multiple choice exam online via eclass.