

**Faculty of Health  
Department of Psychology  
PSYC 3170 3.0 Section B: CLH E  
HEALTH PSYCHOLOGY  
Fall, 2016**

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**Instructor and T.A. Information**

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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.

**Course website: [Moodle](#)**

**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.

**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

- Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2015). *Health psychology: Biopsychosocial interactions*, Canadian edition. Toronto: Wiley.

## Course Requirements and Assessment

Assessment	Date of Evaluation	Weighting
Exam 1	October 6th, 2016	33 1/3 %
Exam 2	November 10th, 2016	33 1/3 %
Exam 3	Final Exam Period: TBA	33 1/3 %
Total		100%

## Description of Assignments

Exams comprise a combination of multiple choice and long answer questions.

## 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 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - [calendars.students.yorku.ca/2016-2017/academic-and-financial-information/academic-services/grades-and-grading-schemes](http://calendars.students.yorku.ca/2016-2017/academic-and-financial-information/academic-services/grades-and-grading-schemes))

## Late Work/Missed Tests or Exams

Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (Attending Physician Statement which can be found at: <http://registrar.yorku.ca/pdf/attending-physicians-statement.pdf>) may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

### Missed Exams: If an exam is to be missed:

1) The student must contact me by phone or email or the course secretary by telephone (Zehra Bandhu ext. 66232) within 48 hours of the examination. You must clearly state the following:

- your name (it helps to spell your last name)
- your student number,
- course and section
- phone number at which you can be reached
- best time to call you back

2) If you cannot contact me or the secretary during this 48 hour period, subsequent documentation accounting for the delay must be provided.

3) Appropriate documentation verifying the circumstances for the missed examination must be provided at the time specified by the instructor. Failure to provide appropriate documentation will result in a grade of F on the missed examination.

What is appropriate documentation?

a) Medical circumstances – tests/exams missed due to medical circumstances must be supported by an attending physician's statement or a statement by a psychologist or counselor. The physician's statement must include the following: i) full name, mailing address, and telephone

number of the physician. ii) state the nature of the illness and its duration (i.e., specific dates covered), and iii) an indication of whether the illness and/or medication prescribed would have SERIOUSLY affected the student's ability to write the exam.

You MUST use the recommended physician's form found at

[http://www.registrar.yorku.ca/pdf/attend\\_physician\\_statement](http://www.registrar.yorku.ca/pdf/attend_physician_statement)

NOTE: the physician's office may be contacted to verify that the forms were completed by the physician.

b) Non-medical circumstances – tests/exams missed due to non-medical circumstances must be supported by appropriate documentation, i.e., death certificates, obituary notice, automobile accident reports, airline/bus ticket/receipt for emergency travel (with date of booking on ticket), etc. Airline/train/bus ticket/receipts for emergency travel must indicate destination, departure, and return dates. Having to work at the time of a test is not considered a valid excuse for missing the test.

4) The manner in which the missed examination (which has been legitimately documented) is handled will be at the discretion of the course director. E.g., In the case of a make-up exam, you must be prepared to write the test at the make-up date. Although the content to be examined will be the same, the format may or may not follow that of the original test/exam. YOU must check with me for the date and time of the make-up. A conflict in another course during the time of the make-up is not an acceptable reason for missing the make-up (unless there is an examination in the other course at that time). You should be aware that if you miss the exam before the official drop date, you may not have the requisite feedback on your course work to determine if you need to drop the course or not. As a result, it is in your best interest to write the exam at the time it is scheduled. Please list any further policies/procedures for missed tests/late work such as time line for submitting APS (we suggest 48 hours from missed assignment date, policy about make-up tests or exams, etc.

## Add/Drop Deadlines

For a list of all important dates please refer to: [Important Dates](#)

Important dates	Fall (F)	Year (Y)	Winter (W)
Last date to add a course <b>without</b> permission of instructor (also see Financial Deadlines)	Sept. 21	Sept. 21	Jan. 18
Last date to add a course <b>with permission</b> of instructor (also see Financial Deadlines)	Oct. 5	Oct. 19	Feb. 1
Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 11	Feb. 10	March 10
Course Withdrawal Period (withdraw from a course and receive a "W" on the transcript – see note below)	Nov. 12 - Dec. 5	Feb. 11 - Apr. 5	March 11 - Apr. 5

## Academic Integrity for Students

York university takes academic integrity VERY seriously, please visit [an overview of Academic Integrity at York University](#) from the Office of the Vice-President Academic.

The following links will assist you in gaining a better understanding of academic integrity and point you to resources at York that can help you improve your writing and research skills:

- [Information about the Senate Policy on Academic Honesty](#)
- [Online Tutorial on Academic Integrity](#)
- [Information for Students on Text-Matching Software: Turnitin.com](#)
- [Beware! Says who? A pamphlet on how to avoid plagiarism](#)
- [Resources for students to help improve their writing and research skill](#)

**The University does not look favorably on cheating of any kind and the penalties for doing so are very harsh. Become familiar with the rules and regulations regarding cheating/plagiarism. You can find them listed on pages 6-7 of the Undergraduate Psychology Supplemental Calendar. In summary, you can avoid problems by following some simple rules. a) Do your own work and present your own ideas in your own words. Do not merely repeat or reword sections from other sources. b) Don't copy from friends or neighbors and don't let friends or neighbors copy from you. c) If you have any doubts about the appropriateness of what you are doing -- ASK.**

### **Test Banks:**

The use of test banks is not permitted in this course and may be considered a potential breach of academic honesty. This includes but is not limited to; buying or selling test banks.

### **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 3.0B 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		Lecture Topic	Readings
Sept. 8 <sup>th</sup>	Week 1	Introduction and History	Chapter 1
Sept. 15 <sup>th</sup>	Week 2	The Body's Physical Systems	Chapter 2
Sept. 22 <sup>nd</sup>	Week 3	Stress: Biopsychosocial Factors	Chapter 3 Chapter 4
<i>Sept. 21<sup>st</sup></i>		<i>Last day to enroll without permission of the course instructor.</i>	
Sept. 29 <sup>th</sup>	Week 4	Stress: Coping	Chapter 5
<i>Oct. 5<sup>th</sup></i>		<i>Last day to enroll with permission of the course instructor.</i>	
<b>Oct. 6<sup>th</sup></b>	<b>Week 5</b>	<b>Exam 1: 33 1/3% of Final Course Grade Chapters 1, 2, 3, 4, 5, &amp; Lectures from Sept. 8<sup>th</sup> to Sept. 29<sup>th</sup>.</b>	
Oct. 13 <sup>th</sup>	Week 6	Health Behaviour	Chapter 6
Oct. 20 <sup>th</sup>	Week 7	Lifestyle Illnesses	Chapter 7 Chapter 8
<b>Oct. 27<sup>th</sup>-30<sup>th</sup></b> <b>READING DAYS: NO CLASSES</b>			
Nov. 3 <sup>rd</sup>	Week 8	Using Health Services	Chapter 9 Chapter 10
<b>Nov. 10<sup>th</sup></b>	<b>Week 9</b>	<b>Exam 2: 33 1/3% of Final Course Grade Chapters 6, 7, 8, 9, 10 &amp; Lectures from Oct. 13<sup>th</sup> to Nov. 3<sup>rd</sup>.</b>	
<b>Nov. 11<sup>th</sup></b>		<b><i>Last day to withdraw from course without receiving a grade.</i></b>	
Nov. 17 <sup>th</sup>	Week 10	Pain	Chapter 11 Chapter 12
Nov. 24 <sup>th</sup>	Week 11	Heart Disease, Hypertension, Stroke	Chapter 13
Dec. 1 <sup>st</sup>	Week 12	Psychoneuroimmunology, AIDS & Cancer	Chapter 14 Chapter 15
Dec. 5 <sup>th</sup>		Last day of classes. <i>Last day to withdraw from the course and receive a 'W' on transcript</i>	
<b>Dec. 7<sup>th</sup> – 22<sup>nd</sup></b>		<b>Final Exam Period. Final exam to be scheduled by the Registrar. Date: TBA Final Exam: 33 1/3% of Final Course Grade Chapters 11, 12, 13, 14 15 &amp; Lectures from Nov. 17<sup>th</sup> to Dec. 1st</b>	