Faculty of Health  
Department of Psychology  
PSYC 3170 3.0 B: HEALTH PSYCHOLOGY  
Thursdays/11:30-2:30/CLH A  
Fall/2018

Instructor and T.A. Information  
Instructor: Dr. Krista K. Trobst  
Office: 219 BSB  
Office Phone: 416-736-2100 ext. 33760  
Office Hours: by appointment  
Email: trobst@yorku.ca

<table>
<thead>
<tr>
<th>T.A.</th>
<th>Fenote Girma</th>
<th>Elizabeth Wanstall</th>
</tr>
</thead>
<tbody>
<tr>
<td>For Student Surnames</td>
<td>A-L</td>
<td>M-Z</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:fgirma@yorku.ca">fgirma@yorku.ca</a></td>
<td><a href="mailto:ewanst@my.yorku.ca">ewanst@my.yorku.ca</a></td>
</tr>
<tr>
<td>Office</td>
<td>TBA</td>
<td>TBA</td>
</tr>
<tr>
<td>Office Hours</td>
<td>TBA</td>
<td>TBA</td>
</tr>
</tbody>
</table>

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 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


Course Requirements and Assessment:

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Date of Evaluation (if known)</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>Oct. 4th</td>
<td>33.333%</td>
</tr>
<tr>
<td>Exam 2</td>
<td>Nov. 8th</td>
<td>33.333%</td>
</tr>
<tr>
<td>Exam 3</td>
<td>TBA: Final exam period</td>
<td>33.333%</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>100%</td>
</tr>
</tbody>
</table>

Description of Assignments

Exams comprise a combination of multiple choice questions (75% of exam grade) and long answer questions (25% of exam grade). The week prior to an exam, two possible long answer questions will be provided, one of which will appear on the exam.

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 2018-19)

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://myacademicrecord.students.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.

Important New Information Regarding Missed Tests
For any missed tests 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 test/assignment.

**Add/Drop Deadlines**

For a list of all important dates please refer to: [Fall/Winter 2018-19 - Important Dates](#)

<table>
<thead>
<tr>
<th>Last date to add a course <strong>without permission</strong> of instructor (also see Financial Deadlines)</th>
<th>FALL (F)</th>
<th>YEAR (Y)</th>
<th>WINTER (W)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 18</td>
<td>Sept. 18</td>
<td>Jan. 16</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Last date to add a course <strong>with permission</strong> of instructor (also see Financial Deadlines)</th>
<th>FALL (F)</th>
<th>YEAR (Y)</th>
<th>WINTER (W)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 2</td>
<td>Oct. 23</td>
<td>Jan. 30</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)</th>
<th>FALL (F)</th>
<th>YEAR (Y)</th>
<th>WINTER (W)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 9</td>
<td>Feb. 8</td>
<td>March 8</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Withdrawal Period (withdraw from a course and receive a grade of “W” on transcript – see note below)</th>
<th>FALL (F)</th>
<th>YEAR (Y)</th>
<th>WINTER (W)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 10 - Dec. 4</td>
<td>Feb. 9 - Apr. 3</td>
<td>March 9 - Apr. 3</td>
<td></td>
</tr>
</tbody>
</table>

*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.

**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 USE OF TEST BANKS IS PROHIBITED AND IS CONSIDERED CHEATING.

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](http://yorku.ca/accessibility/) is your online stop for accessibility on campus. The [Accessibility Hub](http://yorku.ca/accessibility/) 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](http://yorku.ca/accessibility/).

**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](http://yorku.ca/accessibility/).