

York University
Faculty of Health
Psychology

<u>COURSE:</u>	Health Psychology PSYC 3170 3.0 N
<u>TERM:</u>	Winter, 2014
<u>CLASS MEETINGS:</u>	Fridays, 11:30am-2:30pm, Curtis Lecture Hall G
<u>COURSE DIRECTOR:</u>	Dr. Melissa St. Pierre Office: 256 BSB Email: stpierre@yorku.ca Office hours: Fridays, 9:00am-11:00am
<u>TEACHING ASSISTANTS:</u>	Amanda Fuentes Email: amanda19@yorku.ca Available to meet by appointment only.
	Meaghan Ferguson Email: mferg@yorku.ca Available to meet by appointment only.
<u>FACULTY SECRETARY:</u>	Agnes Levstik Office: 281 BSB Telephone: 416-736-5125

ONLINE RESOURCES: <http://www.moodle.yorku.ca>

****The best way to communicate with us is via email. In the event of an emergency (i.e., you will be absent from a test or the final exam), please email Dr. St. Pierre.***

REQUIRED TEXTBOOK:

Taylor, S. E., & Sirois, F. M. (2012). *Health Psychology: Second Canadian Edition*. McGraw Hill Ryerson.

COURSE PREREQUISITES:

AK/AS/HH/SC/PSYC 1010 6.00 or AK/HH/PSYC 2410 6.00, with a minimum grade of C

COURSE CREDIT EXCLUSIONS:

AS/SC/PSYC 3440 3.00 (prior to Summer 2002), AS/HH/SC/KINE 3100 3.00, AS/HH/SC/KINE 4050D 3.00 (prior to Summer 1997), AS/HH/SC/KINE 4710 3.00, GL/PSYC 3635 3.00

COURSE DESCRIPTION

Health Psychology examines how psychological factors have an impact on people's experiences of health and illness. Topics include: healthy behaviours and prevention; health-compromising behaviours; stress and coping; patient interactions with health care providers and health care systems; the management of chronic and terminal illness, among others. The health and community focused research interests of the course director are weaved throughout the course topics.

IMPORTANT DATES

Last date to enroll without permission of course instructor – January 19, 2014.

Last date to enroll with permission of course instructor – January 31, 2014.

Last date to drop courses without receiving a grade – March 7, 2014.

EVALUATION

Method of assessment	Date	Weight toward final grade
<u>Test 1</u> Chapters 1-4 from textbook and all lecture materials. Multiple choice, short answer, and long answer.	January 31, 2014	30%
<u>Test 2</u> Chapters 5-9 from textbook and all lecture materials. Multiple choice, short answer, and long answer.	March 14, 2014	30%
<u>Final exam</u> Covers entire textbook and all lecture materials discussed during course. Greater emphasis on chapters 10-15. Multiple choice, short answer, and long answer.	TBA – April 8-24	40%

POLICY ON MISSING A TEST OR FINAL EXAM

Only **documented** illnesses or emergencies are acceptable reasons for missing a test/final exam. You must contact me via email before the test/final exam (i.e., not during the test/final exam) to let me know of your absence. You must obtain medical (i.e., note from physician, psychologist, or counselor) or other (e.g., death certificate) documentation to be permitted to write the make-up test/final exam. If you do not have a legitimate reason to miss a test/final exam, you will be given a grade of 0 on what you missed. **There will only be two, non-negotiable dates to complete a make-up test or the final exam (TBA).** If you miss a test and the make-up of a test, you have waived the right to have a specific percentage of graded feedback available to you prior to the drop date. If you miss the make up test and/or make up final exam dates, you will receive a grade of 0 on what you missed.

POLICY ON DISTRIBUTING POWERPOINT SLIDES/INSTRUCTOR NOTES

PowerPoint slides will be posted on Moodle the night before or the morning of class. If you miss a class, please consult a peer for their notes; I do not lend my personal notes. However, if you attended a class and need to clarify something with me I am happy to do so **during office hours.**

OTHER IMPORTANT POLICIES

Please see the York University Secretariat website for policies on academic honesty, student conduct, academic accommodation for students with disabilities, etc.: <http://www.yorku.ca/secretariat/>

York University also has an Academic Integrity website: <http://www.yorku.ca/academicintegrity/>

If you are a student with disabilities and require academic accommodation, please contact me via email and/or see me during office hours as soon as possible.

RESOURCES & SERVICES

The Writing Centre: improve your writing – <http://www.yorku.ca/laps/writ/centre/>

Learning Skills Services: workshops on taking notes, studying, improving presentation skills, etc. - <http://lss.info.yorku.ca/>

Counseling & Disability Services: individual and group counseling for students - <http://cds.info.yorku.ca/>

SCHEDULE

Jan. 10	-What is health Psychology? -Introduction to the biopsychosocial model of health -Overview of the systems of the body	Chapters 1, 2
Jan. 17	-Health behaviours -Understanding behaviour change	Chapter 3
Jan. 24	-Preventive and health-promoting behaviours	Chapter 4
Jan. 31	★Test 1	-All textbook and lecture materials -Chapters 1-4 inclusive
Feb. 7	-Health-compromising behaviours	Chapter 5
Feb. 14	-Stress and coping	Chapters 6, 7
Feb. 21	Reading week – no class	
Feb. 28	-Interactions with health care providers and systems	Chapters 8, 9
March 7	★Test 2	-All textbook and lecture materials -Chapters 5-9 inclusive
March 14	-Pain and pain management	Chapter 10
March 21	-Chronic and terminal illness	Chapters 11, 12
March 28	-Heart disease, hypertension, stroke, and diabetes -HIV/AIDS, cancer, and arthritis	Chapters 13, 14
April 4	-Where do we go from here?	Chapter 15
*TBA – April 8-24	★Final exam	-All textbook and lecture materials -Chapters 10-15 inclusive

FACULTY OF HEALTH GRADING SCHEME

Grade	Grade Point	Percent Range	Description
A+	9	90-100	Exceptional
A	8	80-89	Excellent
B+	7	75-79	Very good
B	6	70-74	Good
C+	5	65-69	Competent
C	4	60-64	Fairly competent
D+	3	55-59	Passing

D	2	50-54	Marginally passing
E	1	Marginally below 50%	Marginally failing
F	0	Below 50%	Failing