

**AN INTRODUCTION TO HEALTH PSYCHOLOGY
HH/PSYC 3170 A; Summer 2014**

Course Instructor Dr. Janice Montbriand
Office: TBA
Email: janice.montbriand@alumni.unbc.ca

Teaching Assistant Lauren Joly
Office: 268BS, by appointment
Email : ljoly@yorku.ca
TA office hours as announced in class or by appointment

Course Description This course provides an introduction to behavioural health science. The material covered will introduce the student to the major issues in the field of health psychology. Of the ten leading causes of mortality and morbidity in Canada, many if not all have behavioural component(s). Specifically, we will focus on the biological, psychological, and social aspects as they relate to health promotion, health compromising and enhancing behaviours, stress management, coping strategies, patient-provider relations, utilization of health services, pain management, and coping with disease. **As this is an intensive summer course, it is highly recommended that you read the assigned chapters ahead of class, and attend all classes.**

Time and Location Mondays and Wednesdays 1-4pm, location CLH-K Curtis lecture hall.
S1 Summer Term (May 6 – June 16, 2014).

Required Reading Taylor, S., & Sirois, F.M. (2014). *Health Psychology, Third Canadian Edition*. McGraw-Hill Publishers.

Prerequisite AK/AS/HH/SC/PSYC 1010 6.0 with a minimum grade of C.

Additional Information

Learning Skills Program website for tips on studying and preparing for examinations:
<http://www.yorku.ca/cdc/lsp>.

York's Senate Policy on Academic Integrity is important for all students to know and can be found at <http://www.yorku.ca/academicintegrity/students/policy.htm>.

Special Needs: If there are students in this course who, because of a disability, may have a need for special academic accommodations, please come and discuss this with me privately during the first week, or contact disability services.

<http://www.yorku.ca/secretariat/policies/document.php?document=68>

You are expected to have read and kept a copy of this outline

Evaluation:

The final exam must be passed in order to receive a passing grade for this course.

Examinations (30% each): There will be two examinations during the semester. Exams will consist of definitions, multiple choice, short answer, etc. taken from text and class lectures. The answer to the question 'could this be on the exam' is 'yes' unless I have stated otherwise.

Final Exam (35%): The final exam will be cumulative with an emphasis on more recently taught material. You must pass the final exam to pass this class. The dates for final examinations are from June 19th-21st inclusive, you need to be available during these dates.

Class Participation (5%): During this class there will be opportunities for class participation, this is worth 5% of your final grade.

Schedule of Classes and Activities:

*On the dates where specific chapters are listed, you are responsible for reading the chapters ahead of class.

*These dates are my best estimate only; I reserve the right to change the lecture if necessary.

DATE	LECTURE TOPIC	CHAPTERS
May 5	Introduction to course The Biopsychosocial Model of Health Health disparities in Canada- a northern example Future challenges and directions in Health Psychology	1, 15
May 7	Systems of the body Health Models, Interventions and Behaviour Change	2 3
May 12	Health Prevention, Dieting and Obesity Substance Use and Abuse	3,4 5
May 14	EXAM 1	
May 19	Victoria Day Holiday	
May 21	Stress and Coping	6, 7
May 26	Becoming Ill and Getting Medical Treatment	8, 9
May 28	Pain and Pain Management	10
June 2	EXAM 2	
June 9	Living with Chronic Illness Coronary Artery Disease	11, 13
June 11	Coronary Heart Disease Psychoneuroimmunology	13 14
June 16	Psychoneuroimmunology Epigenetics Exam Review	14

* The dates for final examinations are from June 19th-21st inclusive, you need to be available during these dates.

Policies:1. Make up examinations:

Students are expected to write each test on the dates specified. There will be no make-up tests, except under extraordinary documented circumstances. Make-up examinations will consist largely of short answer/essay questions. If you miss a mandatory piece of course work with no documentation, you will receive a grade of zero.

Such requests should be made in advance of the exam if possible. Students must contact the professor (cc'd to the TA) 24 hours in advance of a missed examination, and provide appropriate documentation to be permitted a make up examination. Pre-booked travel is not a reasonable excuse for missing an exam.

In the case of an emergency, contact me, cc'd to your course TA, as soon as possible. In this email, please (a) outline the reason for your absence, and (b) confirm that you have medical or other relevant documentation to support this reason. Please be sure to note your course section and your full name and student number in the subject header of your email. Failure to contact your professor and TA within 24 hours of an examination will result in a grade of 0.

If you have a legitimate reason (e.g., death in the family, severe illness, etc.) for being excused from an exam, and have documentation to verify your absence (please see below), you may take a make-up exam. Please note that I am extremely strict about the conditions that will allow you to write a make-up examination – nonetheless, you should contact me regardless of your reason if you have or will miss an examination.

Please note that there will be *one* set date for the make-up test/exam. So please make every effort to make this date. Please also note that if you miss exam and the make-up of the exam prior to the drop date, regardless of your reason, you have waived the right to have a specific percentage of graded feedback available to you prior to the drop date.

If you produce a valid medical document, signed by a physician, stating that you were medically unable to take the exam for a specific time period, you will be able to take a makeup exam. If you miss an exam for non-medical reasons, you still must produce supporting documentation (e.g., death certificate, obituary notice, automobile accident report, etc.).

Once you have contacted the course instructor and your TA, you will need to have completed the attending physician's statement found at <http://www.registrar.yorku.ca/exams/deferred/>. This should be brought to your instructors' mailbox (located on the first floor of the BSB rm 101; if the mail room is closed try the undergraduate office) or faxed to the psychology department (with Attention Dr. Janice Montbriand) at 416-736-5814. You will need to receive confirmation of the make-up examination date from your TA; you should be back in

touch within a few days with your TA if you have not heard back. It is your responsibility to find out the information about when the make up exam is and ensure that you are set to write the make-up exam. If the final exam is missed, the student must formally petition for deferred standing in the course with the Registrar's office.

2. Grade Revision: Your first step is to contact your TA right away. If you find that an examination has been totalled incorrectly, please advise your TA. If you feel that an error has been made in marking, please double check with your textbook/notes and come prepared to support your position with documentation of what was covered in *this* course. You will have five days after marks have been returned to the class to request a double checking of your marks through your TA.

Recognize that the evaluator must be convinced that answers on examinations indicate mastery of the concept being examined, and that a response that may appear to be 'close enough' by your standards may not be by the evaluators. When double-checking marks your TA may look over the entire examination for marking errors. This means that while your grade may improve on some questions, your grade may decrease in others if errors have been made.

3. Plagiarism and Academic Dishonesty: Academic dishonesty will not be tolerated. Not only will you lose complete marks for the examination, but the event will be listed on your permanent record. It is your responsibility to be aware of what constitutes academic dishonesty. Here are two sources on what constitutes academic dishonesty.:

<http://www.yorku.ca/secretariat/policies/document.php?document=69>

<http://www.yorku.ca/academicintegrity/students/index.htm>

Etiquette:

- Before class, turn off cell phones, PDA's, etc. that might disturb others.
- Arrive on time. If you arrive late or leave early, please do so quietly.
- Focus your attention on the main activity in the classroom.
- Don't bring messy or smelly foods to class. Avoid foods that might elicit allergic reactions (e.g. peanuts).
- Avoid wearing strong perfumes or scents to class; many people are allergic to or bothered by these.
- Do not come to class if you are actively sick with a flu.
- If you must talk to your neighbour during lecture, do so quietly and briefly.
- During discussion, take turns and let others have a turn before contributing again.
- If you miss a class it is your responsibility to find out what you missed.
- The instructor will not loan out notes; if you missed class you are responsible for getting the notes from one of your classmates. Find a note-sharing partner and exchange contact information.
- Respect each other's space (e.g., do not put your feet on someone else's desk).