

Department of Humanities and Social Sciences

Course Outline — Winter 2024

PY3600 (A3/VC): Health Psychology – 3 (3-0-0): 45 Hours for 15 Weeks

INSTRUCTOR:	Connie Korpan, Ph.D.	PHONE:	780-539-2032
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OFFICE HOURS:	Mondays 2:20-3:30 & Fridays 1:00-2:00		

CALENDAR DESCRIPTION

This is an introduction to the field of health psychology and will examine psychological factors that influence physical health and illness. Topics that will be explored are stress management, mind-body issues, health promotion and health-compromising behaviors, coping with critical and chronic illness, psychoimmunology, and social factors in health and illness

PREREQUISITE(S)/COREQUISITE: PY1040 and PY1050

REQUIRED TEXT/RESOURCE MATERIALS:

Matheson, D. H. Cox, D. N. & Poole, G. (2022). *The psychology of health and health care: A Canadian perspective*. **Ebook** ISBN-13: 9780136744115

DELIVERY MODES: On-campus

LEARNING OUTCOMES:

As a result of taking this course, students will gain the abilities to:

- Demonstrate the key fundamental theories, principles and concepts from health psychology
- Articulate the contributions psychology, and more specifically personality and cognition makes to one's understanding of health, illness, and healing
- Apply knowledge of the psychological concepts and theories of stress, coping, illness, and health-seeking behaviors
- Demonstrate understanding of how health-promoting activities and health-compromising behaviors affect health
- Consider and identify personality and communication styles that influence stress, health-promoting & defeating behaviors, while discussing strategies for change and coping
- Discuss how pain and chronic/life-threatening illness create psychological challenges for the patient, family/friends, and professionals.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions.**

Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability

EVALUATIONS:

1. 4 Quizzes—5% each for a course total of 20%
2. Midterm Exam—25%; Final Exam—25%
3. Attendance—5%
4. Chapter Assignments— course total of 5%
5. Reflection Assignment—10%
6. Annotated Bibliography—10%

PLEASE NOTE: In order to preserve an evaluation system THAT IS FAIR TO ALL students, requests for additional/substitute work will NOT be granted to students wishing to compensate for poor or missed grades on assignments, quizzes, midterm exam or final exam.

- 1. Quizzes:** There will be four quizzes based on material covered in both the textbook and the lectures. Each quiz is worth 5%, for a course total of 20%. They are closed-book exams, meaning that for the duration of the quizzes, students are not allowed to access the course materials (whether they are on paper or computers/other devices).
- 2. Midterm and Final Exams:** The midterm and final exams will be based on material covered in both the textbook and the lectures. The midterm is worth 30% and the final exam is worth 35%. **THE FINAL EXAM WILL NOT BE CUMULATIVE.**

Note on Quizzes, Midterm and Final Exams:

- During exams, you are not allowed to access course materials (i.e., no access to notes/book, whether in paper format or on devices). Accessing such materials will be considered cheating and will result in an automatic “0” on the exam.
- Activities such as holidays or employment are not considered excusable reasons for missing any exam. Students who choose to miss an exam for employment, holiday, or other unexcused reasons may receive a “0” on the exam.
- The dates of the quizzes and midterm are posted on page 4. The final exam date is to be determined by Student Services (note that the final exam period is from April 17 to 24, inclusive). Please refer to page 6 of this course outline for information on missed quizzes.

3. Attendance: Attendance will be taken every class. Attendance may be taken more than once during a class period. **Please note that in my courses, students who miss more than 10% of classes without an acceptable excuse may be debarred from writing the final exam.**

4. Chapter Assignments: There will be 12 multiple-choice chapter assignments, each comprised of questions taken from the textbook material. These are open-book assignments to be completed out of class. Your marks across all the assignments will be averaged; the average mark of all the assignments is worth 5% of your overall grade. You will answer the questions of each assignment by clicking the relevant link. These links are found under the “Chapter Assignments” widget or by clicking “Quizzes” on the blue banner at the top of the myClass page. **Note—for each assignment, you get 2 attempts. The system automatically keeps the highest grade.**

Deadlines for each assignment are noted in 3 ways:

- this course outline (page 4)
- the PDF version of each chapter assignment posted on myClass
- on the assignment links found on myClass.

Please write these deadlines on your calendar and set up myClass to send you reminders of upcoming deadlines. The links will close at 11:59 (1 minute before midnight) on the dates listed (on page 4) and will not be reopened past the deadline. It is your responsibility to know the deadline of each assignment. Do not ask for an extension if you miss a deadline.

NOTE: The assignments are generally due before I cover the material in class as they are designed to help prepare you for the lectures. Also, note that myClass refers to these assignments as “Quizzes”; the assignments are also accessible.

5. Reflection Assignment In this reflective assignment, you will explore the theory and apply the concepts in chapters 2, 5, and 6 to your own life and behaviors. This includes the impact of stress on your body and methods for coping, your current physical activity patterns and setting health goals. **Due February 16th.** Details to follow

6. Annotated Bibliography **Due March 20th.** Details of this assignment are provided on a separate document.

GRADING CRITERIA

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	97-100	C+	2.3	70-74
A	4.0	94-96	C	2.0	65-69
A-	3.7	90-93	C-	1.7	60-64
B+	3.3	85-89	D+	1.3	55-59
B	3.0	80-84	D	1.0	50-54
B-	2.7	75-79	F	0.0	00-49

COURSE SCHEDULE/**TENTATIVE** TIMELINE:

Chapter/Exam/Assignment		Lecture Dates	Chapter Assignment Deadline 11:59 P.M.
	Course Overview	January 9	
Chapter 1	Introduction to Health Psychology	January 11/16	January 10
Chapter 2	Stress and Coping	January 18/23	January 17
Chapter 3	Psychoneuroimmunology	January 25/30	January 24
Quiz 1	Chapters 1-3	January 30	-
Chapter 5	Health and Physical Activity	February 1/6	January 31
Chapter 6	Health Compromising Behaviors	February 8/13	February 7
Chapter 4	Health Communication	February 15/27	February 14
Reflection Assignment		February 16	
Reading Break	No classes	February 19-23	-
Quiz 2	Chapters 4-6	February 27	-
Midterm	Chapters 1-6	February 29	-
Chapter 7	Chronic and Life-Threatening Illnesses	March 5/7	March 4
Annotated Bibliography		March 20	
Chapter 8	Pain	March 14/19	March 13
Chapter 9	The World of Health Care	March 21/26	March 20
Quiz 3	Chapters 7-9	March 28	
Chapter 10	From One to Many	March 28/April 2	March 30
Chapter 11	Indigenous People's Health	April 2/4	April 1
Chapter 12	Health Promotion	April 9/11/15	April 8
Quiz 4	Chapters 9, 10, 11, 12	April 15	-
Final Exam	Chapters 7-12	Between April 17 & 24	

OTHER IMPORTANT DATES

Jan 17	Last day to add courses and drop courses (UT) for refund; winter fees due
Feb 19-23	Family Day/Winter Break—no classes
March 29	Good Friday—No Classes
April 1	Last day to withdraw classes with permission (i.e., “W”)
April 15	Last day of classes
April 17-24	Final Exam Period



STUDENT RESPONSIBILITIES:



1. **TALK TO ME IF YOU HAVE CONCERNS OR IF YOU ARE EXPERIENCING DIFFICULTIES THAT MAY HAVE A NEGATIVE IMPACT ON YOUR ACADEMIC PERFORMANCE.** These concerns may include personal challenges or class-related issues (e.g., difficulty with the material, and disruptions from other students). Please know that I will keep your concerns confidential.

EXAM ACCOMMODATIONS: Exam accommodations are used by any number of students whose learning disabilities affect processing and comprehending printed material, learning, and/or concentration (either due to the condition itself, or the effects of the medication which is used to treat the condition). Accommodations can also be sought by students with conditions that include but are not limited to, mental health conditions, chronic illness, neurological disorders, visual disabilities, and motor disabilities.

If you require exam accommodations due to a disability or condition, you must contact *Accessibility Supports* (in the Learning Commons (aka Library)). More information is available at <https://libguides.nwpolytech.ca/learningcommons/AccessibilityServices>

Please note that when you contact an advisor, you will be asked to provide them with documentation supporting your request for accommodation. After the advisors inform me of your need for accommodation, I will extend the allotted exam writing times by an appropriate amount.

2. **RESPECTFUL BEHAVIOR**

Students are expected to exhibit respectful behavior toward the instructor, guest speakers, and other students. We will discuss topics in class that may cause disagreement. It is expected that all participants will deal with such disagreements WITHOUT resorting to behaviors/comments that are dismissive, demeaning, or threatening to others. Swearing and use of slurs against individuals or groups (racial, religious, gender, etc.) are unacceptable. Students unable to meet these expectations will be required to leave the class in the interest of preserving the learning opportunities of other students. Please refer to the NWP calendar for more information regarding student conduct.

It is also expected that students arrive to class on time and stay in class; arriving late and leaving/returning is disruptive to the class.

3. ATTEND CLASS AT THE SCHEDULED CLASS TIMES:

- a. Students are expected to attend lectures at the scheduled class times. Attendance will be taken in every class and may be taken more than once each class.

Missed Lecture Material: Although notes are available on *myClass*, they are not complete; attendance is required to get full lecture information. If you miss a class, you are to obtain missed material by approaching a classmate, not the instructor. It would be unfair for students who miss lectures to be advantaged by getting the instructor's notes.

Missed Quizzes/Exams: Dates for the quizzes and midterm are included on page 4 of this course outline. Missed quizzes will not be rescheduled. If you miss a quiz due to illness, medical/dental/other emergency, or NWP obligations the weight of the quiz will be transferred. If you miss a quiz/exam for these reasons, the weight of Quiz 1 or 2 will be transferred to the midterm exam, and the weight of Quiz 3 or 4 will be transferred to the final exam. **Note: these reasons must be verified (e.g., doctor's note)**

Quizzes/exams missed for reasons that do NOT include verified illness, emergency, or NWP obligations, will be assigned a "0" (zero). Also, holidays, employment, etc. are NOT considered to be excusable reasons to miss any exam in this course. Furthermore, students who miss a quiz/exam and do not provide an explanation **BEFORE** the quiz/exam will receive a zero on that missed quiz/exam,

According to NWP policy, deferring a missed Midterm Exam is at the discretion of the instructor. In my courses, students who miss a midterm because of illness, emergency, or NWP obligation (verified) may write the midterm at a later date (set by me—I will choose a date that is mutually convenient for me and the student). When students miss the midterm for reasons that do not include verified illness, emergency, or NWP obligations, a "0" is assigned to that midterm. Students who miss the midterm without explanation will receive a "0" on the midterm. Absences from a registrar-scheduled Final Exam fall under the NWP Examination Policy. It is the responsibility of the student to be informed about these policies prior to the final examination period.

If you miss the final exam due to illness, emergency, or NWP obligation you will be required to submit an application to the Registrar's office for permission to write a deferred exam and must do so within 48 hours of the scheduled exam time. You may defer the final exam for up to 20 days from the end of the examination period. You will be required to provide documentation for your illness.

4. **LEARN & RECORD ASSIGNMENT DEADLINES AND EXAMINATION DATES/TIMES**

These dates/times are announced in class and/or are included on course materials (e.g., chapter assignment deadlines are on page 4 of this course outline). For the sake of fairness for ALL students, assignment deadlines will NOT be extended for those who miss an assignment. If you know that you will be away when an assignment is due, it is expected that you hand in that assignment earlier than the announced/posted date. FYI—myClass chapter assignments can be started/completed before the announced/posted deadlines.

2. **OUT-OF-CLASS WORK**

Students are expected to prepare for each lecture by reading the assigned chapters, lecture slides, and handouts. Although the instructor feels that all the material in the textbook is important and interesting, limited class time prevents discussion of all the material covered in the assigned chapters. You are responsible for learning the material covered in the assigned chapters, including material that is not discussed in class. Please feel free to approach me outside of class if you wish to get clarification on this material.

IMPORTANT INFORMATION FOR VIDEO CONFERENCE STUDENTS:

This course includes a videoconference section. Students registered in the videoconference section attend lectures and complete all course components without attendance on campus.

This course has the requirements listed below for videoconference students; failure to meet these requirements may affect attendance and participation grades or result in a grade of zero for supervised assessments (e.g., exams):

- Technology (webcam, microphone, and speakers)
- Stable internet connection sufficient to meet the class requirements
 - Where disruptions or other technological issues occur with institutional or instructor systems on campus or elsewhere, instructors will ensure that appropriate accommodations are made for videoconference students.
- Class Participation
 - Your camera must be on during class, appropriate screen name to be used
- Exam Supervision options: To maintain the academic integrity of this course, supervised examinations are required for all students. For video conference students, the following options are available:
 - During the exams you must have a webcam showing your face and a camera behind you showing your work surface with your computer.
 - If you are unable to meet the dual camera setup requirement, you can pay to write your exams with an approved proctor at an approved location (approved by me). **Note: the proctor cannot be a friend/family member, etc.**
 - If neither of these 2 options works for you, another option is to write exams by attending class in person and writing the exams during the scheduled class time.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

****Note:** all Academic and Administrative policies are available on the same page.

STUDENT RESOURCES

More useful information can be found at: <https://www.nwpolytech.ca/students/>



- For students with accommodations, I strongly recommend that you come to speak to me within the first 2 weeks of class. I am making this suggestion so that I support you to the best of my ability.
- For students who are struggling due to other challenges, I also suggest that you talk to me sooner rather than later. Please do not wait until you are overwhelmed or in crisis.
 - Additionally, you can download the Telus Health Student Support app and/or contact mental health services at
 - **Office:** F306
 - Phone:** 780-539-2069
 - Toll-free:** 1-888-539-4772
 - Email:** mentalhealth@nwpolytech.ca