



DEPARTMENT OF ARTS AND EDUCATION

COURSE OUTLINE – WINTER 2018

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

INSTRUCTOR: Ruth Proulx

PHONE: 780 539

OFFICE: C301

E-MAIL: RProulx@gprc.ab.ca

OFFICE HOURS: Tus & Thu 11:30 to 12:45 and 2:30 to 3: 45, or by appointments

CALENDAR DESCRIPTION:

This is an introduction to the field of health psychology and this course 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 behaviours, coping with critical and chronic illness, psychoimmunology, and social factors in health and illness.

PREREQUISITE(S)/COREQUISITE: PY1040 and PY1050

REQUIRED TEXT/RESOURCE MATERIALS:

- The psychology of health and health care: A Canadian perspective. 5th Edition by Gary Poole, Deborah Matheson and David Cox

DELIVERY MODE: The course work includes lectures, class discussions, in-class group and individual work.

COURSE OBJECTIVES: After participating in this course, students will be introduced to:

- The history and fundamental theories in health psychology
- The role psychology has in health, illness and healing; including how we deal with stress, pain and illness both psychologically and physiologically
- The physiological and psychological, components of stress and coping. And, how they interplay with the expression of stress and coping.
- The introduction to psychoneuroimmunology and its research.
- The fundamental biological mechanisms linking psychological state and health
- The different models of the physician-patient and hospital/procedure-patient relationship and strategies to improve patient adherence, and perception of healthcare
- The psychological and physical importance of physical activity, exercise, and sport.

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 ones understanding of health, illness, and healing
- Apply knowledge of the psychological concepts and theories of stress management, coping, illness, and health seeking behaviours
- Consider and identify personality and communication styles that influence health promoting/defeating behaviours, while discussing strategies for change and coping
- Discuss the psychological challenges to the patient, family/friends, and professionals that chronic and life-threatening illness has.
- Identify various research in psychoneuroimmunology and how it applies to health psychology

TRANSFERABILITY: UA, UC, UL, AU, CUC, BU, MU, KUC

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.** Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferralberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

**** 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:

Exam #1 (Chapters 1, 2, 3)	20%
Exam #2 (Chapters 4, 5, 6, 7)	25%
Exam #3 (Chapters 8, 9, 10, 11)	30%
Presentation*	20%
Attendance and Participation	5%
Total	100%

* The nature, scope, and depth of the project, presentation, or written papers will be discussed in class.

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	95-100		C+	2.3	66-69
A	4.0	90-94		C	2.0	63-65
A-	3.7	85-89		C-	1.7	60-62
B+	3.3	80-84		D+	1.3	55-59
B	3.0	75-79		D	1.0	50-54
B-	2.7	70-74		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Week 1	Chapter 1: Introduction to Health Psychology	
Week 2	Chapter 2: Stress and Coping	
Week 3	Chapter 3: Psychoneuroimmunology	
Week 4	Test 1 Chapter 4: Health Communication	Exam 1 (Ch 1, 2, 3) 20%
Week 5	Chapter 4: Health Communication	
Week 6	Chapter 5: Health and Physical Activity	
Week 7	Chapter 6: Health Compromising Behaviors	
Week 8	Chapter 7: Chronic and Life-Threatening Illness	
Week 9	Test 2 Chapter 8: Pain	Exam 2 (Ch 4, 5, 6, 7) 25%
Week 10	Chapter 9: The World of Healthcare	
Week 11	Presentations	Presentation 20%
Week 12	Chapter 10: From One to Many: Health on a Large Scale	
Week 13	Chapter 11: Health Promotion	
Week 14 Final Exam	Chapter 11: Health Promotion	Exam 3 (Ch 8, 9, 10, 11) 30% Final Exams are Scheduled by the Registrar Office

STUDENT RESPONSIBILITIES:

The assigned readings and exercises for each class should be completed before attending that class, except for the first class. As this course will depend heavily on practice exercises, attendance at all sessions is required and is critical to the student's success in the course. In case of illness or emergency, notify the instructor as soon as possible. If you find yourself having difficulty in this course, please contact the instructor immediately for assistance. If you simply want more discussion with the instructor about any aspect of the course, please visit my office during office hours or at a more convenient pre-arranged time.

If a student is unable to attend an in-class test or quiz, the instructor must be advised before the test/quiz is administered. Voice mail or e-mail notification is fine. The test/quiz will usually then be written at a later time at the testing centre or pre-arranged location. Failure to notify the instructor of an absence will result in a grade of 0 on that test/quiz.

It is expected that all students will display a professional attitude and behaviour in the classroom. This includes reliability, respect for and cooperation with your fellow students and the instructor, attention to fellow student questions and instructor's response, determination to achieve first-class work while meeting deadlines, and constructive response to criticism.

Please be sure to familiarize yourself with moodle as all communication with students outside of class and office hours will be done via email to your gprc email account. Be sure to check your college email often or forward messages to your regular email account. Please also be sure to specify exactly which course you are in when contacting the instructor.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

Instructors reserve the right to use electronic plagiarism detection services on written assignments.

Instructors also reserve the right to ban the use of any form of electronics (cell phones, Blackberries, iPods, tablets, scanning pens, electronic dictionaries, etc.) during class and during exams.

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