



DEPARTMENT OF ARTS AND EDUCATION

COURSE OUTLINE – WINTER 2013

PY 3600 HEALTH PSYCHOLOGY A3 – 3 (3-0-0) 45 Hours

INSTRUCTOR: Cheryl Bereziuk **PHONE:** 780 539 2739
OFFICE: C301 **E-MAIL:** CBereziuk@gprc.ab.ca
OFFICE HOURS: Wednesday 11:30 a.m. – 2:20 p.m or by appointment.

PREREQUISITE(S)/COREQUISITE: PY 1040 and PY 1050

REQUIRED TEXT/RESOURCE MATERIALS: Health Psychology PY 3600 GPRC Pearson Custom Library Text

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 behaviours, coping with critical and chronic illness, psychoimmunology, and social factors in health and illness.

CREDIT/CONTACT HOURS: PY 3600 consists of three hours of instructional time each week

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

OBJECTIVES: As a result of taking this course, students will gain the abilities to define, explain, demonstrate, evaluate and articulate:

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- the contributions psychology makes to understanding health, illness and healing including how we deal with stress, pain and illness both psychologically and physiologically
- how communication occurs in medical settings including an understanding of the different roles of health care provider as opposed to health care client
- the nature of health and wellness and lifestyle factors that either contribute or compromise wellness
- the principles of health promotion
- The basics of APA format (6th edition) and use of psychological databases such as PsychInfo

TRANSFERABILITY: GPRC has transfer agreements with the King's University College University of Alberta, the University of Calgary, the University of Lethbridge, Athabasca University, Concordia University College, Canadian University College and Grant MacEwan University. Students should check with the receiving institution concerning transferability as all arrangements are subject to change.

****Grades 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 institution to ensure transferability.**

GRADING CRITERIA: Grades will be assigned on the Letter Grading System.

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

EVALUATIONS:

Exam #1 (Chapters 1, 2, 3, 4 and focused module)	25%
Exam #2 (Chapters 5, 6, 7 and focused modules)	25%
Exam #3 (Chapters 8, 9, 10, 11 and focused modules)	25%
Assignment	25%
Total	100%

Note: In order to pass this class all three exams and the take home assignment must be completed.

If a student has a valid reason for being unable to attend an exam, the instructor must be advised via email before the exam is administered. Failure to notify the instructor of an absence and/or lack of a valid reason will result in a grade of 0 with no option to write a deferred exam or make up assignment. Permission to grant a deferred exam is at the discretion of the instructor and is contingent on a valid reason. Multiple requests for deferred exams or assignments are not typically granted irrespective of reason(s). Deferred exams are written in the testing center A205. Once permission from the instructor has been granted, contact Natasha Hipkiss at NHipkiss@gprc.ab.ca or 780 539 2954 to schedule the exam and then advise the instructor via email of the day and time well ahead of time.

Exams can consist of multiple-choice, short and long answer questions. Students are not permitted to leave the exam room once the exam has started until the exam has been completed and turned in. All electronic devices are prohibited from use at any time during exams. All exam marks are final. This means you cannot rewrite an exam because of a poor grade and there are no written assignments to make up for a poor exam grade.

All take home assignments must be word-processed. It is important to save a copy of any written work handed in for credit or grading. Details on the take home assignments will be given to you on a separate handout at the beginning of the term.

Health related information and advice pervades our society. Some of this information is excellent, some is useful, and some is very bad. How can you determine what information is useful and what is dangerous? One way is to take a course like Health Psychology; however, the facts that I and the textbook give you will be outdated all too soon. The most important thing you will learn from this course and from your college education is how to critically evaluate information presented to you. For the assignment in this course you will select a nonacademic newspaper or magazine article or website related to an issue within the scope of Health Psychology. You will then go into the academic databases such as PsycholInfo and determine if the claims made in this source are scientifically substantiated and verified and/or to what degree the claims are true. You will write a five to seven page academic paper (not including title page/reference page) evaluating the relevant scientific literature and how it pertains to the claims made by the nonacademic source. You will need to staple a copy of the first page of all your sources to your assignment. You will need to do a reference page of these sources. Papers must be stapled (not in fancy cover) and written in proper and current APA format (6th edition). Please use plain white paper, 12 point font, and a one inch margin on all sides of your text. Spelling, grammar, sentence structure will also be graded. Plagiarism will be treated as a serious academic offense. Do not print double sided please.

Assignments are due on the dates set by the instructor at the beginning of class. Unauthorized late assignments will have a 5% per day late penalty applied to the assigned grade (including weekend days). If there is a valid reason for an extension, it must be requested prior to the due date although students should be advised that extensions are rarely granted in lieu of the late penalty.

If a student does not hand in an assignment when it is due, the procedure is as follows:

1. Advise the instructor via email that the assignment has not been submitted and confirm the date it will be submitted.
2. Deliver the assignment directly to the instructor or to the Cashier's Office where it will be placed in the instructor's mailbox.
3. Confirm with the instructor the receipt of the assignment. The assignment will be considered submitted the day the instructor receives or picks up the assignment not the day it is placed in the mailbox.

STUDENT RESPONSIBILITIES: Regular attendance is critical to success in this course. Should a student be unable to attend a class, it is the student's responsibility to acquire the missed material and to complete the assigned readings. The instructor does not lend out lecture notes. If you are unwell, please do stay home until you are feeling better. However, be advised that the instructor reserves the right to bar you from writing the final exam if you accumulate more than 10% of unexcused absences.

Learning is an active process that will take effort on your part. Students are expected to read the chapters in advance of lectures, participate in activities and discussions in the classroom, and *communicate with the instructor when difficulties are encountered with the course material*. Students are responsible for learning all of the assigned chapters, even if all the material has not been covered in lecture, as well as any other topic or video covered during class time.

Students are expected to display a professional attitude and behavior in the classroom including academic honesty, respect for and cooperation with your colleagues and the instructor, attention to colleague's questions and the instructor's response, and a determination to meet deadlines. Students who are unable to meet these expectations will be required to leave the class in the interest of preserving the learning environment for the other students.

If you have a disability, please self-identify to the instructor if you require any specialized supports.

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. Please also be sure to specify exactly which course you are in when contacting the instructor.

STATEMENT ON PLAGIARISM AND CHEATING: Please see the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**. These are serious issues and will be dealt with severely. The instructor reserves the right to use electronic plagiarism detection services.

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

January 8	Class begins
January 14	Last day to add a class
January 21	Last day to drop a class
January 31	Library session in Alward computer lab
February 7	Exam #1 (Chapters 1, 2, 3, 4 and focused module)
February 19	Holiday
February 21	Holiday
March 11	Last day to withdraw from a class
March 14	Exam #2 (Chapters 5, 6, 7 and focused modules)
March 21	Assignment due
April 16	Last scheduled lecture
TBA	Exam #3 (Chapters 8, 9, 10, 11 and focused module)

The dates listed on this outline are tentative and subject to change.