



DEPARTMENT OF ARTS AND EDUCATION

COURSE OUTLINE – WINTER 2017

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

INSTRUCTOR: Cheryl Bereziuk **PHONE:** 780 539 2739
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OFFICE HOURS: Monday and Tuesdays 230 – 4 pm or by appointment

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.

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: Students will be taught the contributions psychology makes to understanding health, illness and healing including how we deal with stress, pain and illness both psychologically and physiologically. The instructor will also cover 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 and the principles of health promotion

LEARNING OUTCOMES: Students will understand the basic principles and concepts from health psychology and be able to articulate the contributions psychology can make to our understanding of health, illness, and healing including how psychological concepts and theories can be applied to managing stress and illness. Students will gain insight into how to be better communicators with

their health care practitioners and be able to apply lifestyle factors in a way that will contribute their physical and psychological wellbeing.

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)	30%
Exam #2 (Chapters 4, 5, 6, 7)	30%
Exam #3 (Chapters 8, 9, 10, 11)	30%
Assignment	10%
Total	100%

Any incomplete grades or grade contentions must be done BEFORE the last scheduled lecture (except for the final exam). After the last scheduled lectures all grades, as they appear on moodle, will stand. Any grade contentions for either exams or assignments must be done in writing (word processed) and provide a detailed justification why the grade should be reconsidered with evidence (such as reference to specific page numbers and information in the text).

As per the GPRC Policy on Student Rights and Responsibilities It is the student's responsibility to write tests at the times scheduled by the instructor. If a student has a valid and serious reason for being unable to attend an exam, the instructor must be advised **in person before** the exam is administered. Failure to notify the instructor of an absence and/or lack of a valid serious 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 only for serious emergency situations and presented to the instructor in person. Only the most extreme of situations will be granted a deferral if advance permission is not sought from the instructor. Email requests will not be entertained. Multiple requests for deferred exams or assignments are not granted

irrespective of reason(s). Deferred exams must be completed and graded before the next scheduled exam or the grade will remain zero.

Exams can consist of multiple-choice, short and long answer questions. Exact details will be given to you later in the term regarding each specific exam structure. 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 extra 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.

Assignments are due on the dates set by the instructor at the beginning of class in hardcopy/paper format. The instructor does not accept emailed assignments and assignments must not be double sided printed. 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 in person prior to the due date although students should be advised that extensions are rarely granted in lieu of the late penalty.

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	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

Grades for the assignment will be graded slightly differently on a more general A to F scale. An A will receive a percentage grade of 95% in moodle, B will receive 85%, C will get 75%, D will get 65% and F will get 45%.

COURSE SCHEDULE/TENTATIVE TIMELINE:

January 5	Class begins
February 2	Exam #1 (Chapters 1 – 3: Introduction to Health Psychology, Stress and Coping, Psychoneuroimmunology)
March 2	Assignment due
March 16	Exam #2 (Chapters 4 – 7: Health Communication, Health and Physical Activity, Health-Compromising Behaviours, Chronic and Life-Threatening Illnesses)
April 11	Last scheduled lecture
TBA (April 17- 27)	Exam #3 (Chapters 8 – 11: Pain, The World of Health Care: Place, Procedures and People, Health of Populations, Health Promotion)

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

STUDENT RESPONSIBILITIES: As per the GPRC Policy on Student Rights and Responsibilities It is the student's responsibility to arrive on time and remain for the duration of scheduled classes. 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 preferably from a fellow student and to complete the assigned readings. Missed classes will not be considered as a sufficient reason for missing an exam even if the date of the exam was changed during class time. The instructor does not lend out lecture notes.

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.

The instructor does not allow the use of electronic devices at any time during classes. If you believe you have a valid reason for using a computer or electronic device during class time this must be negotiated with the instructor in advance. All cell phones and electronic devices must be both turned off and put away in purses/briefcases for the duration of class time and you may not ever record any aspect of the lecture nor take photographs of overheads/notes. Any cell phone use or ringing/buzzing during class time will mean you will forfeit your device to the instructor for the remainder of the class.

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 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.