

<b>CAPILANO UNIVERSITY</b>			
<b>COURSE OUTLINES</b>			
<b>TERM:</b>	<b>SPRING 2014</b>	<b>COURSE NO:</b>	<b>PSYC 325</b>
<b>INSTRUCTOR:</b>	<b>TBA</b>	<b>COURSE NAME:</b>	<b>HEALTH PSYCHOLOGY</b>
<b>OFFICE:</b>	<b>LOCAL:</b>	<b>SECTION NO(S):</b>	<b>XX</b>
<b>E-MAIL:</b>		<b>CREDITS:</b>	<b>3.0</b>

**COURSE FORMAT:**

Three hours of class time, plus an additional hour delivered through on-line or other activities for a 15 week semester, which includes two weeks for final exams.

**COURSE PREREQUISITES:**

45 credits of 100 level or higher course work which must include PSYC 100 and PSYC 101.

**NOTE:** Completion of one or more of PSYC 200, PSYC 222 or PSYC 225 is recommended.

**COURSE DESCRIPTION:**

In this course students will be introduced to the psychology of health. Topics will include research methods in health psychology and ethical issues, health behaviours, stress, coping, social support, pain and pain behaviour, and social factors in the etiology and course of chronic and terminal illnesses.

**STUDENT LEARNING OUTCOMES:**

At the completion of this course, successful students will be able to:

- 1) Demonstrate (in exams, written assignments and projects) a breadth of knowledge of current research, concepts, and ethical principles in Health Psychology. This is assessed by exams and assignments.
- 2) Demonstrate an understanding of library research skills, critical thinking, and the writing and researching style endorsed by the American Psychological Association (APA style). These are assessed in exams, projects and assignments.
- 3) Communicate an understanding of the health psychology and its quantitative methodology in written formats such as assignments and exams.
- 4) Complete independent and group assignments.
- 5) Use technology ethically, creatively and efficiently.
- 6) Show an ability to apply the theoretical concepts and research finding of the course to their personal life, and to synthesize psychological concepts with local and global consciousness and awareness.

**REQUIRED TEXTS:**

Straub, R.O. (2012). *Health psychology* (3<sup>rd</sup> ed.). New York: Worth Publishers.

**COURSE CONTENT:**

<u>Week</u>	<u>Content</u>	<u>Readings</u>
1	Overview of the Biopsychosocial Model	Chapter 1
1-2	Research in Health Psychology and Ethical Principles	Chapter 2
2-3	Biological Foundations of Health & Illness	Chapters 3
4-5	Stress & Coping	Chapters 4, 5
5-7	Healthy & Unhealthy Behaviours	Chapters 6, 7, 8
7	Midterm Exam	
8-9	Chronic & Life Threatening Illness	Chapters 9, 10, 11
10	Health Care & Patient Behaviour	Chapter 12
11	Managing Pain; Palliation & Thanatology	Chapter 13
12-13	Complementary & Alternative Medicine Cultural and Spiritual Aspects	Chapter 14
13	Finishing Student Presentations and Review	
* The textbook readings will be supplemented by instructor-provided material.		
14 – 15	Final Exam Period	

**EVALUATION PROFILE:**

First In-Class Test	15%
Second In-Class Test	15%
Final Exam	25%
Essay	20%
Research Project	<u>25%</u>
	100%

**GRADING PROFILE:**

A+ = 90 - 100%	B+ = 77 - 79%	C+ = 67 - 69%	D = 50 - 59%
A = 85 - 89	B = 73 - 76	C = 63 - 66	F = 0 - 49
A- = 80 - 84	B- = 70 - 72	C- = 60 - 62	

**ASSIGNMENTS:**Tests and Exams:

The tests and final exam will comprise multiple choice and short answer questions. The final exam is cumulative.

Essays:

Students will be required to write a 1500-1750 word essay in APA style (supported with references) discussing a selected topic in health psychology research. More detailed information regarding these topics will be provided on the first day of class.

Research Projects:

Working in small groups, students will be required to research an application of health psychology knowledge in clinical practice. This will entail interviewing practicing health

## Assignments - continued

psychologists in the Lower Mainland, and visits to practice settings if possible. (The instructor will facilitate these arrangements.) A summary of these research projects will be presented by the students in class.

4<sup>th</sup> Hour: Details regarding 4<sup>th</sup> hour activities will be announced in class

### OPERATIONAL DETAILS:

*Capilano University has policies on Academic Appeals (including appeal of final grades), Student Conduct, Cheating and Plagiarism, Academic Probation and other educational issues. These and other policies are available on the University website.*

Attendance : Students are responsible for all announcements made in class or on the course web site and for all material on the course outline. Although instructors may discuss only portions of a chapter in class, students are responsible for studying all of each chapter listed on the course outline.

Appropriate university level behaviour is expected (see the Capilano University Calendar), including professional and respectful classroom conduct. Turn off cell phones and use laptops only to take notes on class material.

### Missed Exams:

Make-up exams are given only in exceptional circumstances and with prior notice to the instructor. A penalty of up to 20% will be levied on those make-up exams when granted. However, submissions for waiver of late penalties for exceptional circumstances may be presented, in writing, with the appropriate documentation, to the Chair of the Psychology Department.

### Late Assignments:

Due dates for papers and assignments will be announced and guidelines will be distributed in class.

All papers must be submitted directly to the instructor at the beginning of the class period or e-mailed by midnight that day. Late papers will be penalized according to the number of days delayed, up to 20% for one week. No papers will be accepted later than one week except under exceptional circumstances.

### Cheating and Plagiarism:

The Psychology Department adheres to the definition of cheating and plagiarism found in the Study Policy Handbook which students are responsible for obtaining. Cheating and plagiarism will result in a grade of zero for the assignment and will be reported to the appropriate authority.

### Incomplete Grades:

Incomplete grades will be given only in exceptional circumstances and requires the approval of the course instructor.

## **Operational details – continued**

### Confidentiality:

The Psychology Department adheres to professional standards of ethics and confidentiality. Personal information that is given to an instructor would not normally be shared with anyone outside the department without student authorization. However, there are a few exceptional circumstances in which an instructor may be required by law to disclose information, e.g. if there is an indication that a minor (under the age of 19) is being abused sexually or physically, or neglected; and disclosure of information is made necessary for legal proceedings.

### English Usage:

Academic writing skills are required in all assignments. American Psychology Association (APA) writing guidelines, including the use of non-sexist language, must be followed.

All assignments must be original and must be used for this course only. Keep a copy of all work and hand in the original which must be typed.

### Electronic Devices:

No personal electronic devices (cell phones, calculators, electronic dictionaries, etc.) may be used during an examination. During an exam, turn off all cell phones and put them away.

### Emergency Procedures:

Please read the emergency procedures posted on the wall of the classroom.