

PSYCHOLOGY 332 (A01)
HEALTH PSYCHOLOGY

Session: Summer 2016

Time: Monday to Friday (July 4 to July 26, 2016) 12:30 to 14:20
Room: Human and Social Development A 240 (subject to change)
Instructor: Dr. JLBain
Office Hours: by appointment

Office: Cornett A 213
Phone: 472-4491 **Email:** jlbain@uvic.ca

Textbook (Suggested, not required): The Psychology of Health and Health Care 5th Edition (old editions are NOT suitable as there are changes)
By Poole, Matheson, Cox

Course Description

Health Psychology examines the overlapping concepts of *health and illness*. Health may be viewed as a *positive* state of physical, mental, and social well-being that often varies over time. Illness is characterized by signs, symptoms, and disabilities. This course focuses on clinical and experimental findings in studies of humans with minimal reference to research involving animal experimentation. Beginning with an examination of traditional ideas regarding physiology, disease processes, and the brain/mind, a wide selection of topics will be presented that assist in the understanding of the interplay of biological, psychological, and social systems in health psychology.

Prerequisites

Prerequisites for this course are PSYCH 100A AND PSYCH 100B. Students who remain in this course but do not have these prerequisites do so at their own peril and are not exempt from having to complete the prerequisite courses if required for the degree program. Students are responsible for checking their registration status before the end of the add period. Students will not be added after this deadline.

Evaluation and Grading Policy

Students will be graded on their performance on examinations, assignments, and a project.

<u>Evaluation</u>	<u>Date</u>	<u>Percentage of Grade</u>
Exam #1	July 8	15
Exam #2	July 15	15
Exam #3	July 26	15
Project	July 22	15
Short Assignments	see dates below	30
In-class discussions	see dates below	10

1. Short Assignments: There will be **THREE** written assignments (10% each), out of five topics given, due in class on the dates indicated below. Each assignment will involve preparing a short discussion paper (maximum = **three** double-spaced pages) in response to an assigned topic. **ONE**, concerning a health initiative, may be done in a group format. Details of this will be presented in the first class. No late papers will be accepted.

Assignments are due: **July 11, 18, 25, 2016.**

TOTAL VALUE = 30%

2. Major Assignment:

Experiential Learning Activity: Commencing at the beginning of the term, you will be required to choose a **nutrition**-related behaviour you want to change (e.g., start a diet or stop eating junk food, change drinking habits) and then document your progress with that change through the duration of the course in a diary.

Near the end of term you will be required to submit a report detailing the behaviour you choose to target, an overview of your progress and an analysis of these in relation to core concepts you learned from the course and other peer-reviewed resources (e.g., PsycInfo, MedLine). Because changing is not easy and should be done at your own pace, your progress will not be evaluated; what is important is to make an accurate observation of your behaviours and feelings during the project and find strategies to change behaviours. Your report will be submitted to Dr. Bain. It should be 7 to 10 pages in length and follow A.P.A. writing guidelines, which includes using a 12 font, 1 inch margins double spacing, etc. An additional page will include your references that will be marked for A.P.A. formatting. The report must be submitted to Dr. Bain by **July 22nd, 2016.**

TOTAL VALUE = 15 %

3. Examinations: There will be three short answer examinations (15% each) covering information presented in the text and in class; **July 8, 15, 26, 2016.**

TOTAL VALUE: 45%

4. In-class Discussions: There will be **five** in-class assignments/projects (2% each). These will be in the format of Group Discussions. They will be held on **July 6, 11, 14, 18, 20, 2016. THESE CANNOT BE MADE UP WITHOUT DOCUMENTATION.**

TOTAL VALUE: 10%

Note: You are responsible for materials in lectures you do not attend. Tests and examinations will contain short-answer questions. Missed examinations with a valid reason will be made up at the earliest convenient time. Missed examinations without a valid reason will receive a score of zero. Letter grades will be assigned as follows with scores derived to 3 decimal places.

A+	90 – 100	B+	77 – 79	C+	65 – 69	F	0 – 49
A	85 – 89	B	73 – 76	C	60 – 64		
A-	80 – 84	B -	70 – 72	D	50 – 59		

Important Notices:

The course requires an ongoing commitment to a number of assignments and projects. Please be attentive to the due dates. Late submissions, without an accompanying medical note, note of family affliction, or note from a U.Vic coach regarding an athletic event will not be accepted. All assignments are due in class on the assigned day. Similarly, exams that are missed (not due to the above mentioned reasons) cannot be made up. Therefore, missed examinations due to travel and holiday are forfeited.

Tentative Schedule (Subject to Change)

		CHAPTER
July 4	Introduction	1
July 5 - 7	Health Health Psychology	5, 6, 11
July 8	EXAMINATION #1 (15%)	
July 11 - 14	Child Health Adolescent Health Men's/Women's Health	Special Topics in Class
July 15	EXAMINATION #2 (15%)	
July 18 - 25	Diseases and Pain Chronic Illness and Health in the Elderly Mental Health Coping & Adaptation	2, 3, 7, 8, 9, 10
July 26	EXAMINATION #3 (15%)	

UNIVERSITY OF VICTORIA
Department of Psychology

Important Course Policy Information
Summer 2016

Prerequisites

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

Program Requirements

For more information see pages 378-382 of the UVic Calendar 2015-2016.

Registration Status

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the deadlines set out in the current UVic Calendar.

Commitment to Inclusivity and Diversity

The University of Victoria is committed to promoting, providing and protecting a positive and supportive and safe learning and working environment for all its members.

In the Event of Illness, Accident or Family Affliction (See UVic Calendar, 2015-16, p. 59)

- ***What to do if you miss the final exam scheduled on the last day of classes***

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:

<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

- ***What to do if you miss an exam other than one scheduled on the last day of classes***

Do not apply at Records Services for a "Request for Academic Concession". Instead submit documentation of the illness, accident or family affliction directly to your course instructor (or designated teaching assistant).

- ***What to do if you require additional time to complete course requirements***

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation. Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:

<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

Policy on Academic Integrity including Plagiarism and Cheating

The Department of Psychology fully endorses and intends to enforce rigorously the Senate Policy on Academic integrity (<http://web.uvic.ca/calendar2016-01/undergrad/info/regulations/academic-integrity.html> , p. 54-57, UVic Calendar 2015-16). It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else's. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.
2. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.
3. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.
4. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.
5. **Being an Accessory to Offences.** This means that helping another student to cheat (for instance, by showing or communicating to them answers to an assignment, or by allowing them to view answers on an exam) is an academic offence.

Instructors are expected to make every effort to prevent cheating and plagiarism. This may include the assignment of seating for examinations, asking students to move during examinations, requests to see student identification cards, and other measures as appropriate. Instructors also have available to them a variety of tools and procedures to check for Internet and electronic media-based cheating. In instances of suspected or actual plagiarism or cheating, instructors, following prescribed procedures, are authorized to take steps consistent with the degree of the offence. These measures will range from a zero on the test or assignment or a failing grade for the course, probation within a program to temporary or even permanent suspension from the University.

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar (on p. 54-57 in 2015-2016).

The definitive source for information on Academic Integrity is the University Calendar (p. 54-57 in 2015-2016) (<http://web.uvic.ca/calendar2016-01/undergrad/info/regulations/academic-integrity.html>)

Other useful resources on Plagiarism and Cheating include:

1. The Study Solutions Office: <https://www.uvic.ca/services/counselling/success/study/index.php>
2. The Ombudsperson's office: <http://www.uvss.uvic.ca/ombudsperson/pubsguides/plagiarism.pdf>
3. The English Department: <http://web.uvic.ca/wguide/Pages/CitPlagiarism.html>