



Department of Psychology
Psychology 437 (L01) – Health Psychology
Winter 2011 – Course Outline

Instructor:	Dr. Judith Kaganov Curry	Lecture Location:	SH284
Phone:	403-220-2242	Lecture Days/Time:	TR 12:30-1:45
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Office:	A257D		
Office Hours:	By appointment		

Course Description and Goals

The text, lectures, and assignments are designed to provide students with a current understanding of the significant concepts and areas of research in Health Psychology. The first part covers the development of health psychology as a discipline and the key concepts and physiological systems that form the foundation. The second half looks at how a mind-body perspective enhances our understanding in areas such as pain and chronic pain conditions, mood disorders, drug response and addiction, and specific diseases such as heart disease, cancer and M.S.

Prerequisites

Psyc 205 – Principles of Psychology

Psyc 312 – Experimental Design and Quantitative Research Methods in Psychology

Required Text

Sarafino, Edward P. (2008). Health psychology. Biopsychosocial interactions. (6th edition). John Wiley and Sons.

Evaluation

Course evaluation is based on 2 short answer/essay question exams and a group research project. For the exams, students are responsible for material from both the text and lectures, as well as specified additional information.

The first exam is an in-class midterm exam worth 25% and covers chapters 1-5 in the text, all lecture material, and specified material posted on Blackboard from the corresponding time period.

The second exam is a cumulative, take-home exam worth 50%. Students are responsible for all material covered in the course. In addition, there is one question on the exam, worth 10%, that will require outside sources. Specific instructions on how to answer this question will be posted on Blackboard. The take-home exam is an opportunity for students to demonstrate their understanding of the material and concepts covered in the course, and will be marked accordingly. High marks will be given for well-written answers that integrate, apply and show

understanding of relevant concepts. Minimal marks, if any, will be given for straight re-wording of text and lecture material. The exam is due Mar 29. Late exams will be accepted at a penalty of 10% per day including weekends.

The group project, worth 25%, includes a 30-minute class presentation and a research paper. Class time will be allocated for group formation, topic selection and approval, and consultation. The oral presentation is worth 15%, and includes marks for attendance and participation. The final paper, 10%, should represent a collaborative effort to integrate and incorporate the research done by the group and the feedback received during the presentation. A hard copy of the paper is due Apr 15, in the green box outside of A275. Late papers will be accepted at a penalty of 10% per day including weekends.

Component	Date	Content	% of Final Grade
Exam 1	Tues Feb 15 th	Chapters 1-5 including material presented in class	25%
Exam 2 (Take Home)	Tues Mar 29 th	Cumulative, all material covered in text, lectures, and posted, plus one question worth 10% using outside sources.	50%
Group Project Presentations	Mar 31 st -Apr 14 th		15%
Group Paper	Apr 15 th		10%

Grading Scale

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g. 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

Tentative Lecture Schedule

Date	Topic/Activity/Readings/Due Date
T Jan 11	Lecture begins. Overview of Health Psychology
R Jan 13	Chapter 1. Evolution of Behavioral Medicine
T Jan 18	Systems theory and models
R Jan 20	Chapter 2. Physiological Systems
F Jan 21	Last day to drop a course with no W grade and tuition refund.
M Jan 24	Last day for registration/change of registration.
T Jan 25	
R Jan 27	Chapters 3,4 and 5. Stress and special topics.
T Feb 1	
R Feb 3	
T Feb 8	

R Feb 10	
T Feb 15	Exam 1 (25%)
R Feb 17	Group Project Detail – group formation and topics.
T Feb 22	Reading days. No lecture.
R Feb 24	Reading days. No lecture.
T Mar 1	Chapters 11 and 12. Pain
R Mar 3	
T Mar 8	Chapters 13 and 14. Psychoneuroimmunology
R Mar 10	Chapter 7. Drug action, mood disorders and addiction.
T Mar 15	
R Mar 17	
T Mar 22	Exam 2 (50%) handed out.
R Mar 24	
T Mar 29	Take-home exam due.
R Mar 31	Group Presentations. Two per class until last day of lectures.
T Apr 5	
R Apr 7	
T Apr 12	
R Apr 14	Lecture ends. Last 2 Group presentations.
F Apr 15	Last day to withdraw. Group paper due.

Reappraisal of Grades

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

Plagiarism and Other Academic Misconduct

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

Academic Accommodation

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation and have not registered

with the Disability Resource Centre, please contact their office at 403-220-8237. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

Absence From A Test/Exam

Makeup tests/exams are NOT an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have 48 hours to contact the instructor and to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam.

Freedom of Information and Protection of Privacy (FOIP) Act

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or via the Department Office (Admin 275), or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

Evacuation Assembly Point

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>
Please check this website and note the nearest assembly point for this course.

Student Organizations

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 170 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911 suypaca@ucalgary.ca

Student Union Faculty Rep.: Phone: 403-220-3913 socialscirep@su.ucalgary.ca

Student Ombudsman's Office

The Office of the Student Ombuds provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or ombuds@ucalgary.ca (<http://www.su.ucalgary.ca/services/student-services/student-rights.html>).

Safewalk

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year. Call 403-220-5333.

Important Dates

The last day to drop this course with no “W” notation and **still receive a tuition fee refund** is **Jan 21st, 2011**. Last day for registration/change of registration is **Jan 24th, 2011**. The last day to withdraw from this course is **Apr 15th, 2011**.