

Brief Course Outline

Course Title: **INTRO TO HEALTH PSYCHOLOGY**

Course Number and Section

PSYCHOL

2330A 550

Instructor Name(s): Dr. Glen Gorman

Instructor Email(s): ggorman3@uwo.ca

Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL Brightspace is the official and authoritative source of information for the course.

Course Description:

This course will provide students with a broad overview of the field of Health Psychology. We will examine research and theory that explores the bi-directional relationships of cognition and behaviour with physical health and illness. Topics include but are not limited to: the effects of stress on health, psychological predictors of health-related behavior (e.g., substance use, exercise), and coping with serious illness. We will also explore how research in this field is applied to support both prevention and intervention programming.

Learning Outcomes: one outcome per entry

- Possess a detailed understanding of the current literature in Health Psychology
- Be able to apply and think critically about relevant research and theory
- Understand the role of health psychologists in research and practice.

Textbooks and Course Materials:

Poole, G., Matheson, D. H., & Cox, D. N. (2022). The Psychology of Health and Health Care: A Canadian Perspective, 6th Edition: Pearson (Estimated cost: \$102+tx).

Methods of Evaluation: one assignment per entry

Assignment	Due Date mm/dd/yy	Weight - %
Midterm	10/21/26	30
Final Exam	TBD	30
In-Class Applications	Various	20
Group Intervention Project	Various	15
Intervention Reflection	12/2/26	5

Friday, August 14, 2026

Huron Brief Course Outline 2026/27

In-course Costs

\$102.00

For Textbooks and Course Materials (below), you are required to include the cost of each textbook or other learning material.

Note whether there are any restrictions that would prevent a student from using a second-hand copy. Here is some suggested text:

- Required textbook: [author, title, edition, publisher, date]. Cost: [insert amount].
 - Or include the weblink of the textbook's publisher site that includes the cost information.
- Students need to purchase this edition. Second-hand or older editions will not be sufficient.
- OR Students are welcome to purchase second-hand or earlier editions of this textbook.
- This course has an optional field trip that costs [insert amount].
- This course has a required field component that costs [insert amount].

In solidarity with the Anishinaabe, Haudenosaunee, Lūnaapéewak, and Chonnonton peoples on whose traditional treaty and unceded territories this course is shared.