

HURON UNIVERSITY COLLEGE at
THE UNIVERSITY OF WESTERN ONTARIO
LONDON CANADA
Department of Psychology
Fall 2021

Psychology 2330A
Intro to Health Psychology

Important Note: it is each student's responsibility to be familiar with the guidelines outlined in this syllabus. Failure to do so could result in a significant reduction in your grade.

1.0 COURSE INFORMATION

Course: Psych 2330A (550) – Introduction to Health Psychology

Instructor: Glen Gorman, Ph.D.

Office: V209

Office hours: Wednesdays 2:30 pm – 3:30 pm

Email: ggorman3@uwo.ca

Lecture Time and Location: HC-W108, Thursday 6:30 – 9:30 pm

Course Webpage: Access via <http://owl.uwo.ca/portal>

Contacting the Course Instructor: The best way to contact me is through email. Please email me from your UWO account, otherwise a response is not guaranteed (as your email may go into my spam box). Your email must also include **Psych 2330** in the subject line in order for me to determine the class to which you are referring. I will try my best to respond to emails within two working days. Please check this syllabus or the course webpage before writing to see if the information you want is already posted.

Course Webpage and UWO Email: OWL will be a key communication tool for this course. OWL will be used to distribute the syllabus, class announcements, instructions for the group project, grades and other important course material. It also provides a place for you to ask questions and discuss issues related to the course. As well, I will contact you via the course webpage and email if I need to get in touch with you. As such, you should use OWL and your UWO email regularly (at least once a day) to check for course updates and messages. It is your responsibility to check OWL and your UWO email so that you do not miss any messages or announcements that may be posted.

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Services for Students with Disabilities (SSD) at 519-433-3491 ext 4321 for any specific question regarding an accommodation.

2.0 CALENDAR DESCRIPTION

This course will provide students with a broad overview of the relatively new and exciting 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.

Antirequisite: Psychology 2036A/B and 3330F/G

Prerequisite(s): At least 60% in 1000-level Psychology course.

Unless you have either the prerequisites for this course or written special permission from your Dean to enroll in the course, you may be removed from this course and it will be deleted from your

record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

3.0 COURSE LEARNING OBJECTIVES

By the end of the course students should:

- 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.

4.0 TEXTBOOK AND COURSE MATERIALS

Poole, G., Matheson, D. H., & Cox, D. N. (2015). *The Psychology of Health and Health Care: A Canadian Perspective*, Fifth Edition: Pearson.

5.0 METHODS OF EVALUATION

Participation	20%
Midterm	25%
Final Exam	30%
Habit Change Group Assignment	25%
Total	100%

5.1 Submission of Work

Unless otherwise specified, upon completion, all assigned project components are to be submitted electronically *prior to 11:55 pm* on their due dates (see Tentative Lecture and Group Project Schedule). Project components submitted after 11:55 pm will be considered late. Because technical issues may occur, it is strongly recommended that you submit your work well in advance of the deadline to avoid any possible issues. **Technical difficulties will not be an acceptable excuse for late submissions.** If issues are encountered, it is student's responsibility to notify Huron ITS help desk (<https://huronatwestern.ca/information-technology/>) for assistance well before the deadline. Also, notify the instructor outlining the issue and the steps being taken to resolve it. All written work must be submitted via the course webpage for a plagiarism check. **All students are responsible for double checking that assignment submissions went through on Owl. Any late, incorrect or incomplete submissions will be susceptible to penalties.**

5.2 Policies for Late Submissions

Individual and group components submitted after the due date and time will be penalized 5% per day for a maximum of 10 days (including weekends). After 10 days, the assignment will receive a grade of zero. Please note that late submissions may result in delayed feedback.

Questions about grades can be submitted to Dr. Gorman **in writing** anytime between 24 hours and 1 week after the assignment or exam grade is returned.

6.0 TENTATIVE CLASS SCHEDULE

Please note that changes to the lecture schedule will be announced in class and on the course website.

Week Beginning	Lecture topic	Readings
Sept 5	Course Introduction	--
Sept 12	Introduction, History & Theory – pt. 2	Ch. 1
Sept 19	Stress & Coping – pt. 1	Ch. 2
Sept 26	Stress & Coping – pt. 2	Ch. 2
Oct 3	Psychological States and Immune System Functioning	Ch. 3
Oct 10	Health Communication	Ch. 4
Oct 17	Midterm	Ch. 1 – 4
Oct 24	Health and Physical Activity	Ch. 5
Oct 31	Reading Week (no class)	
Nov 7	Substance Use & Other Health Compromising Behaviours	Ch. 6
Nov 14	Pain	Ch. 8
Nov 21	Health Promotion	Ch. 11
Nov 28	Wrap-up	--
Exam Period	Final Exam	Ch. 5, 6, 8, 11

7.0 EXPECTATIONS

Each week, students are expected to:

- Complete the assigned weekly readings.
- View all weekly lecture content.
- Actively participate in all activities and assignments, particularly group work.
- Join meetings on time to minimize distractions for others.
- Follow team member expectations.
- Complete the Midterm and Final Exam.

Course Grade Expectations

Please note the Psychology Department policy on Grading Standards:

1000-level course: C grade (60%-69%) as evidence of satisfactory performance in Introductory Psychology.

2100-level course: B– grade (70%-74%) to be evidence of satisfactory performance in a 2100-level Psychology course.

3000-level course: B grade (75%-79%) to be evidence of satisfactory performance in 3000-level Psychology course.

4000-level course: A– grade (80-85%) to be evidence of satisfactory performance in 4000-level Psychology course.

8.0 POLICY ON ATTENDANCE

Attendance is critical to your success in this course.

Any student who, in the opinion of the instructor, is absent too frequently from class periods in any course will be reported to the Dean (after due warning has been given). On the recommendation of the Department concerned, and with the permission of the Dean, the student will be debarred from taking the regular examination in the course.

9.0 POLICY REGARDING MAKE-UP TESTS*

No make-up tests will be offered. If, on medical, religious, or compassionate grounds, you are unable to write a test by the scheduled due date, other accommodations may be offered. Please follow the instructions presented here. You should understand that academic accommodation will not be granted automatically on request. You must demonstrate to the instructor and/or the academic counselor that there are compelling medical or compassionate grounds that can be documented before academic accommodation will be considered. The requirements for documentation are on the next page of this outline.

10.0 MAINTAINING COURSE INTEGRITY

The instructor takes academic integrity very seriously. As such, during the course several strategies will be employed to limit academic dishonesty, such as using Turnitin for submitted assignments. Other techniques may also be employed as they become available and/or necessary. For example, no assignments will be accepted if submitted via methods known to assist in cheating (e.g., WeChat). Please note, that any acts of academic dishonesty will be taken very seriously. As a student, if you become aware of any instances of academic dishonesty, you are strongly encouraged to discuss these with the instructor.

OTHER ISSUES

SHORT ABSENCES

If you miss a class due to a minor illness or other problems, please check your course outline for information regarding attendance requirements and make sure that you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate; professors can't give personalized lectures for students who miss class. (If you miss class for a legitimate reason – e.g., a death in the family, illness – Dr. Gorman would of course be pleased to answer questions during office hours after you have borrowed and reviewed lecture notes from a classmate.) Connect with your group members as soon as you can to explain what happened and find out what you missed and what your responsibilities are.

EXTENDED ABSENCES

If you are absent for more than approximately two weeks, or if you get too far behind to catch up, you may need to consider reducing your workload by dropping one or more courses. The Academic Counsellors can help you to consider the alternatives. At your request, they can also keep your instructors informed of your difficulties.

DOCUMENTATION

In case of personal illness: As indicated in the university's Policy on Accommodation for Medical Illness, if documentation is required for either medical or non-medical academic accommodation, then your documentation must be submitted by the student directly to the appropriate Faculty Dean's Office and not to the instructor. It will be the Dean's Office that will determine if academic accommodation is warranted.

The Policy on Accommodation for Medical Illness and Student Medical Certificate form are available online at <<https://studentservices.uwo.ca/secure/index.cfm>>.

In case of serious illness of a family member: Obtain a medical certificate from the family member's physician.

In case of a death: Obtain a copy of the newspaper notice, death certificate or documentation provided by the funeral director.

For other extenuating circumstances: If you are not sure what documentation to provide, please ask your instructor or an Academic Counsellor.

Note. Forged notes and certificates will be dealt with as a scholastic offense (see below) and you will be subject to academic sanctions.

PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS*

The grounds for an appeal may be one or more of: medical or compassionate circumstances, extenuating circumstances beyond the appellant's control, bias, inaccuracy, or unfairness. All grounds must be supported by a clear and detailed explanation of the reasons for the appeal together with all supporting documentation.

In the first instance, all appeals of a grade must be made to the course instructor as soon as possible after a mark is issued (informal consultation). In the event that the student is not satisfied with the decision of the course instructor, or if the instructor is unavailable to the student or fails to act, a written appeal must be made to the Department Chair. The deadlines for appeals to the Department Chair are January 31 for Fall Semester marks and June 30 for Winter Semester marks. If the response of the Department is considered unsatisfactory to the student, he/she may then appeal to the Dean of the Faculty in which the course or program was taken (with submission of written request). Only after

receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office.

OTHER INFORMATION

* Portions of these sections were taken from the following sources: Academic Calendar; Academic Handbook of Senate Regulations; UWO Department of Psychology Procedures for Appealing Academic Evaluations; UWO Department of History Document of Plagiarism.

Note: The policy of the University is that, when a course instructor wishes to change the evaluation procedure, as outlined in the syllabus at the beginning of the semester, prior approval must be obtained from the Dean of the faculty concerned.



Appendix to Course Outlines: Academic Policies & Regulations 2021 - 2022

Prerequisite and Antirequisite Information

Students are responsible for ensuring that they have successfully completed all course prerequisites and that they have not completed any course antirequisites. Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Pandemic Contingency

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, typically using a combination of synchronous instruction (i.e., at the times indicated in the timetable) and asynchronous material (e.g., posted on OWL for students to view at their convenience). Any remaining assessments will also be conducted online at the discretion of the course instructor. In the unlikely event that changes to the grading scheme are necessary, these changes will be clearly communicated as soon as possible.

Student Code of Conduct

Membership in the community of Huron University College and Western University implies acceptance by every student of the principle of respect for the rights, responsibilities, dignity and well-being of others and a readiness to support an environment conducive to the intellectual and personal growth of all who study, work and live within it. Upon registration, students assume the responsibilities that such registration entails. While in the physical or online classroom, students are expected to behave in a manner that supports the learning environment of others. Please review the Student Code of Conduct at: <https://huronatwestern.ca/sites/default/files/Res%20Life/Student%20Code%20of%20Conduct%20-%20Revised%20September%202019.pdf>.

Attendance Regulations for Examinations

A student is entitled to be examined in courses in which registration is maintained, subject to the following limitations:

- 1) A student may be debarred from writing the final examination for failure to maintain satisfactory academic standing throughout the year.
- 2) Any student who, in the opinion of the instructor, is absent too frequently from class or laboratory periods in any course will be reported to the Dean of the Faculty offering the course (after due warning has been given). On the recommendation of the Department concerned, and with the permission of the Dean of that Faculty, the student will be debarred from taking the regular examination in the course. The Dean of the Faculty offering the course will communicate that decision to the Dean of the Faculty of registration.

Review the policy on Attendance Regulations for Examinations here:

https://www.uwo.ca/univsec/pdf/academic_policies/exam/attendance.pdf.

Statement on Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website:

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf. The

appeals process is also outlined in this policy as well as more generally at the following website:

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/appealsundergrad.pdf.

Turnitin.com

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

Statement on Use of Electronic Devices

It is not appropriate to use electronic devices (such as, but not limited to, laptops, cell phones) in the classroom for non-classroom activities. Such activity is disruptive and distracting to other students and to the instructor, and can inhibit learning. Students are expected to respect the classroom environment and to refrain from inappropriate use of technology and other electronic devices in class.

Statement on Use of Personal Response Systems (“Clickers”)

Personal Response Systems (“clickers”) may be used in some classes. If clickers are to be used in a class, it is the responsibility of the student to ensure that the device is activated and functional. Students must see their instructor if they have any concerns about whether the clicker is malfunctioning. Students must use only their own clicker. If clicker records are used to compute a portion of the course grade:

- the use of somebody else’s clicker in class constitutes a scholastic offence
- the possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offence.

Academic Consideration for Missed Work

Students who are seeking academic consideration for missed work during the semester may submit a self-reported absence form online provided that the absence is **48 hours or less** and the other conditions specified in the Senate policy at

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf are met.

Students whose absences are expected to last **longer than 48 hours**, or where the other conditions detailed in the policy are not met (e.g., work is worth more than 30% of the final grade, the student has already used 2 self-reported absences, the absence is during the final exam period), may receive academic consideration by submitting a Student Medical Certificate (for illness) or other appropriate documentation (for compassionate grounds). The Student Medical Certificate is available online at https://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf.

All students pursuing academic consideration, regardless of type, must contact their instructors no less than 24 hours following the end of the period of absence to clarify how they will be expected to fulfill the academic responsibilities missed during their absence. **Students are reminded that they should consider carefully the implications of postponing tests or midterm exams or delaying submission of work, and are encouraged to make appropriate decisions based on their specific circumstances.**

Students who have conditions for which academic accommodation is appropriate, such as disabilities or ongoing or chronic health conditions, should work with Accessible Education Services to determine appropriate forms of accommodation. Further details concerning policies and procedures may be found at: <http://academicsupport.uwo.ca/>.

Policy on Academic Consideration for a Medical/ Non-Medical Absence

(a) Consideration on Medical Grounds for assignments worth *less than 10%* of final grade: Consult Instructor Directly and Contact Academic Advising

When seeking consideration on **medical grounds** for assignments worth *less than 10%* of the final course grade, and if the student has exceeded the maximum number of permissible Self-Reported absences, the student should contact the instructor directly. The student need only share broad outlines of the medical situation. The instructor **may** require the student to submit documentation to the academic advisors, in which case she or he will advise the student and inform the academic advisors to expect documentation. If documentation is requested, the student will need to complete and submit the [Student Medical Certificate](#). The instructor may **not** collect medical documentation. The advisors will contact the instructor when the medical documentation is received, and will outline the severity and duration of the medical challenge as expressed on the Student Medical Certificate and in any other supporting documentation. The student will be informed that the instructor has been notified of the presence of medical documentation, and will be instructed to work as quickly as possible with the instructor on an agreement for accommodation.

(b) Consideration on Non-Medical Grounds: Consult Huron Support Services/Academic Advising, or email huronsss@uwo.ca.

Students seeking academic consideration for a **non-medical** absence (e.g. varsity sports, religious, compassionate, or bereavement) will be required to provide appropriate documentation where the conditions for a Self-Reported Absence have not been met, including where the student has exceeded the maximum number of permissible Self-Reported. All consideration requests must include a completed [Consideration Request Form](#). Late penalties may apply at the discretion of the instructor.

Please review the full policy on Academic Consideration for medical and non-medical absence at: https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf. Consult [Huron Academic Advising](#) at huronsss@uwo.ca for any further questions or information.

Support Services

For advice on course selections, degree requirements, and for assistance with requests for medical accommodation, students should email an Academic Advisor in Huron's Student Support Services at huronsss@uwo.ca. An outline of the range of services offered is found on the Huron website at: <https://huronatwestern.ca/student-life/student-services/>.

Department Chairs, Program Directors and Coordinators are also able to answer questions about individual programs. Contact information can be found on the Huron website at: <https://huronatwestern.ca/contact/faculty-staff-directory/>.

If you think that you are too far behind to catch up or that your workload is not manageable, you should consult your Academic Advisor. If you are considering reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines. Please refer to the Advising website, <https://huronatwestern.ca/student-life/student-services/academic-advising/> or review the list of official Sessional Dates on the Academic Calendar, available here: <http://www.westerncalendar.uwo.ca/SessionalDates.cfm>.

You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. Note that dropping a course may affect OSAP and/or Scholarship/Bursary eligibility.

Huron Student Support Services: <https://huronatwestern.ca/student-life/student-services/>
Office of the Registrar: <https://registrar.uwo.ca/>
Student Quick Reference Guide: <https://huronatwestern.ca/student-life/student-services/#1>
Academic Support & Engagement: <http://academicsupport.uwo.ca/>
Huron University College Student Council: <https://huronatwestern.ca/student-life/beyond-classroom/hucsc/>
Western USC: <http://westernusc.ca/your-services/#studentservices>

Mental Health & Wellness Support at Huron and Western

University students may encounter setbacks from time to time that can impact academic performance. Huron offers a variety of services that are here to support your success and wellbeing. Please visit <https://huronatwestern.ca/student-life-campus/student-services/wellness-safety> for more information or contact staff directly:

Wellness Services: huronwellness@huron.uwo.ca
Community Safety Office: safety@huron.uwo.ca
Chaplaincy: gthorne@huron.uwo.ca

Additional supports for Health and Wellness may be found and accessed at Western through, <https://www.uwo.ca/health/>.