

HURON UNIVERSITY COLLEGE at  
THE UNIVERSITY OF WESTERN ONTARIO  
LONDON CANADA  
Department of Psychology  
Intersession 2024

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:** Zoom

**Office hours:** TBD

**Email:** [ggorman3@uwo.ca](mailto:ggorman3@uwo.ca)

**Lecture Time and Location:** Synchronous Online via Zoom, Thursday 1:30 – 4:30 pm EDT

**Course Webpage:** Access via <http://Brightspace.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 require is already posted.

**Course Webpage and UWO Email:** Brightspace will be a key communication tool for this course. Brightspace 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 email if I need to get in touch with you. As such, you should use Brightspace and your UWO email regularly (at least once a day) to check for course updates and messages. It is your responsibility to check Brightspace 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. (2022). *The Psychology of Health and Health Care: A Canadian Perspective*, 6<sup>th</sup> Edition: Pearson.

### 5.0 METHODS OF EVALUATION

<b>Participation</b>	<b>25%</b>
<b>Weekly Quizzes</b>	<b>20%</b>
<b>Final Assessment</b>	<b>30%</b>
<b>Presentation</b>	<b>25%</b>
<b>Total</b>	<b>100%</b>

Each method of evaluation will have a more detailed description and grading rubric posted on Brightspace.

#### 1. Quizzes x 5 (20%)

- Quizzes will consist of 20 multiple choice questions taken from the content from that week. They will be due by 6 pm each Friday. Students will have 20 minutes to complete each. These will be completed asynchronously through Brightspace's Quizzes.

#### 2. Final Project (30%)

- The final project will be due Thursday June 20. Details and guidelines will be provided.

#### 3. Presentations (25%)

- Starting Thursday May 30, in the online synchronous session, students will present research on a topic related to health psychology in groups of three. More information will be posted on Brightspace.

#### 4. Participation (25%)

- Students are expected to attend the weekly Thursday synchronous sessions.
- During the synchronous sessions, students will be asked to submit an evaluation of their peer's presentations for all of the presentations that week
- Part of the evaluation will include a thought question.
- Finally, students will be asked to post 1 thought provoking question about each presentation in Brightspace Forums following the presentation.
- Each submission will count towards the participation grade and all three components will combine to form the final participation grade.

## 5.1 Submission of Work

Unless otherwise specified, upon completion, all assigned project components are to be submitted electronically *prior to 11:55 pm EDT* on their due dates (see Tentative Lecture and Group Project Schedule). Project components submitted after 11:55 pm EDT 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 Brightspace. Any late, incorrect or incomplete submissions will be susceptible to penalties.**

## 5.2 Policies for Late Submissions

Because of the nature of the assignment of this course, no late submissions will be accepted for certain components (e.g., presentation). Other components will be due 48 hours after the date set by Academic Accommodations. Otherwise, a 2% per day (including weekend) penalty will be applied to the grade. Assignments later than 10 days will receive a 0.

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.  
May 13 – Jun 21

Week	Lecture topic	Quizzes	Presentation	Readings
1. May 14, 16	Course Introduction Introduction, History & Theory		Group Work	Syllabus Ch. 1
2. May 21, 23	Stress & Coping	Quiz 1 (Syllabus, Chs. 1 and 2)	Group Work	Ch. 2
3. May 28, May 30	Psychological States and Immune System Functioning Health and Physical Activity	Quiz 2 (Chs. 3 and 5)	May 30 – Group 1, 2 & 3	Ch. 3, 5
4. Jun 4, 6	Substance Use & Other Health Compromising Behaviours Pain	Quiz 3 (Chs. 6 and 8)	Jun 6 – Group 4, 5, 6	Ch.6, 8
5. Jun 11, 13	Health Communication Health Promotion	Quiz 4 (Chs. 4 and 12)	Jun 13 – Group 7 & 8, 9	Ch. 4, 12
6. Jun 18, 20	Indigenous People's Health in Canada <b>Final Project</b>	Quiz 5 (Ch. 11)		Ch. 11

## 7.0 EXPECTATIONS

Each week, students are expected to:

- Complete the assigned weekly readings.
- Attend scheduled Thursday synchronous online zoom sessions
- Watch 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.

## 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 Quizzes will be offered unless, on medical, religious, or compassionate grounds, you are unable to write a test by the scheduled due date, in which case 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 advisor that there are compelling medical or compassionate grounds that can be documented before academic accommodation will be considered. Students who require accommodation for a missed Quiz should follow the Senate guidelines for accommodation for a missed test

[https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/Academic\\_Consideration\\_for\\_absences.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/appeals/Academic_Consideration_for_absences.pdf).

If accommodation is recommended, the accommodation will be at the discretion of the course coordinator in consultation with the other course instructors.

## 10.0 POLICY ON GRADING STANDARDS

Students at Huron University College should consider a grade in the range from 70-74 to be evidence of satisfactory performance in a 2100-level Psychology course. Grades in the B+ (75-79) or A (80-89%) ranges will only be awarded for performance that is demonstrably superior to the second-year standard associated with the Major or Minor modules. A grade of A+ (90-100%) will only be awarded very rarely and only for work that is truly exceptional.

## 11.0 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, generative AI). Unless otherwise specified, the use of AI to generate work is not permitted. 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.

## **12.0 STATEMENTS REGARDING ACADEMIC ACCOMMODATION IN PSYCHOLOGY AT HURON UNIVERSITY COLLEGE**

In the Department of Psychology at Huron, courses are structured to allow students as much flexibility as possible. In the event of an acute medical illness or other personal emergency, students must request academic consideration as per Western Academic Senate Policy. The instructor must indicate on the course outline how accommodations are granted and arranged.

Student requests for academic consideration/accommodation for missed work must be submitted in a timely manner, typically no more than 48 hours after the missed evaluation. Requests submitted more than 48 hours after the missed evaluation will normally require a formal recommendation from an Academic Advisor.

For missed coursework worth less than 10% of the overall grade in a course, students should contact the instructor in writing as soon as possible to arrange for accommodation. In cases where accommodation is granted, the instructor will inform the student in writing what accommodation will be granted (e.g., makeup test, reweighting missed evaluation, accept late assignment).

For missed coursework worth 10% or more of the overall grade in a course, students must contact their home faculty Academic Advising office with appropriate documentation (at Huron, this is Huron's Academic Advising Office; if you are a student at a different campus, contact your academic advisor at your home campus).

In the Department of Psychology, if accommodation is granted, students will typically be granted an extension of 48 hours for written essays and reports from the time when accommodation is granted in writing from the Academic Advising office, unless otherwise discussed with the course instructor. The typical accommodation for missed tests will be reweighting of the course grade, unless otherwise discussed with the course instructor. Instructors may request further documentation to approve accommodations.

Students should refer to the following for more information regarding academic considerations, please go to:

[Western Senate Policy regarding Academic Considerations](#)

[Huron Academic Advising - FAQs](#)

## **13.0 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.