

Huron Brief Course Outlines

Fall/Winter 2023-2024

Course Title: Introduction to Health Psychology

Course Number and Section

PSYCHOLOGY

2330A - 550

Instructor Name(s): Dr. Tara Dumas

Instructor Email(s): tdumas2@uwo.ca

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

Course Description:

This course will provide a broad overview of the exciting field of Health Psychology. We will examine research and theory that explores the bi-directional relationships between cognition and behaviour with physical health and illness. Topics include: the effects of stress on health, psychological predictors of health-related behaviour (e.g., substance use, exercise) and how research in this field is applied to support prevention and intervention programming.

Learning Outcomes:

- 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:

Matheson, D. H., & Cox, D. N., & Poole, G. (2022). *The Psychology of Health and Health Care: A Canadian Perspective*, Sixth Edition: Pearson.

Link to Order E-Book via Western Book Store: https://bookstore.uwo.ca/textbook-search?campus=HC&term=W2023A&courses%5B0%5D=550_HC/PSY2330A

Methods of Evaluation:

Assignment	Due Date mm/dd/yy	Weight - %
Participation		15
Health & Wellness Infographic	11/29/23	25
Midterm Exam	10/23/23	30
Final Exam		30

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