

SAMPLE COURSE OUTLINE

Creation date: November 30, 2020

Revision date: December 4, 2020

Course Code, Number, and Title:

PSYC 2323: The Psychology of Health and Adjustment

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 4.0 h + Seminar 0.0 h + Lab. 0.0 h

Credits: 3.0

Transfer Credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

Health Psychology is a burgeoning field with applications in many work settings and for individuals personally. Students examine the biological links between psychological states and health, the ways in which people adjust to daily life including the nature of and responses to stress, resilience and positive development. Topics covered may include history, models, the relationship between physical health and psychological health, factors contributing to wellness and illness, and larger contextual issues pertaining to health.

Prerequisite(s): A minimum "C-" grade in PSYC 1115 and 1215.

Learning Outcomes:

Upon successful completion of the course, students will be able to...

- Explain the historic roots of the field of health psychology
- Differentiate the primary health psychology models used and apply them to specific examples
- Outline the biological links between our psychological states and health
- Identify the factors that contribute to stress and coping, adherence to health regimens, pain and health promotion
- Summarize seminal research contributions to the field of health psychology
- Explain resilience and differentiate it from general wellness
- Identify and categorize factors that contribute to resilience
- Outline the impact of various larger contextual factors on health

Instructor(s): TBA

Office: TBA

Phone: (604) 323-XXXX

Email: TBA

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Office Hours: TBA**Textbook and Course Materials:**

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

Poole, G., Matheson, D. H., Cox, D. H. (2016). *The Psychology of Health and Health Care: A Canadian Perspective* (5th Ed.). Toronto, Ont: Pearson Prentice Hall.

Select Readings: may be available online via Langara Library or as .pdf in BrightSpace

For textbook information, visit https://mycampusstore.langara.bc.ca/buy_courselisting.asp?selTerm=318

Note: This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.

Assessments and Weighting:

Final Exam 20%-30%

Other Assessments 75%

(An example of other assessments might be:)

Midterm Exam: 20-30%

Assignment: Short Papers throughout term or Research Paper with Applications 10-25%

Online Activities or Quizzes 10-20%

Class Participation/Discussion: 5-15%

Grading System:

Specific grading schemes will be detailed in each course section outline.

Passing grade: D (50% and above)

Information unavailable, please consult Department for details.

Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

- History and Models of Health Psychology
- Stress and Coping
- Psychoneuroimmunology
- Health Communication
- Health and Physical Activity
- Health-Compromising Behaviours

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- Chronic/life-threatening Illnesses
- Pain
- Health Care Systems
- Psychosocial and Cultural Determinants of Health
- Health Promotion
- Resilience
- Positive Psychology

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies:

Information unavailable, please consult Department for details.

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