



DEPARTMENT OF PSYCHOLOGY  
Faculty of Arts

PSY 437.1	Health Psychology		Fall 2023
<b>Instructor:</b>	Samantha Black	<b>Lecture Location:</b>	Remote, Asynchronous
<b>Phone:</b>	<i>Please use email</i> sab938@usask.ca	<b>Lecture Days/Time:</b>	Tuesdays 5-7:45 You are required to attend livestreams on two days: October 3 and October 10
<b>Email:</b>	<a href="mailto:sab938@usask.ca">sab938@usask.ca</a>		
<b>Office Hours:</b>	By appointment		

### Catalogue Description

Health psychology involves the discipline and principles of psychology and human behaviour in understanding how the mind, body, and behaviour interact in health and disease. Class topics include psychosocial models of health and disease, stress and coping, health enhancing and health damaging behaviours, pain management, and a variety of specific behaviour-related medical illnesses (e.g., heart disease, cancer, insomnia).

### Course Description

Health Psychology is a broad, interdisciplinary area of study that seeks to answer what creates, sustains, and defines mental, emotional, and behavioural health. In this remote-delivery course, we will study a variety of psychological topics from historical, social, environmental, biological, and cultural perspectives. We will consider personal, local, and global views on health, and we will explore how Health Psychology intersects with related fields such as Public Health, Sustainability, Indigenous Studies, and Health Studies.

### Course Learning Outcomes

The Department of Psychology is committed to student knowledge and skill development. The table below lists the key learning outcomes for this course, the program-learning outcomes they facilitate (see <https://live-arts.ucalgary.ca/psychology/about#program-learning-outcomes>), and the expected level of achievement.

Course Learning Outcomes	Assessment Methods	PLO(s)	Level(s)
Demonstrate knowledge of psychological sciences	Term paper, two reflection papers, discussion posts, and final exam	1	C, A
Think critically and solve problems	Term paper, two reflection papers	2	C
Conduct research and analyze data	Term paper and reflection papers	3	C, A
Communicate effectively	Term paper, reflection papers, discussion posts	4	C
Apply psychological knowledge and skills	All assignments	7	C, A
Demonstrate multicultural competence and awareness of issues related to equity, diversity, and inclusion	All assignments, especially the introductory D2L post, first reflection paper, and classroom participation	8	C

### **Acknowledgments and Respect for Diversity**

Our classrooms view diversity of identity as a strength and resource. Varied experiences and different perspectives are encouraged and add to a rich learning environment that fosters critical thought through respectful discussion and inclusion. The Department of Psychology would also like to acknowledge the traditional territories of the First Nations of the Treaty 7 region in southern Alberta: the Siksika (Blackfoot), Kainai (Blood), Piikani (Peigan), Stoney-Nakoda, and Tsuut'ina (Sarcee). The City of Calgary is also home to the Métis Nation of Alberta, Region III.

### **Course Format**

This is a remote, asynchronous class. Livestream attendance is required on only two dates: Tuesday, October 3 and Tuesday, October 10, from 5-7:45.

### **Prerequisites**

The prerequisites for this course are PSYC 300, 301, 375 and admission to the Psychology major or honours program.

### **Required Text**

This class does not use a textbook. All learning resources will be provided on D2L.

### Assessment Methods

Please see the lecture schedule for details on each assignment. Your instructor will post a reminder on D2L, including exact instructions for each assignment, at least one week before the due date. Instructions for the Mid-Term research paper will be posted within the first two weeks of class (by Sept. 21).

Assignment #	Due Date <i>By midnight</i>	Assessment	Percentage of Final Grade
1	Sept. 12	D2L discussion post	1.5
2	Oct. 13	Reflection paper	15
3	Oct 17	D2L discussion post	1.5
4	Oct. 24	D2L discussion post	1.5
5	Nov. 7	Mid-Term research paper <i>Grading rubric posted below</i>	30
6	Nov. 21	D2L discussion post	1.5
7	Nov. 28	Reflection paper	15
8	<i>Dec. 9-20, to be confirmed</i>	Final Exam: Approx. 50% multiple choice and 50% short answer. The final exam covers material from the entire semester, is closed book, and will be administered online via D2L.	36

Exams in this course are closed book. The use of resources, including class notes, the textbook, online resources, and calculators is prohibited during the exams in this course. Students may not communicate with others about course material or the exam either in person or electronically during exams.

Without instructor approval, late assignments will be penalized 10% per day, including weekends. Once approved by the course instructor, and at their discretion, alternative arrangements for missed assessments may be considered <https://www.ucalgary.ca/pubs/calendar/current/g-1-2.html>. Students may be asked for documentation <https://www.ucalgary.ca/pubs/calendar/current/m-1.html>.

**Please note: Extra Research Participation Course Credit is Not Offered for this Course.**

<b>PSY 437 Term Paper Grading Rubric – Fall 2023</b> <b>Due November 9, 2023 by midnight</b> PSY 437.1 – Health Psychology, University of Calgary Instructor: Samantha Black <a href="mailto:sab938@usask.ca">sab938@usask.ca</a>	
Introduction Contains thesis sentence – Clearly explains topic –	5 points
Body of Paper Addresses all aspects of the assignment in a clear, critical, creative way – Presents and discusses relevant theories in relation to topic – Discusses and integrates source material in relation to topic – Mentions both strengths and limitations of source materials – Contains reflexive content / Writer situates self in relation to topic –	40 points
Summary and Conclusion Re-states thesis in new way – Reviews key ideas presented in paper – Discusses future directions for research –	10 points
Source Material At least one citation from textbook – At least one citation from Indigenous source – At least one citation from a peer-reviewed source located on your own – All sources listed on the Reference page –	15 points
Writing style Clear and easy to follow – Paper is well organized, so that one idea flows into the next – Has introduction, thesis statement, body, <u>reflexivity</u> and conclusion –	15 points
Grammar and Spelling Entire paper follows APA format – Accurate grammar and spelling –	15 points
Total	

### University of Calgary Academic Integrity Policy

Academic integrity is the foundation of the development and acquisition of knowledge and is based on values of honesty, trust, responsibility, and respect. We expect members of our community to act with integrity.

Research integrity, ethics, and principles of conduct are key to academic integrity. Members of our campus community are required to abide by our institutional code of conduct and promote academic integrity in upholding the University of Calgary's reputation of excellence. It is your responsibility to ensure that you have read and are familiar with the student academic misconduct policy: <https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Student-Academic-Misconduct-Policy.pdf>.

### Department of Psychology Criteria for Letter Grades

Psychology course instructors use the following criteria when assigning letter grades:

A+ grade: *Exceptional Performance*. An A+ grade indicates near perfect performance on multiple choice and short answer exams. For research papers/essays/course projects/presentations, an

A+ grade is awarded for exceptional work deserving of special recognition and is therefore not a common grade.

A, A- Range: *Excellent Performance*. Superior understanding of course material. Written work is very strong in terms of critical and original thinking, content, organization, and the expression of ideas, and demonstrates student's thorough knowledge of subject matter.

B Range: *Good Performance*. Above average understanding of course material. Written work shows evidence of critical thinking and attention to organization and editing but could be improved in form and/or content.

C Range: *Satisfactory Performance*. Adequate understanding of course material. Knowledge of basic concepts and terminology is demonstrated. Written work is satisfactory and meets essential requirements but could be improved significantly in form and content. Note: All prerequisites for courses offered by the Faculty of Arts must be met with a minimum grade of C-

D range: *Marginally meets standards*. Minimal understanding of subject matter. Written work is marginally acceptable and meets basic requirements but requires substantial improvements in form and content. Student has not mastered course material at a level sufficient for advancement into more senior courses in the same or related subjects.

F grade: *Course standards not met*. Inadequate understanding of subject matter. Written work does not meet basic requirements. Student has not demonstrated knowledge of course material at a level sufficient for course credit.

### Grading Scale

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

### Academic Dates

*See next page*

Fall Term 2023	
<b>Academic Dates</b>	
Start of Term	Monday, August 28
End of Term	Friday, December 22
Block Week	Monday-Friday, August 28-September 1
Start of Classes	Tuesday, September 5
Term Break, no classes	Sunday-Saturday, November 12-18
End of Classes	Wednesday, December 6
Start of Exams	Saturday, December 9
End of Exams	Wednesday, December 20
<b>Registration Dates</b>	
Last day to drop a class without financial penalty*	Thursday, September 14
Last day to add or swap a course	Friday, September 15
Last day to withdraw from a course**	Wednesday, December 6
<b>Tuition and Refund Dates</b>	
End of refund period	Thursday, September 14
Tuition and Fee Payment Deadline	Friday, September 22
<b>Important Dates</b>	
Deadline to Apply for Fall Convocation	Friday, September 15
Fall Convocation	Thursday, November 16
Deadline to Apply for Winter Conferral of Degree	
Winter Conferral of Degree	
Deadline to Apply for Spring Convocation	
<b>Recognized Holidays (university closed)</b>	
Labour Day	Monday, September 4
National Day for Truth and Reconciliation	Saturday, September 30
Thanksgiving Day	Monday, October 9
Remembrance Day	Saturday, November 11 (observed Monday, November 13)
Holiday Observance	Monday-Sunday, December 25-31
New Year's Day	
Alberta Family Day	
Good Friday	
Easter Monday	

## Lecture Schedule

Class	Date	Topic	Required Articles, Videos and Resources <i>Uploaded on D2L</i>	Assignment Due
1	Sept.5	Welcome  Introduction to Health Psychology	Welcome to class!  Today, please review our Syllabus, read the two-page article, and watch the introductory video.  Video: Hello from your instructor, Samantha Black  Article: Introduction to Health Psychology with Dr. Ulrich Teucher, Health Studies Faculty, Department of Psychology, University of Saskatchewan	
2	Sept. 12	Global and Local Health Frameworks	Slide Deck: Global and Local Health Frameworks  Read through the CDC and WHO (World Health Organization) websites on One Health  <a href="https://www.cdc.gov/onehealth">https://www.cdc.gov/onehealth</a>  <a href="https://www.who.int/health-topics/one-health">https://www.who.int/health-topics/one-health</a>	<u>Assignment 1</u> D2L Discussion Worth 1.5% Due Sep. 14 by midnight  Post on D2L with your photo, name, pronouns, major, and why you are taking this class. If you don't want to post a photo of yourself, use a photo that expresses something meaningful

				to you. You must also comment on the posts of at least two of your classmates.
3	Sept. 19	Indigenous Health Frameworks	<p>Slide Deck: Indigenous Health Frameworks</p> <p>Book Chapter: Tuhiwai-Smith, L. (1999). <i>Decolonizing Research Methodologies</i>. Chapter 3: Colonizing Knowledges</p> <p>Johnson-Jennings, M. (2018). <i>Returning to Our Roots</i>.</p> <p>Article: Black, S. (2023). <i>Interview with Iya Fayomi Falade: Indigenous African Perspectives on Health</i></p>	<u><i>Term paper assignment posted by today – Term paper is due on Nov. 9</i></u>
4	Sept. 26	Social Determinants of Health (SDH)	Braveman and Gottlieb (2014). <i>The Social Determinants of Health: It's Time to Consider the Causes of the Causes</i> .	
5	Oct.3	<p>End of Life Care: Death, Dying, and Bereavement</p> <p>Preparation for next week's Death Café</p>	<p><b>YOU ARE REQUIRED TO ATTEND THIS LIVESTREAMED CLASS</b></p> <p>We will meet tonight to prepare together for next week's Death Café event.</p> <p>Posted slide deck: Preparing to attend a Death Cafe</p>	<p><u>Assignment 2</u> Reflection Paper Worth 15% Due Oct. 5 by midnight</p> <p>What are the primary SDH, and how do these affect your own mental, emotional, behavioral, and physical health? Identify and discuss four SDH, including stresses you experience/how you manage them, and areas where you are privileged/how you leverage the absence of stress. Your paper must be approximately 750 words (3 pages, double-spaced). You do not have to use APA format, but you must use correct spelling, grammar, spacing, and length.</p>
6	Oct. 10	Live Streamed Event: Death Cafe	<p><b>YOU ARE REQUIRED TO ATTEND THIS LIVESTREAMED CLASS</b></p> <p>We will attend an online Death Café event facilitated by your instructor, Samantha Black, and special guest Jett Koda, MSW, hospice professional and Medical Social Worker</p> <p><i>If you cannot attend, you must speak to the instructor BEFORE the event.</i></p>	
7	Oct. 17	Longevity	<p>Read the two posted Harvard Gazette reports on the results of the longitudinal, 80-year Harvard Longevity Study.</p> <ol style="list-style-type: none"> <li>The 8 key social factors to longevity</li> <li>How to live longer, happier, and healthier: How do we define happiness? How does happiness affect our health?</li> </ol>	<p><u>Assignment 3</u> D2L Discussion Worth 1.5% Due Oct. 19 by midnight</p> <p>Now that we are halfway through the semester, post on D2L with a comment about what topics we have covered draw your interest most, and why. You must also comment on the posts of at least two of your classmates.</p>

8	Oct. 24	Biopsychosocial, Psychosocial, and Psychosocial-cultural Models of Health	<p>Frasier, L. (2020). <i>The past, present, and future of the biopsychosocial model: A review of The Biopsychosocial Model of Health and Disease: New philosophical and scientific developments by Derek Bolton and Grant Gillett</i></p> <p>What is a psychosocial disability, and how does this differ from the biological view?  <a href="https://www.youtube.com/watch?v=NCIDkMbJslA">https://www.youtube.com/watch?v=NCIDkMbJslA</a></p> <p>Jessica Dere: Challenges and Rewards of a culturally-informed approach to mental health  <a href="https://www.youtube.com/watch?v=VrYmQDiunSc">https://www.youtube.com/watch?v=VrYmQDiunSc</a></p>	<p><u>Assignment 4</u>  D2L Discussion  Worth 1.5%  Due Oct. 26 by midnight</p> <p>Post your research paper topic on D2L, and comment on the paper topics of at least two of your classmates.</p>
9	Oct. 31	Environmental Health and Ecopsychology	<p>Masterson, W. (2020). <i>Greenspace Interventions</i>.</p> <p>Hyovenen, K. (2023). <i>Effects of Nature-based Intervention in the Treatment of Depression: A Multi-center, Randomized Controlled Trial</i>.</p> <p>Read through Janine Benyus' website on Biomimicry. "Biomimicry" describes intentional design features that solve problems using intelligence inspired by the natural world.  <a href="https://biomimicry.org/janine-benyus/">https://biomimicry.org/janine-benyus/</a></p>	
10	Nov. 7	Stress, Coping, and Health	<p>Anisman (2014). <i>The Nature of Stressors</i></p> <p>Janssen, M. (2018). <i>Effects of Mindfulness-Based Stress Reduction on Employees' Mental Health: A Systematic Review</i>.</p>	<p><u>Assignment 5</u>  Mid-term Research Paper  Worth 30%  Due November 9 by midnight</p> <p>A detailed description of this APA-format research paper was posted on D2L within the first two weeks of class</p>
	Nov. 14	No Class – Break Week		
11	Nov. 21	Special topics: Human Trafficking Awareness	<p>Video: Jason Spees, MA, NP, L.Ac. speaks on how to identify and approach human trafficking, from the perspective of a health care provider.</p>	<p><u>Assignment 6</u>  D2L Discussion  Worth 1.5%  Due November 30 by midnight</p> <p>For the last day of class, post what you were most interested to learn in this class, and how you will use this information in your life and/or career moving forward. Feel free to use information from next week's class on 2S-LGBTQI health concerns, as all materials are pre-posted. Please comment on at least two of your classmates' posts.</p>
12	Nov. 28	Special Topics: 2S-LGBTQI Health	<p>Slide Deck: Queer Identities and 2S-LGBTQI health concerns</p> <p>Slide Deck: Queer Senior Citizens on the Canadian Prairies</p>	<p><u>Assignment 7</u>  Reflection Paper  Worth 15%  Due Nov. 23 by midnight</p>



				What topic most interested you during the semester? You may reflect on any topic, including next week's topic: 2S-LGBTQI concerns, as all learning materials are pre-posted. Your paper must be approximately 750 words (3 pages, double-spaced). You do not have to use APA format, but you must use correct spelling, grammar, spacing, and length.
13	Dec. 5		Movie: <i>Born into Brothels</i> . A closer look at the social determinants surrounding sex trafficking in an East Indian community.	
<p><u>Assignment 8: Final Exam</u> Worth 36%</p> <p>The Final Exam will be online and will be scheduled by the University between December 9-20. I will share that information with you as soon as it is available.</p> <p>The Final Exam is closed-book, delivered online via D2L, and will cover topics from the entire semester. Approximately half the questions will be multiple choice, and half will be short answer.</p>				

### Absence From Test/Exam

Makeup tests/exams are **NOT** an option without the approval of the instructor <https://www.ucalgary.ca/pubs/calendar/current/g-1-1.html> At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. Once approved by the instructor a makeup test/exam must be written within 2 weeks of the missed test/exam on a day/time scheduled by the instructor. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam <https://www.ucalgary.ca/registrar/exams/deferred-exams>

### Travel During Exams

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered by the department. Students are advised to wait until the final examination schedule is posted before making any travel arrangements. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam [Deferred Final Exams | University of Calgary \(ucalgary.ca\)](#) Students with an exceptional extenuating circumstance (e.g., a family emergency) should contact the Department of Psychology [psyugrd@ucalgary.ca](mailto:psyugrd@ucalgary.ca)

**Reappraisal of Graded Term Work** <http://www.ucalgary.ca/pubs/calendar/current/i-2.html>

**Reappraisal of Final Grade** <http://www.ucalgary.ca/pubs/calendar/current/i-3.html>

### **Academic Accommodations**

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services; SAS will process the request and issue letters of accommodation to instructors. For additional information on support services and accommodations for students with disabilities, visit [www.ucalgary.ca/access/](http://www.ucalgary.ca/access/). Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor. The full policy on Student Accommodations is available at <https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Student-Accommodation-Policy.pdf>.

### **Academic Misconduct**

For information on academic misconduct and its consequences, please see the University of Calgary Calendar at <http://www.ucalgary.ca/pubs/calendar/current/k.html>

### **Instructor Intellectual Property**

Course materials created by professor(s) (including course outlines, presentations and posted notes, labs, case studies, assignments, and exams) remain the intellectual property of the professor(s). These materials may NOT be reproduced, redistributed, or copied without the explicit consent of the professor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

### **Copyright Legislation**

All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright ([https://library.ucalgary.ca/services/copyright?\\_gl=1\\*bcjlpn\\*\\_ga\\*OTY1ODc0Njg0LjE2NjkxNTA1NTM.\\*\\_ga\\_X4GN9Y4W7D\\*MTY3Nzc5MjM3Ni4xNy4xLjE2Nzc3OTI4MDYuMC4wLjA](https://library.ucalgary.ca/services/copyright?_gl=1*bcjlpn*_ga*OTY1ODc0Njg0LjE2NjkxNTA1NTM.*_ga_X4GN9Y4W7D*MTY3Nzc5MjM3Ni4xNy4xLjE2Nzc3OTI4MDYuMC4wLjA)) and requirements of the copyright act (<https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html>) to ensure they are aware of the consequences of unauthorized sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.

### **Freedom of Information and Protection of Privacy**

Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary

### **Student Support and Resources**

<https://www.ucalgary.ca/registrar/registration/course-outlines>

**Important Dates**

The last day to drop this course with no “W” notation and **still receive a tuition fee refund** is **Thursday, September 14<sup>th</sup>, 2023**. Last day add/swap a course is **Friday, September 15<sup>th</sup>, 2023**. The last day to withdraw from this course is **Wednesday, December 6<sup>th</sup>, 2023**.