

Division: ACADEMIC DATE: NOVEMBER 7, 1994

 B: Department: SOCIAL SCIENCES New Course: X

 Revision of Course
 information form: _____

DATED: _____

 C: PSYCHOLOGY 304 D: HEALTH PSYCHOLOGY E: 3
 Subject & Course No. Descriptive Title Semester Credit

F: Calendar Description:

This course provides a critical survey of the basic research findings and theory on the relation between psychological factors (including behaviour, emotion, cognition, personality and interpersonal relationships) and health. Topics include health-related behaviours such as smoking and drug use, the effect of stressful events on health and performance, methods for coping with stress, the impact of chronic illness on the family, and social support systems.

Summary of Revision:

(Enter date & section)

G: Type of Instruction: Hours Per Week/

| | | |
|---------------------------|----------|------|
| Lecture | <u>4</u> | Hrs. |
| Laboratory | _____ | Hrs. |
| Seminar | _____ | Hrs. |
| Clinical Experience | _____ | Hrs. |
| Field Experience | _____ | Hrs. |
| Practicum | _____ | Hrs. |
| Shop | _____ | Hrs. |
| Studio | _____ | Hrs. |
| Student Directed Learning | _____ | Hrs. |
| Other | _____ | Hrs. |

 TOTAL 4 HOURS

H: Course Prerequisites:
 PSYC 200

I: Course Corequisites:
 NONE

J: Course for which this course is a prerequisite:
 NONE

K: Maximum Class Size:
 35

M: Transfer Credit:

 Requested X
 Granted _____

Specify Course Equivalents or Unassigned Credit as Appropriate

 U.B.C. PSYC 314 (3)
 S.F.U. UNASSIGNED CREDIT (3)
 U. VIC. UNASSIGNED CREDIT (3)
 U. OF ALBERTA PSYC 315 (3)
 U.N.B.C. PSYC 309 (3)

 L: College Credit Transfer X

College Credit Non-Transfer _____


 COURSE DESIGNERS


 DIRECTOR/CHAIRPERSON


 DIVISIONAL DEAN


 REGISTRAR

Textbooks and materials to be purchased by students
(Use Bibliographic Form):

Sarafino, E.P., (1994) Health Psychology (2nd. Ed.)
New York, John Wiley and Sons, Inc.

Bishop, G.D., (1994) Health Psychology
Boston, Allyn and Bacon

Text will be updated periodically.

Complete Form with Entries Under the Following Headings:

O. Course Objectives; P. Course Content; Q. Method of Instruction;

R. Course Evaluation

O. Course Objectives

6 At the conclusion of the course, the student will be able to:

1. Define Health Psychology.
2. Explain the biopsychosocial model.
3. Describe historical viewpoints on disease processes and the mind.
4. Distinguish between mind-body dualism and a systems approach.
5. Explain the research methods used in health psychology.
6. Evaluate research ethics and responsibilities.
7. Describe the structure and function of the human nervous system, endocrine system, digestive system, respiratory system, cardiovascular system, immune system and reproductive system.
8. Define human stress.
9. Explain the transactional model of stress.
10. Distinguish between physical stressors and cognitive stressors.
11. Evaluate methods of measuring stress.
12. Describe psychosocial modulators of stress.
13. Explain coronary prone behaviour.
14. Evaluate the relationship between behaviour and illness.
15. Describe the psychopathology of stress-related diseases.

0. Course Objectives cont.

16. Identify stress-related diseases and psychophysiological disorders.
17. Define coping.
18. Identify methods of coping.
19. Evaluate self-regulation strategies, cognitive strategies and ergonomics, as applied to stress reduction.
20. Describe the research focus on health and lifestyle.
21. Evaluate health-related behaviour and health promotion methods.
22. Identify the types of health services in medical treatment.
23. Describe compliance strategies related to adhering to medical advice.
24. Identify the nature and symptoms of pain.
25. Describe the theories of pain.
26. Evaluate behavioural and cognitive methods for treating pain.

Course Content

1. Introduction
2. Stress Physiology
3. Stress: Meaning, Impact and Sources
4. Stress: Biopsychosocial Factors and Illness
5. Stress and Coping
6. Health-Related Behaviour and Health Promotion
7. Reducing Substance Use and Abuse
8. Nutrition and Weight Control
9. Physical Exercise and Safety
10. Behavioural Factors in Illness: Hospitalization: Setting and Impact
11. Pain and Pain Management
12. Chronic and Terminal Health Problems
13. Health Psychology: Future directions

Q. Method of Instruction

This course will employ a number of instructional methods to accomplish its objective and will include some of the following:

- lectures
- laser video presentations
- audio visual materials
- small group discussions
- class discussions
- classroom exercises
- computer simulation exercises

R. Course Evaluation

Evaluation will be carried out in accordance with Douglas College policy and will include both formative and summative components. Evaluation criteria may include exams, quizzes, literature review papers, research proposals/projects, critical essays, oral/video presentations and a personal health project.

The specific evaluation criteria will be provided by the instructor at the beginning of the semester.

An example of one evaluation scheme:

| | |
|----------------------------------|-------------|
| 3 midterm exams (worth 15% each) | 45% |
| Literature review paper | |
| /personal health project | 30% |
| Final exam | <u>25%</u> |
| | <u>100%</u> |