

PSYC 2301 C

Course	PSYC 2301 C
Instructor	Gail McMillan
Term	Fall 2020
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Office Location	314E SSRB
Office Hours	TBA

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course introduces the aims, theory, research methods, and applications of health psychology. Students will learn about the contribution and interplay of biological, psychological, and social determinants of health (the biopsychosocial model). Topics that will be covered include: health promoting and health compromising behaviours, health behaviour change, stress, physical symptoms, health service interactions, illness and managing illness.

Lectures will be delivered online asynchronously (pre-recorded videos). There will be some online synchronous meetings.

EVALUATION

Evaluation will occur in a variety of ways, for example, online quizzes and written assignments. The details will be further discussed in class and outlined in the syllabus.

TEXT

Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2015). *Health Psychology, Canadian Edition*. Wiley