

## PSYC 2301 A : INTRODUCTION TO HEALTH PSYCHOLOGY

<b>Instructor</b>	Katie Gunnell
<b>Term</b>	Summer 2026 (May-June)
<b>Course Delivery</b>	Online – Asynchronous with in person assessments
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<b>Office Location</b>	A511 Loeb
<b>Office Hours</b>	By appointment

### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

In this course, students will be introduced to health psychology through the lens of the biopsychosocial model. Within this model, students will learn about the interplay between biology, psychology, and social factors that impact health. Topics covered will include: the body's physical systems, stress, illness, and coping, lifestyle behaviours to promote health and prevent illness (e.g., physical activity, sedentary behaviour, weight control), and management of illness.

### EVALUATION (SUBJECT TO CHANGE)

Lectures will be completed online (asynchronously).

Evaluation is based on 1 assignment, 1 midterm, and a final exam. The assignment will be submitted online. The midterm and final exam are held in-person (Distance midterms/exams are not permitted)

### TEXT (SUBJECT TO CHANGE IF A NEW EDITION IS RELEASED)

Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2020). Health Psychology: Biopsychosocial Interactions, 2<sup>nd</sup> Canadian Edition. Wiley.