

PSYC 2301 B : INTRODUCTION TO HEALTH PSYCHOLOGY

Instructor	Katie Gunnell
Term	Winter 2025
Course Delivery	Online – Asynchronous
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Office Location	A511 Loeb
Office Hours	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, weight control), and management of illness.

EVALUATION (SUBJECT TO CHANGE)

All course components will be conducted online. Evaluation will be based on numerous types of assessments (e.g., midterms, written assignments, exam etc.). Online lectures will be asynchronous (i.e., pre-recorded videos) but there will be some online synchronous activities (e.g., virtual meetings).

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, 2nd Canadian Edition. Wiley.