

## PSYC 2301 D : INTRODUCTION TO HEALTH PSYCHOLOGY

<b>Instructor</b>	Andy Thompson
<b>Term</b>	Winter 2024
<b>Course Delivery</b>	Online Asynchronous & Synchronous Tuesdays 7:35 – 8:55 EST
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<b>Office Location</b>	Online (zoom)
<b>Office Hours</b>	By appointment

### COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

Health – everybody wants it, but what does it mean to be “healthy”? How is health described, prescribed, promoted and prevented? This course will delve into these questions and more as we discuss the mental, physical, social, behavioural and contextual factors related to health and well-being. Along with readings from the text, each week will include an additional short reading or video that will provide an alternative point of view or an account of the lived experience of the topic under study. Students will have the opportunity to make connections between the psychology of health, their own experiences, and/or other areas of interest through a project that will they develop throughout the term.

### EVALUATION (SUBJECT TO CHANGE)

Participation 20%

Midterm 25%

Project 25%

Final Exam 30%

### TEXT

Sarafino, E. P., Smith, T. W., King, D. B., & Longis, A. D. (2020). HEALTH PSYCHOLOGY: BIOPSYCHOSOCIAL INTERACTIONS, CANADIAN EDITION (2nd ed.). Wiley Global Education Canada.