

PSYC 2301 A/B : INTRODUCTION TO HEALTH PSYCHOLOGY

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| Instructor | Katie Gunnell |
| Term | Fall 2026/Winter 2027 |
| Course Delivery | Online – Asynchronous with in-person tests |
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| Office Location | Loeb A511 |
| 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, sedentary behaviour, weight control), and management of illness.

EVALUATION (SUBJECT TO CHANGE)

Lectures will be completed online (asynchronously).

Evaluation is based on two midterms and a final exam. The midterms 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, 2nd Canadian Edition. Wiley.