

PSYC 2301 D : INTRODUCTION TO HEALTH PSYCHOLOGY

Instructor	Dr. Tarry Ahuja
Term	Fall 2026
Course Delivery	In-Person
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Office Location	Virtual Office
Office Hours	By appointment

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

Health and illness are influenced by a wide variety of factors. While contagious and hereditary illness are common, there are many behavioral and psychological factors that can impact overall physical well-being and various medical conditions. Health psychology is a specialty area that focuses on how biology, psychology, behavior and social factors influence health and illness. This course will delve into the intricate world of health psychology, teaching students the basic principles while introducing how these relate to issues in our society today. Have you wondered if smoking really kills? Why do your final exams stress you out? Do you want to know what coping strategies and interventions are available? These topics and many more will be covered with class discussion. (Note that both midterm and final exams will be written on campus)

EVALUATION (SUBJECT TO CHANGE)

Assignment – 20%

Midterm Exam – 30% (in-person on campus)

Final Exam – 50% (in-person on campus)

TEXT

Health Psychology (CDN Edition) by Shelly E. Taylor, and Fuschia M. Sirois. Publisher: McGraw-Hill. **(6th Edition)**.