

## PSYC 2301 C : INTRODUCTION TO HEALTH PSYCHOLOGY

<b>Instructor</b>	Dr.Carolynn Hare
<b>Term</b>	Winter 2024
<b>Course Delivery</b>	Asynchronous Online Course
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<b>Office Location</b>	Zoom
<b>Office Hours</b>	TBD

### COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

Health Psychology explores how psychological, social, and biological factors interact to influence health and illness. This course introduces students to core theories and research in health psychology, including stress and coping, health behaviours and chronic illness.

In addition to an overview of the field, this course emphasizes the complex interplay between mental health and physical health, with particular attention to the role of environmental influences and the social determinants of health. Through an asynchronous format, students will engage with video lectures and readings at their own pace each week.

### EVALUATION (SUBJECT TO CHANGE)

- Assignment 1            15%
- Midterm exam           30%
- Assignment 2           15%
- Final exam              40%

### TEXT

TBD.