Course Title: Introduction to Health Psychology

Course Number and Section: PSYCHOLOGY 2330A - 550

Instructor Name(s): Dr. Tara Dumas

Instructor Email(s): tdumas2@uwo.ca

Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL is the official and authoritative source of information for the course.

Course Description:
This course will provide a broad overview of the exciting field of Health Psychology. We will examine research and theory that explores the bi-directional relationships between cognition and behaviour with physical health and illness. Topics include: the effects of stress on health, psychological predictors of health-related behaviour (e.g., substance use, exercise) and how research in this field is applied to support prevention and intervention programming.

Learning Outcomes:
• Possess a detailed understanding of the current literature in Health Psychology
• Be able to apply and think critically about relevant research and theory
• Understand the role of health psychologists in research and practice

Textbooks and Course Materials:

Link to Order E-Book via Western Book Store: https://bookstore.uwo.ca/textbook-search?campus=HC&term=W2023A&courses%5B0%5D=550_HC/PSY2330A

Methods of Evaluation:

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<tr>
<th>Assignment</th>
<th>Due Date mm/dd/yy</th>
<th>Weight - %</th>
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</thead>
<tbody>
<tr>
<td>Participation</td>
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<td>15</td>
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<tr>
<td>Health &amp; Wellness Infographic</td>
<td>11/29/23</td>
<td>25</td>
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<tr>
<td>Midterm Exam</td>
<td>10/23/23</td>
<td>30</td>
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<tr>
<td>Final Exam</td>
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<td>30</td>
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In solidarity with the Anishinaabe, Haudenosaunee, Lúnaapéewak, and Chonnonton peoples on whose traditional treaty and unceded territories this course is shared.