

**Faculty of Health
School of Kinesiology and Health Science**

Course: KINE 4710 – Psychology of Health and Chronic Disease

Course Webpage: <https://moodle.yorku.ca/moodle/course/view.php?id=148878>

Term: Winter 2019

Course Instructor

Dr. Lucia Gagliese

Bethune 367

Gagliese@yorku.ca

Office Hour: by appointment or via Moodle chat sessions

Time and Location

Section M

Time: Tuesday, Thursday 10:00 am

Location: CB129

Section N

Time: Tuesday, Thursday 11:30 am

Location: ACE005

Expanded Course Description

Organization: This is a blended learning course which involves a combination of online instruction/materials and interactive in-class sessions led by the instructor. The course includes required readings, websites, videos, lectures (both online and in person), and online and in-class discussions. The required readings and online materials are central to the course. The in-class lectures and discussions will serve to enrich, clarify, and illustrate crucial issues from the online materials.

Objective: The primary objective of this course is to explore the role of psychological factors in the experience of health and chronic illness. We will examine the need for a biopsychosocial model in order to understand the complex nature of these phenomena. The course will have a strong emphasis on the evaluation of various research methodologies. We will cover fundamental topics in the area such as the role of personality and health-related beliefs in illness, the social context of illness, adjustment at various life stages, and the role of psychosocial interventions in disease management. We also will examine several disorders in depth including cancer and chronic pain.

Specific learning outcomes are that students will be able to:

- Critically examine the biopsychosocial model of health and chronic disease
- Understand the strengths and weaknesses of various research strategies and how these apply to the interpretation of study findings
- Apply critical thinking to online media depictions of health research and alternative/complementary medicine
- Develop ability to discuss and write about health psychology and research

Evaluation

1) Assignment 1	Due Feb 25	30%
2) Assignment 2	Due April 2	30%
3) Reflective Learning Exercises		15%
3) Participation		25%

Grading, Assignment Submission, Lateness Penalties

Grading: The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - <http://calendars.registrar.yorku.ca/2010-2011/academic/index.htm>)

Assignment Submission: Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be submitted via Moodle and as a hardcopy on the due date specified for the assignment. Turnitin will be used.

Lateness Penalty: Assignments received after the due date will be penalized. Exceptions for valid reasons such as illness, compassionate grounds, etc., will be considered by the Course Instructor but will require supporting documentation (e.g., doctor's note).

Missed Assignment: Students with a documented reason for missing an assignment due date, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor's note) may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) -

<http://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012.pdf>

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation

How the course works (details):

The **required readings** for the course are listed in a document called "KINE 4710 W2019 Required Readings" which is available for download on the course's Moodle site. Students are expected to download the readings from the York University Library website or open access journal websites and read the relevant material as per the course schedule. For in class sessions, students should complete the readings and prepare for a detailed discussion PRIOR to the class. Students should also bring the relevant readings to each in-class session.

Each week, students should access the Moodle site to find relevant **materials** for that week. This may include short lectures, Powerpoint slides, videos, links to relevant websites or blogs etc. The student is responsible for reviewing and learning this material (note that some materials are marked "supplemental").

Once the student has reviewed the required materials, he/she should access the relevant **discussion forums** and participate as appropriate. These forums will include important themes and questions that students should consider as they review the materials. They may also raise questions or issues of interest for discussion. **Reflective learning exercises** will also be posted in the forum and clearly marked as such. These are interactive forums and students are encouraged to answer each others' questions and to begin their own discussions. It is expected that students will make thoughtful, substantive contributions and not simply summarize or repeat the materials provided, other student's contributions, or post internet links without context or analysis. The instructor will also participate in the forums.

Your participation grade is based on **both** your in-class and online participation. It includes all aspects of the course including attendance, and substantive contributions to in-class and online discussions and activities.

There will be **chat sessions** led by the instructor or a TA. These will be "live" and all students are encouraged to participate. They will be scheduled during regular lecture hours to ensure that students are available to participate. Chat sessions will be announced at least 24 hours in advance. During these chat sessions, students may raise questions or issues about the course materials including questions about the assignments. Chat sessions will be archived and available to students for the duration of the course. Think of the chat sessions as an informal, drop-in office hour. They are optional and not part of your grade.

It is highly recommended that students review the "netiquette" information available on the Moodle site prior to participating in the forums or chat sessions.

CLASS SCHEDULE AND TOPIC LIST

DATE	FORMAT	TOPIC
Jan 3	In class	Introduction and overview
Jan 8	In class	The biopsychosocial model of health
Jan 10	Online	The biopsychosocial model of health
Jan 15	In class	Critical thinking about health research
Jan 17	Online	Critical thinking about health research
Jan 22	In class	Adjustment to chronic illness
Jan 24	Online	Adjustment to chronic illness
Jan 29, 31	Online	Psychological context and health: Stress
Feb 5, 7	Online	Psychological context and health: Positive Psych
Feb 12	In class	Assignment prep Social context and health: Relationships
Feb 14	Online	Social context and health: Relationships
Feb 19, 21		READING WEEK
Feb 26, 28	Online	Social context and health: SES
March 5,7	Online	Pain and perception
March 12,14,	Online	Psychosocial oncology
March 19	In class	Assignment prep/review
March 21-28	Online	Psychosocial Interventions
April 2	In class	Reflective learning, health psychology and wrap-up