UNIVERSITY OF THE FRASER VALLEY

PAC FORM #2 (Page 1)

COURSE IMPLEMENTATION DATE:	September 1992
COURSE REVISED IMPLEMENTATION DATE:	January 2009
COURSE TO BE REVIEWED: (Four years after implementation date)	September 2009 (MONTH YEAR format)

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.

Shaded headings are subject to change at the discretion of the department and the material will vary - see course syllabus available from instructor

FACULTY/DEPARTMENT: **Science, Health & Human Services / Psychology**

PSYC 343		3
COURSE NAME/NUMBER	FORMER COURSE NUMBER	UCFV CREDITS

Psychology of Health
COURSE DESCRIPTIVE TITLE

CALENDAR DESCRIPTION:

This course presents a blend of basic theory and research along with clinical perspectives and interventions in health psychology. An expanded biopsychosocial systems perspective is presented and used to study psychological factors in health and illness. Topics include models and psychophysiological mechanisms of stress; applicable research designs; personality and health; psychological treatments for stress related disorders; lifestyle and health behaviours; and social and societal factors in health and health care.

PREREQUISITES: **PSYC 101, PSYC 102, and one of PSYC 202, CRIM 220, KPE 301, KPE 400, SCMS 255; OR PSYC 210 AND 220**

COREQUISITES:

SYNONYMOUS COURSE(S)

(a) Replaces: _____ *(Course #)*

(b) Cannot take: _____ *(Course #)* for further credit.

SERVICE COURSE TO: _____ *(Department/Program)*

_____ *(Department/Program)*

TOTAL HOURS PER TERM: **45**

STRUCTURE OF HOURS:

Lectures:	**30**	Hrs
Seminar:	**15**	Hrs
Laboratory:		Hrs
Field Experience:		Hrs
Student Directed Learning:		Hrs
Other (Specify):		Hrs

TRAINING DAY-BASED INSTRUCTION

LENGTH OF COURSE: _____

HOURS PER DAY: _____

MAXIMUM ENROLLMENT: **25**

EXPECTED FREQUENCY OF COURSE OFFERINGS: **Once a year**

WILL TRANSFER CREDIT BE REQUESTED? (lower-level courses only)	☐ Yes	☐ No
WILL TRANSFER CREDIT BE REQUESTED? (upper-level requested by department)	☐ Yes	☒ No
TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:	☐ Yes	☒ No

AUTHORIZATION SIGNATURES:

Course Designer(s): Ron Laye

Chairperson: Jim Andersen *(Curriculum Committee)*

Department Head: Rhonda Snow

Dean: Jackie Snodgrass

PAC Approval in Principle Date: October 24, 2008

PAC Final Approval Date: November 21, 2008

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

1. To survey and study the relationship between psychological factors and health and illness.
2. To critically evaluate research findings and concepts in clinical health psychology.

METHODS:

Lecture, demonstration, small group practice, discussion, audio-visual presentation, student seminar presentations.

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR (Please check :) ☒ Yes ☐ No

METHODS OF OBTAINING PLAR:

Course challenge, portfolio assessment.

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]

Brannon & Feist. Health Psychology. 5th edition. Wadsworth.
Davis, Eshelman, McKay. The Relaxation and Stress Reduction Workbook. 5th edition. New Harbinger.

SUPPLIES / MATERIALS:

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

Midterm (at least 1) and Final exam	45-70%
Seminar presentation	10-25%
Research paper or project	0-25%
Interventions project	0-20%

COURSE CONTENT:

[Course content varies by instructor. An example of course content might be:]

1. Intro to course. Models of health: biomedical and biopsychosocial. Health and wellness; disease and illness: basic concepts.
2. Mind/body relationship in health and illness. Basic research methods: approaches to the study of psychology and health. Placebo. Clinical and experimental research strategies.
3. Stress and stressors: basic concepts. Evaluating stressors. Cognitive and behavioural stress effects.
4. Psychophysiology of stress. Brain organization. Autonomic and endocrine responses: stress axes. Cardiovascular system and stress. Immune system and stress.
5. Evaluating research in health psychology: examples.
6. Personality and illness: cardiovascular disease and cancer.
7. Psychosocial factors in health, and healthy personality.
8. Relaxation therapies. Biofeedback therapy.
9. Imagery and health. Cognitive therapy.
10. Self-regulation and health. Integration of physiological, behavioural and cognitive skills. Lifestyle and health.
11. Psychological therapy from a biopsychosocial perspective. Behavioural medicine applications: headache; hypertension; Raynaud's; neuromuscular disorders; coping with medical procedures; hyperactivity; migraine; asthma; pain.
12. Societal influence on illness and on health. Development of health behaviours.