Course Description
This course will introduce you to the important influence of psychology on health. We will examine the interplay between psychology and biology, emphasizing the complexity of maintaining health and preventing disease. I have selected research articles to complement the text so that we may explore general issues of research methods and develop your ability to design and critically evaluate research on health and the application of that research to clinical practice.

Objectives:
1. Develop an understanding of the reciprocal relationship between psychology and physiology
2. Identify biological, psychological and social factors that impact healthy and disease states
3. Learn to critically evaluate health psychology research

Course Requirements:
- **Tool**: Please purchase an iClicker and bring it to every class. iClickers can be purchased at the Campus Store and must be registered online with your name and McMaster student ID in order to receive participation credit for your iClicker responses, visit http://www.bookstore.mcmaster.ca/textbooks/iclicker-faq.html.
- **Readings**: Students are required to read the following scientific articles. All articles are freely available from the McMaster library.

Optional:
- Text: The Psychobiological Processes in Health and Illness by Kate Hamilton-West

Topic to be covered
Topics related to the interplay between psychology and physiology in healthy and diseased states including stress, sleep, addiction, pain and physical activity.

Evaluation:
- I-Clicker participation 5%
- Test #1 25%
- Test #2 25%
- Final exam (cumulative) 45%
**I-Clicker Participation:** Every class will include two iClicker questions on key concepts from lectures and assigned readings. You will receive one point for participating and an extra point for each question you answer correctly. There will be 140 points available and the table below indicates the number of points needed to get the specific mark.

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<thead>
<tr>
<th>Mark</th>
<th>Number of points needed</th>
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<tbody>
<tr>
<td>5</td>
<td>At least 110</td>
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<tr>
<td>4</td>
<td>100-109</td>
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<tr>
<td>3</td>
<td>90-99</td>
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<td>2</td>
<td>80-89</td>
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<tr>
<td>1</td>
<td>70-79</td>
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<td>0</td>
<td>Less than 70</td>
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**ACADEMIC INTEGRITY**

Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences (e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript reading "Grade of F assigned for academic dishonesty", and/or suspension or expulsion from the university). It is your responsibility to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at: [http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf](http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf)

The following illustrates only three forms of academic dishonesty:

1. Plagiarism (e.g. the submission of work that is not one's own or for which other credit has been obtained)
2. Improper collaboration in group work
3. Copying or using unauthorized aids in tests and examinations

**ACADEMIC ACCOMMODATION OF STUDENTS WITH DISABILITIES**

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone (905) 525-9140 ext. 28652 or email sas@mcmaster.ca. For further information, consult McMaster University’s Policy of Academic Accommodation of Students with Disabilities. [http://www.mcmaster.ca/policy/Students-AcademicStudies/AcademicAccommodation-StudentsWithDisabilities.pdf](http://www.mcmaster.ca/policy/Students-AcademicStudies/AcademicAccommodation-StudentsWithDisabilities.pdf)

**ON-LINE LEARNING RESOURCES**

In this course, we will be using Avenue. Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

**USE OF COURSE MATERIAL**

Course materials provided by the instructor are for use by students registered in this class only. Under no circumstances are these materials to be shared, posted or sold to a third party without permission from the instructor. This includes, but not limited to, online posting of instructor provided lecture/lab notes, online lectures, recordings of lectures, or any lab materials on a website other that the Avenue site designed for this course.
MODIFICATIONS TO COURSE
The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes.

POLICY REGARDING DEFERRED TESTS AND EXAMS
Students who miss a term test for legitimate reasons such as illness will have the percentage of that missed test added to their final exam. In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar “Requests for Relief for Missed Academic Term Work”. Please see Missed Student Absent Form below.

Students who miss a Registrar-scheduled final exam can apply to the Associate Dean’s office for permission to write in the deferred final exam schedule. In all cases, appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of Science, for consideration of deferred examination permission. Under no circumstances will the instructor re-schedule a final exam for individual students.

MISSED STUDENT ABSENT FORM
If you are absent from the university for a minor medical reason, lasting fewer than 3 days, you may report your absence, without documentation, using the McMaster Student Absence Form. Absences for a longer duration or for other reasons (e.g., Religious, personal) must be reported to your Faculty/Program office, with documentation, and relief from term work may not necessarily be granted. When using the MSAF, report your absence to heiszj@mcmaster.ca. Then contact the instructor/TA immediately (within 2 working days) by email/telephone/in person to learn what relief may be granted for the work you have missed, and relevant details such as revised deadlines, or time and location of a make-up exam. Please note MSAF regulations have changed beginning Fall 2015.