

KIN 2G03
Health Psychology
Department of Kinesiology, McMaster University

Term: 2, Winter 2018

Instructor: Dr. Jennifer Heisz

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Teaching Assistants:

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Office hours: Wednesday 2:30-4:00pm in IWC E206

Class Meetings: Mondays, Wednesday, and Thursdays 1:30-2:20pm in TSH B128

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.
 - Article #1: Rimmele et al. (2007). Trained men show lower cortisol, heart rate and psychological responses to psychosocial stress compared to untrained men. *Psychoneuroendocrinology*, 32, 627-635.
 - Article #2: Stork, M.J., Kwan, M.Y., Gibala, M.J., & Martin Ginis, K.A. (2015). Music enhances performance and perceived enjoyment of sprint interval exercise. *Medicine & Science in Sports & Exercise*, 47(5), 1052-1060.

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 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. The table below indicates the percentage of points needed to get the specific mark.

<u>Mark</u>	<u>Percentage of points needed</u>
5	+80
4	75-79
3	70-74
2	65-69
1	60-64
0	Less than 60

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>

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>

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 than 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 the term test or final exam for legitimate reasons such as illness may be allowed to write a deferred or "make-up" test. In all instances, appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of Science.

Note: it is the student's responsibility to initiate accommodation arrangements for missed work. Failure to do so will result in a grade of zero for the missed work.

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.

POLICY REGARDING CONFLICTS WITH TESTS AND ASSIGNMENTS

Students who miss these tests for legitimate reasons such as illness may be still allowed to write a deferred or "make-up" test if appropriate documentation is submitted to the Office of the Associate Dean, Faculty of Science. In situations where the Office of the Associate Dean deems sufficient merit in the request, alternative arrangements regarding test deferral or assignment extensions will be made by the course instructor. Please note that in order to maintain the greatest degree of fairness, these alternative times will be within two school days of the originally scheduled test or assignment. If circumstances do not allow for the make-up test to be written during this time frame, a final opportunity to write any missing tests will be held on Thursday March 29, 9:30-10:30AM or 3:30-4:30PM.

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 5 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 heiszjj@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.

Course topics to be covered in Health Psychology 2018

1	04-Jan	Intro to health psych
2	08-Jan	Placebo effects
3	10-Jan	Nocebo effects
4	11-Jan	Critically evaluating scientific research
5	15-Jan	Intro to sleep
6	17-Jan	What is the difference between sleep and wake
7	18-Jan	How do we switch from wake to sleep
8	22-Jan	Sleep stages
9	24-Jan	Lab research: Aging, sleep and exercise
10	25-Jan	Sleep review
11	29-Jan	Intro to stress
12	31-Jan	Immediate vs. anticipated stress
13	01-Feb	What factors determine your stress set point
14	05-Feb	Can psychological stress affect your susceptibility to infectious disease?
15	07-Feb	Lab research: Inflammation, depression and exercise
16	08-Feb	Lab research: Stress, cognition, and exercise
17	12-Feb	Stress review
18	14-Feb	TEST 1
19	15-Feb	Resiliency
		Reading week
20	26-Feb	How to make stress your friend
21	28-Feb	Is positive thinking always healthy?
22	01-Mar	Intro to addiction; Is there a genetic basis to addiction?
23	05-Mar	Learning to be an addict
24	07-Mar	Addicted to food
25	08-Mar	Intro to pain
26	12-Mar	Perceiving pain from the bottom up Part 1
27	14-Mar	Perceiving pain from the bottom up Part 2
28	15-Mar	Social pain
29	19-Mar	Chronic pain
30	21-Mar	Addiction and pain review
31	22-Mar	TEST 2
32	26-Mar	Modulating pain
33	28-Mar	Phantom limb pain
34	29-Mar	Cognitive neuroscience of exercise
35	02-Apr	Lab research: Exercise and cognition in aging
36	04-Apr	Course review
37	05-Apr	Course review
38	09-Apr	Oh, the places you'll go ... apply your knowledge, courses, research