**Health Psychology 11**

Teacher: Mr. Spencer Baines

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**COURSE DESCRIPTION**: Welcome to Health Psychology. In this course we will be exploring the psychology of physical, mental, and spiritual health within human beings. Some of the topics we will cover include stress, psychological health, diet & nutrition, drug abuse, and sports psychology.

**TEXTS:** There will be no textbook for this course; all of the course material will be presented in powerpoints and found online. However, there will be Psychology textbooks in the classroom to sometimes supplement and assist our learning in class. If you would like to sign out a text - you may keep it for a few days or the entire semester. All course material will be online at sdbaines.weebly.com.

**TOPICS:** Topics are subject to change given the variable amount of time it may take to cover them. Topics may also be added or removed depending on the interests of the students in the class. Here is a tentative list of topics to be covered:

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| **Psychology 11**   * Unit 1: Stress * Unit 2: Psychological Health * Unit 3: Nutrition * Unit 4: Body image & Eating disorders * Unit 5: States of Consciousness (Sleep, Drug usage) * Unit 6: Sports psychology |

**GRADING:** There will be unit tests as we go through the course. Each unit test will consist of a multiple-choice section and written reflection section. As well, in this course we will be focusing on physical health through out trips. There is a $40 fee required of all students to finance these trips, which will happen roughly once every 3 weeks. There will be no final test, but you will be writing a course reflection on what you have learned in the course, and your interpretation of what Health Psychology is.

**GRADING SUMMARY:**

Tests and Quizzes: 30%

Assignments: 30%

Course Reflections: 10%

Participation: 30%

All marks will be available on student connect. Please check student connect to see what you are missing and to make sure that the marks are accurate.

**ATTENDANCE:** Attendance and punctuality are an integral part of doing well in this course. Failure to regularly attend will cause you to miss important activities, demonstrations, experiments, videos, PowerPoints and information that is only presented during lectures. All topics covered in class, even if they are mentioned in lectures or class discussions may be on the exams. Repeated absences or lates will result a phone call home.

**DEVICES:** For this class you will be allowed to use smartphones, tablets, etc. I am hoping that we can incorporate them into the class for research and working on projects. This does not mean that you can use them for texting, tweeting, etc. All device use must be done on the table (not under or hiding behind books). Laptops are also welcome in class.If we are doing silent work - I may give permission to listen to music.

**CLASS RULES:**

1. Show polite respect to everyone in this room. All opinions will be respected.

2. Be prepared AND on time with your binder and a writing utensil.

3. Listen and participate in class discussions and activities.

4. Remain in your seat until the bell rings even if we have finished early. (Do not gather at the door)

5. Help keep our room neat and clean – Throw away trash, don’t leave assignments behind or on the floor and don’t write on desks.

**WEBSITE:**  The website will be heavily integrated into the course. It will contain all of the documents, PowerPoints, videos and links used in the course. If you miss a day or lose a document, you can print it out online. A point form summary of what we complete each day will be available, should you miss a class.