

Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title:

PSYC 280—Introduction to Health Psychology

Number of credits:

3 credits

Course Description:

Health is not just about physical ailments and taking medicine. One's thoughts, emotions and behaviors are all influential factors in health. This course examines how biological, psychological, and social factors interact with and affect health. Students will gain an understanding of the important role that psychology plays within the health care system. Everyone has experienced some kind of health issue. I encourage you to relate your own experiences to the topics we discuss in class. This course will consist of lecture, discussion, and group work

Schedule:

Fall, full-term

Pre-/Co-requisites:

None

Course Objectives:

Students will:

1. Demonstrate an understanding of health psychology, including the field's history, methods, and future directions.
2. Apply the biopsychosocial model of health psychology to concepts covered in class (i.e., understand that physical well-being is the result of complex biological, social, and psychological factors).
3. Appraise their own health including history, current behaviors, and implications for one's future health.
4. Implement a health behavior change project.
5. Identify and examine factors involved in different health issues (i.e., causes, maintenance, prevention, and treatment factors).

Instructor:

Lexi R. Kvasnicka-Gates, Ph.D.

Office:

Thatcher Hall 2208

Office Hours:

Mondays and Wednesdays 3:00-4:00
Tuesdays 11:00-1:00

Phone: 228-5475

Email: lexi.kvasnicka@dakotacollege.edu

Textbook(s):

Taylor, S. E. (2008). *Health Psychology*, 7th Ed. New York: McGraw-Hill Companies, Inc.

Course Requirements:

- Exams (5 exams, each worth 40 pts) 200 points
 - Quizzes 50 points
 - Discussion Board Participation 50 points
 - Health Behavior Change Poster 50 points
- Total: 350 points**

A	315 and above
B	280-314
C	245-279
D	210-244
F	Below 210

You must complete all requirements to pass the course. Students will be given opportunities for extra credit throughout the semester. Extra credit does not count unless all requirements are met.

Major Assignments:

- **Exams:** There will be 5 exams throughout the semester worth 40 points each. Exams will cover information presented in class and from the textbook. Each exam will consist of 40 multiple choice questions worth 1 point each.
- **Quizzes:** Ten (10) quizzes will be given throughout the semester. Each quiz is worth 5 points, and will consist of multiple choice questions. These quizzes are posted on the course Moodle shell. These quizzes cover material presented in the week's readings and lectures. Quizzes are open until the exam covering the quiz material closes (e.g. quizzes over Chapters 6-7 will close when Exam #3 closes).
- **Discussion Board Participation:** In the course outline for the class, ten different weeks are identified as "Discussion" weeks. During these weeks, the instructor has posed a discussion question for the given week. Each student is responsible for participating in the discussion by posting his/her own response to the discussion question (3 points), and engaging in discussion with at least one additional student (2 points). Discussions are open until the exam covering the discussion material closes (e.g. discussion over Chapters 6-7 will close when Exam #3 closes).
- **Health Behavior Change Poster:** Each student will complete a health behavior change project during the course of the semester. This will consist of identifying a personal health behavior that could be changed or modified to improve one's health. The student will do research on this

behavior, will implement a change of the behavior for one week, and then will reflect upon this behavior. Each of these steps should be documented.

Each student will create a conference style poster based off of information gathered through the Health Behavior Change Project. The poster will be the size of a standard sheet of computer paper. PowerPoint will be the primary tool used to make these posters. A more detailed description of the poster is available on Moodle.

Course Outline

Week	Topic	Chapter	Discussion	Quiz	Exam
Week 1	What is Health Psych?	1	Discussion #1	Quiz #1	
Week 2	Systems of the Body	2		Quiz #2	Exam #1 Chapters 1-2
Week 3	Health Behaviors	3	Discussion #2		
Week 4	Health-Related Behaviors	4		Quiz #3	
Week 5	Health-Compromising Behaviors	5	Discussion #3		Exam #2 Chapters 3-5
Week 6	What is Stress	6		Quiz #4	
Week 7	Moderators of Stress	7	Discussion #4	Quiz #5	
Week 8	Project Discussion		Discussion #5		Exam #3 Chapters 6-7
Week 9	Using Health Services	8		Quiz #6	
Week 10	Patient-Provider Relations	9	Discussion #6	Quiz #7	
Week 11	Management of Pain/Discomfort	10			Exam #4 Chapters 8-10
Week 12	SCT and Body Image Management of Chronic Illness	11	Discussion #7	Quiz #8	
Week 13	Psych Issues in Illness (Tuesdays with Morrie)	12	Discussion #8	Quiz #9	
Week 14	Heart Disease and Hypertension	13	Discussion #9		
Week 15	AIDS and Cancer	14	Discussion #10	Quiz #10	
Week 16					Exam #5 Chapters 11-14

General Education Goals/Objectives:

- Goal 1: Explains the interrelationships between humans and their environment and the role of science in their lives.
- Goal 4: Demonstrate Effective Communication
- Goal 6: Demonstrates the knowledge of the human experience throughout history

Relationship to Campus Theme:

Campus theme: Nature, Technology, and Beyond

- Students will be familiar with the technological tools used to investigate the mind and our behavior.
- Students will be familiar with how nature influences our own (psychological) development.
- Students will use critical thinking to understand the importance of psychology now, and in the future.

Classroom Policies:

- **Participation.** Students are expected to stay up-to-date in the class. Discussion topics for specific weeks, and random quizzes will ensure students do not fall behind. If a student needs extra help with course technology, it is the student's responsibility to alert the instructor (via email, Moodle message, or phone) as soon as possible. Please utilize the course Moodle shell. The classroom environment is open and harassment free, so please engaged in discussion.
- **Deadlines.** All assignments are due by Saturday at 12:00am (midnight) of the assigned week. Students will be deducted 5 points for every 24-hour period the assignment is not turned in, including weekends. **If a student is sick or experiences unforeseen circumstances where an exam must be missed, the instructor must be informed immediately and proper documentation must be presented** (e.g., doctor's note, police accident report). An essay exam will take the place of the missed exam and must be taken within one week of the missed exam. If the student does not notify the instructor before the next class period, the student will receive a "0" for the missed exam.
- **Grades.** Questions about test grades can be emailed to the instructor up to 10 days (including weekends) after the grade is posted; after this time grades are considered final. Questions regarding grades can be emailed to the instructor no sooner than 24-hours after the grade has been posted. Challenging the grade will result in a re-grade. Re-grades may result in a grade higher or lower than the original grade.

Academic Integrity:

Plagiarism (taking the ideas, thoughts, or language of someone else and passing them off as your own) will not be tolerated in this class. If a student is suspected of plagiarizing, cheating, or not doing their own work, the matter will be investigated. Any student who is found to engage in academic dishonesty (including letting others cheat off of you) will receive an automatic "F" in the course. Additionally, the incident will be reported to the appropriate University office and additional action may be taken.

Disabilities and Special Needs:

Please inform the instructor within the first week of classes if any assistance is required due to disabilities or special needs.