

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 2206

Office Hours:

Anytime via email or Blackboard

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

Major Assignments (all done on Blackboard):

- **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. Exams are over specified chapters (non-cumulative).
 - **Exam Procedures:** Exams will be taken online (thus internet access is needed) and are located on the course Blackboard page under the appropriate week (see the Course Schedule). Students will have 90 minutes to complete the exam, and **ONLY ONE ATTEMPT**. All exams are open until the closing date. Closing dates for exams are also the closing dates for quizzes and discussions over the exam material (e.g., quizzes and discussions over Chapters 6-7 will close when Exam #3 closes).
 - **Exam Closing Dates and Times:**
 - Exam #1 Material: Closes at 11:59pm on September 8
 - Exam #2 Material: Closes at 11:59pm on September 29
 - Exam #3 Material: Closes at 11:59pm on October 20
 - Exam #4 Material: Closes at 11:59pm on November 10
 - Health Behavior Change Projects are also due on this date.
 - Exam #5 Material: Closes at 11:59pm on December 15
- **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 Blackboard page. 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 on the course Blackboard page 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 Blackboard. **Posters should be in the drop box by November 10, 2019, at 11:59pm.**

Course Outline

Week	Topic	Chapter	Discussion	Quiz	Exam	Due Date
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	September 8, 2019
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	September 29, 2019
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	October 20, 2019
Week 9	Using Health Services	8		Quiz #6		
Week 10	Patient-Provider Relations	9	Discussion #6	Quiz #7		
Week 11	Management of Pain/Discomfort *** HCB Poster Due ***	10			Exam #4 Chapters 8-10	November 10, 2019
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	13	Discussion #9			

	Hypertension					
Week 15	AIDS and Cancer	14	Discussion #10	Quiz #10		
Week 16					Exam #5 Chapters 11-14	December 15, 2019

General Education Goals/Objectives:

- Competency/Goal 6: Demonstrates knowledge of social structures
 - Learning Outcome 1: Examines the experience of the individual
 - Learning Outcome 2: Examines the world of human diversity

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. If a student needs extra help with course technology, it is the student's responsibility to alert the instructor (via email, Blackboard message, or phone) as soon as possible. Please utilize the course Blackboard page. The classroom environment is open and harassment free, so please engaged in discussion.
- **Deadlines.** All assignments are due by Sunday at 11:59pm of the assigned week. Students will be deducted 5 points for every 24-hour period the assignment is not turned in, including weekends. All exams, quizzes, discussions, and project drop boxes are open until the closing date. DO NOT wait for the last minute to complete assignments. If a student does not turn in or complete an assignment by the necessary time, the student will receive a "0" for the incomplete assignment.
 - Exam #1 Material: Closes at 11:59pm on September 8
 - Chapters 1-2
 - Exam #2 Material: Closes at 11:59pm on September 29
 - Chapters 3-5
 - Exam #3 Material: Closes at 11:59pm on October 20
 - Chapters 6-7
 - Exam #4 Material: Closes at 11:59pm on November 10
 - Chapters 8-10
 - Health Behavior Change Projects are also due on this date.
 - Exam #5 Material: Closes at 11:59pm on December 15
 - Chapters 11-14
- **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.

Student E-mail Policy

The Dakota College at Bottineau campus community is increasingly dependent upon electronic communication among faculty, staff and students. Because of its convenience, cost-effectiveness and speed, e-mail has replaced much of the paper correspondence of the past. Because of this acceptance of and reliance upon electronic communication, e-mail is considered an official form of communication at Dakota College at Bottineau. A student's campus-assigned e-mail address will be the only one recognized by the campus for official mailings. The liability for missing or not acting upon important information conveyed via email because of a failure to access a campus-assigned e-mail address rests with the student.