CHLBANUS

I: TEXT (Required)


II: COURSE DESCRIPTION

Psychology 3360.001 Health Psychology, is an upper division lecture course in, Health psychology. This course will examine the role of psychology in medical treatment, disease prevention and in the general enhancement of one's quality of life

III: COURSE GOALS

By the end of the semester I expect you to have an overview of the field of health psychology from the perspective of both a consumer of psychological services and as a practitioner in health psychology. You should understand the changing needs of the individual through the life span for health psychology services. You should have a practical understanding of the role of psychology in primary care and tertiary care settings.

IV: EXAMINATIONS

There will be five examinations, each worth 100 points. Prior to each, you will be given information on the material to be covered and the format of the test. Tests will be given on the date announced unless instructed to the contrary.

V: TERM PAPER

There will be a ten-page paper due on the date indicated in the syllabus. The paper will be 10 pages of text not including the title page, abstract page, references or tables and figures. The paper will be written in accordance with the style manual of the American Psychological Association, 5th Edition. Copies of this manual are available in bookstores and in the reference section of the Bell Library. The paper will be worth 150 points. We will be discussing the paper in some detail the first few weeks of class. You will choose
the topic and I will approve your suggestions if possible. You are required to produce and outline of the paper to the form I will provide you and on the date indicated in the syllabus. The paper will be due on the date indicated in the syllabus. Your grade will be determined on the difficulty of the topic, the quantity and quality of your research and writing and your diligence in learning and producing the paper in the style set out by the American Psychological Association.

VI: ATTENDANCE

Class attendance is not optional, you are expected to attend class at the hours scheduled. Your absence from class will surely affect your grade. You are responsible for all that transpires during the classes you miss, including schedule changes, material covered, and exams given.

VII: DETERMINATION OF GRADES

Course grades will be based primarily on the total number of points earned by the end of the semester. There are 650 possible points. To receive an “A” for the course, you will need 585 and 650 points (or 90% of the possible points). A “B” requires between 520 points and 584 points (or 80%), a “C” requires between 455 points and 519 points (or 70%), and a “D” requires between 390 points and 454 points (or 60%). At the discretion of the instructor a student’s grade may be raised but never lowered, for any of the following reasons:

1. Quality of class participation,
2. Improvement throughout the course
3. Isolated low grade.

The grade of “Incomplete” is not an automatic grade. Arrangements for this must be made with me prior to the end of the semester. A minimum requirement for eligibility will be that the student has successfully passed more than half of the course when an “I” is given. According to university regulations, the student must initiate the paperwork necessary to receive an “I”.

VIII: ACADEMIC RESPONSIBILITY

The current University Catalog and Student Handbook discuss plagiarism and academic dishonesty. Any student violating these codes will be held responsible.

IX: STUDENTS WITH SPECIAL NEEDS

The Americans with Disabilities ACT (ADA) requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodations of their disabilities. If you believe you have a disability requiring an accommodation please contact the Disability Services Office at (361) 825-5816 or visit the office in Driftwood 101.
If you are majoring, or planning to major, in a field taught in the college of Liberal Arts, and if you have not yet obtained a signed degree plan, you should see your Academic Advisor immediately. Degree plans are important and useful to successful progress toward graduation.

**X:**  **OFFICE HOURS Bay Hall Room 315**

Monday   3:30 PM until 4:30 PM  
Tuesday    9:30 AM until 10:300 AM and 3:30 PM until 4:30 PM  
Wednesday  6:00 PM until 7:00 PM  
Thursday    12:30 PM until 1:30 PM and 3:00 PM until 4:00 PM  
Other times by appointment

**XI:**  **COURSE OUTLINE AND SCHEDULE OF ASSIGNMENTS**

**PART 1 - Foundations of Health Psychology**

01/23  Chapter 1 – Introduction to Health Psychology  Pgs 2 – 41

01/28  **PAPER TOPICS ASSIGNED**

01/30 & 02/04 Chapter 2 – Research in Health Psychology  Pgs 42 – 81

02/06 & 11 Chapter 3 – Biological Foundations of Health and Illness  Pgs 82 – 115

**PART 2 – Stress and Health**

02/13  **EXAMINATION #1 Chapters 1, 2 & 3.**

02/18 & 20  Chapter 4 – Stress  Pgs 116 – 163

02/25 & 27  Chapter 5 – Coping with Stress  Pgs 164 – 213

**PART 3 – Behavior and Health**

03/04 & 06  Chapter 6 – Staying Healthy  Pgs 214 - 261

03/11 & 13  **SPRING BREAK**

**EXAMINATION #2 Chapters 4, 5 & 6.**

03/18 & 20  Chapter 7 – Nutrition, Obesity, and Eating Disorders  Pgs 262 – 311

03/25 & 27  Chapter 8 – Substance Abuse  Pgs 312 – 363
### PART 4 – Chronic and Life-Threatening Illnesses

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<td>364 – 411</td>
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<td>EXAMINATION #3 Chapters 7, 8 &amp; 9.</td>
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<td>04/03 &amp; 08</td>
<td>Chapter 10 – Cancer</td>
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<td>Chapter 11 – HIV and AIDS</td>
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### PART 5 – Seeking Treatment

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<td>Chapter 12 – Health Care and Patient Behavior</td>
<td>502 - 589</td>
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<td>EXAMINATION #4 Chapters 10, 11 &amp; 12.</td>
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<td>Chapter 13 – Managing Pain</td>
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<td>Chapter 14 – Complementary and Alternative Medicine</td>
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<td>Chapter 15 – Health Psychology through the Life Span</td>
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<td>Epilogue – Health Psychology Today and Tomorrow</td>
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