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 four 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 term paper will be ten 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, 6th 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 550 possible points. To receive an “A” for the course, you will need a minimum of 496 course points (or 90% of the possible points). A “B” requires be 441 points, (or 80%), a “C” requires 386 points (or 70%), and a “D” requires between 331 (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,
X. GRADE APPEALS

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.htm. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs. 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.

XI. OFFICE HOURS

Room: Bay Hall 315
Monday – 1:00 PM to 2:00 PM and 6:00 PM to 7:00 PM
Tuesday & Thursday – 12:15 PM to 1:15 PM
Wednesday – 3.15 PM to 4:15 PM
Other times by appointment

XII: COURSE OUTLINE AND SCHEDULE OF ASSIGNMENTS

PART 1 - Foundations of Health Psychology

08/27 Chapter 1 – Introduction to Health Psychology Pgs 2 – 41
09/01 PAPER TOPICS ASSIGNED
09/01 & 09/03 Chapter 2 – Research in Health Psychology Pgs 42 – 81
09/08 & 10 Chapter 3 – Biological Foundations of Health and Illness Pgs 82 – 115

PART 2 – Stress and Health

09/15 EXAMINATION #1 Chapters 1, 2 & 3.
09/17 & 22 Chapter 4 – Stress Pgs 116 – 163
09/24 & 29  Chapter 5 – Coping with Stress  Pgs 164 – 213

**PART 3 – Behavior and Health**

10/01 & 06  Chapter 6 – Staying Healthy  Pgs 214 - 261

10/08  **EXAMINATION #2 Chapters 4, 5 & 6.**

10/13 & 15  Chapter 7 – Nutrition, Obesity, and Eating Disorders  Pgs 262 – 311

10/15  Term paper outlines due

10/20 & 22  Chapter 8 – Substance Abuse  Pgs 312 – 363

**PART 4 – Chronic and Life-Threatening Illnesses**

10/27 & 29  Chapter 9 – Cardiovascular Disease and Diabetes  Pgs 364 – 411

11/03  **EXAMINATION #3 Chapters 7, 8 & 9.**

11/05 & 10  Chapter 10 – Cancer  Pgs 412 – 459

11/12 & 17  Chapter 11 – HIV and AIDS  Pgs 460 - 499

11/19  Term papers due at beginning of class

**PART 5 – Seeking Treatment**

11/19 & 24  Chapter 12 – Health Care and Patient Behavior  Pgs 502 - 589

11/26  Thanksgiving

12/01  Review for last exam.

Final Exam  **EXAMINATION #4 Chapters 10, 11 & 12.**