Health Psychology
PSYC-3360.W01 - Summer 2, 2020

Instructor: Raquel Botello, PhD
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Office WebEX Room: https://tamucc.webex.com/meet/rbotello2

Class Time: online
Class Location: online
Office hours: M 10-11 W 12-1pm
Office: BH 337 (361) 825-4128

Course Overview
This course will provide an overview of the field of health psychology, examining how psychological theories and research are applied to enhance health and well-being and to prevent and treat illness. We will discuss the behavioral, emotional, social, and cognitive influences on physical health (and, to a lesser extent, mental health). Among other topics, we will examine stress, coping, risk behavior, pain, chronic illness, and the use of health services.

After this course you will be able to…
1. Understand and describe the models and theories that are used to explain health-risk and health-enhancing behaviors.
2. Describe the influence of personality, social, and contextual factors in predicting health cognitions and behaviors.
3. Explain how psychosocial factors influence coping with stress, health problems, and seeking healthcare.
4. Create and implement a behavioral contract to change a health-related behavior.
5. Analyze and explain the development of chronic disease using the biopsychosocial model.

COURSE REQUIREMENTS

Blackboard
We will use Blackboard for posting important class documents including information about tests, supplemental readings, specific instructions for the various writing assignments, announcements, etc. It is your responsibility to check Blackboard regularly to ensure completion of all required coursework. If you do not know your login information for Blackboard, please contact the IT Help Desk, (361) 825-2692. If there are issues within your Blackboard course, please contact me first, as typically the instructor is the only one who can make changes/fix issues within a course.

Getting in touch with me: Contact me via email if you have any questions or comments about the course. Any. No questions are dumb questions.
- Be sure to include your course & section number in the email subject line or you may not receive a response
- Give me about 24-hours to respond. I will try to respond every day before noon and once after 4pm.
- Although our office hours are not available, we can set up a meeting via WebEx. My schedule should be flexible from 9-4pm but later if need be.

Participation/Attendance Policy. Because this is an online course now, you will need to check blackboard at least twice a week. I will usually upload everything by Monday and quizzes will be due by Friday at midnight. In case of an emergency or illness, notify me as soon as possible. If you are do not check announcements or emails for when an assignment is presented, discussed, or due, you are still responsible for its timely completion.

Laptops/Cellphones Students may bring laptops to class for the purpose of taking notes. However, please do not use class time to browse the internet, check your e-mail, or go on Facebook. It is distracting to other students. Please turn your phones on silent and put them away and out of sight during class.

Grading & Assignments Overview
The final course grade is based on earning up to 300 points on the following.

<table>
<thead>
<tr>
<th>Course Assessments</th>
<th>Grading Scale</th>
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<tbody>
<tr>
<td>2 Exams Online</td>
<td>A 100%-90%</td>
</tr>
<tr>
<td>8 Attendance Quizzes/Discussions</td>
<td>B 89%-80%</td>
</tr>
<tr>
<td>1 Health Behavior contract</td>
<td>C 79%-70%</td>
</tr>
<tr>
<td>Cancer Research Paper</td>
<td>D 69%-60%</td>
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<tr>
<td>TOTAL 200 total points</td>
<td>100%</td>
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Online Exams (2)
There will be three exams total worth 50 points each. The exams will be online and timed to 60 minutes. Open and close dates on schedule. Exams will include mostly multiple-choice questions and short-answers and will cover materials from lectures, the textbook, films, and demonstrations. All material in each chapter will not be covered in lecture, however, material from the chapter that is not covered in lecture may be on an exam. The lowest of three exam scores will be dropped.

Quizzes/Discussions (8)
Weekly online Quizzes or discussion posts will be do. The quiz will contain approximately 3-5 multiple choice and/or short answer questions from the book and lectures (5 points per quiz/post). The discussion post will require 1 They will be open-book and open-notes. There will be 10 total quizzes/posts assignments and the lowest 2 scores will be dropped.

Health behavior contract (20): For this assignment, you will identify a personal health behavior that you want to change (for example, increasing your exercise or quitting smoking). You will create a behavioral contract that you will implement in partnership with a classmate. This assignment will be ongoing for two weeks; at the end of the two weeks, you will turn in a report of your progress toward changing your health behavior. More detailed information about this assignment will be provided in class.

Paper – Biopsychosocial explanation of cancer (40): For this assignment, you will write a paper 3-4 page paper that examines the development and/or treatment outcomes of cancer from a biopsychosocial perspective (i.e., Biological factor, Social Factor, Psychological factor). This will require the use of your textbook as well as primary sources (i.e., research journal articles). More detailed information about this assignment will be provided in class and on Blackboard.

Classroom/professional behavior: Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. We expect that you will behave in a manner that is respectful, inclusive, and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

Academic Honesty/Plagiarism
Definition: In an instructional setting, plagiarism occurs when a writer deliberately uses someone else’s language, ideas, or other original (not common-knowledge) material without acknowledging its source. Plagiarism is a violation academic expectation, but it is sometimes difficult to understand what plagiarism actually is. Often, students commit unintentional plagiarism (not citing sources properly, for example), because they are unaware of the standards that apply. Plagiarism includes:

- Using the work of another as your own,
- Downloading or purchasing ready-made essays off the web and using them as your own,
- Using resource materials without correct documentation,
- Using the organization or language of a source without using quote marks and proper citation.
- Turning in a researched project without citing sources in an appropriate documentation style.

When you are confused about citation of quotes or ideas, please visit the Writing Center or me to get help. Information on MLA documentation rules and APA documentation rules is available at our local Writing Center at CASA.

Disabilities Accommodations
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Corpus Christi Hall 116.

If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

Academic Advising
The College of Liberal Arts requires that students meet with an Academic Advisor as soon as they are ready to declare a major. Degree plans are prepared in the CLA Academic Advising Center. The University uses an online Degree Audit system. Any amendment must be approved by the Department Chair and the Office of the Dean. All courses and requirements specified in the final degree plan audit must be completed before a degree will be granted. The CLA Academic Advising Office is located in Driftwood #203. For more information please call 361-825-3466.
**Dropping a Class**

I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. *Please consult with your academic advisor, the Financial Aid Office, and me, before you decide to drop this course.* Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. Final day to drop the class to receive a ‘W’ will be JULY 27th.

**Statement of Academic Continuity:** In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

**Grade Appeals Process:** As stated in University Procedure 13.02.99.C0.03, Student Grade Appeal Procedures, 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 Procedure 13.02.99.C0.03, Student Grade Appeal Procedures. For assistance and/or guidance in the grade appeal process, students may contact the Dean’s office in the college in which the course is taught or the Office of the Provost. These documents are accessible through the University Rules Web site at: [http://academicaffairs.tamucc.edu/rules_procedures/assets/13.02.99.c0.03_student_grade_appeals.pdf](http://academicaffairs.tamucc.edu/rules_procedures/assets/13.02.99.c0.03_student_grade_appeals.pdf).

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**Post Spring break Online Schedule of Topics**

This is the tentative schedule of the course. Any changes to the schedule will be shared in class or through e-mail and maybe made at discretion of instructors.

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<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Reading/Assignment</th>
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<tbody>
<tr>
<td>1</td>
<td>Biopsychosocial Model Research Methods</td>
<td>Syllabus</td>
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<tr>
<td></td>
<td></td>
<td>Ch 1 &amp; 2</td>
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<tr>
<td>2</td>
<td>Health Behavior and Prevention Health Risk Behavior</td>
<td>Ch 6 &amp; 9</td>
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<tr>
<td></td>
<td>Exam 1</td>
<td>Exam Opens 7/16-7/18</td>
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<tr>
<td>3</td>
<td>Stress and Illness Coping with stress Exercise and Sleep</td>
<td>Ch 4, 5 &amp; 7</td>
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<tr>
<td>4</td>
<td>Obesity/Nutrition Cardiovascular Diseases</td>
<td>Ch 8 &amp; 9</td>
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<tr>
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<td>Exam 2</td>
<td>Exam Opens 7/30-8/1</td>
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<tr>
<td></td>
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<td>Ch 4,5,7, 8 &amp; 9</td>
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<tr>
<td>5</td>
<td>Communicable Disease Seeking Health Care/system</td>
<td>Ch 12 &amp; 13</td>
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<td><strong>Cancer Paper due 8/4 at midnight</strong></td>
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<tr>
<td>Finals</td>
<td>August 7th</td>
<td>Opens 12:01 am -11:59pm</td>
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<tr>
<td></td>
<td></td>
<td>Ch 12 &amp;13</td>
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