

BIOL/HEED/PSYC 4357

Health Psychology

Spring 2011

Instructor: Angela Liegey Dougall, PhD
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Course Website: Please go to Blackboard at
<http://www.uta.edu/blackboard/>

Office Hours: Tuesday & Thursday 10:00-11:00 AM and by appointment

Time and Place of Class Meetings: COBA245W, Tuesday & Thursday 11:00 AM - 12:20 PM

Teaching Assistant: Megan Uhelski, MS
Office hours: 2-3pm Thursday, LS 506
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Description of Course Content: PSYC4357- Health Psychology 3 hours credit

This course provides a broad introduction to health psychology and its interface with the medical world. The course provides a balanced presentation of the important issues in the field, as well as specific content topics that are especially relevant today to better understand health and illness. Offered as BIOL 4357, HEED 4357, and KINE 4357. Students seeking science requirement credit must enroll in BIOL 4357; students seeking Certification in Health must enroll in HEED 4357. Prerequisite: PSYC 1315 or BIOL 1333 or BIOL 1441 or BIOL 2457; junior standing recommended.

Student Learning Outcomes:

- The student will be able to summarize the theory and research of the field of Health Psychology by reviewing and discussing the fundamental and more recent contributions to the science.
- The student will be able to describe the science of the field of Health Psychology by identifying and discussing the interplay of psychological, biological, behavioral, and social factors in the study of health issues including mechanisms and pathways in disease processes such as the initiation, promotion, and management of disease.
- The student will be able to apply the basic tenets of Health Psychology to common health issues including both acute conditions and chronic concerns such as HIV disease, cancer, heart disease, arthritis, and diabetes.

Required Textbooks and Other Course Materials:

- Brannon, L., & Feist, J. (2010). *Health psychology: An introduction to behavior and health* (7th ed.). Belmont, CA: Wadsworth. (ISBN: 978-0-495-60132-6)

- Textbook website: http://www.wadsworth.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&flag=student&product_isbn_issn=9780495601326&discipline_number=24
- Reserved readings will be available in the Science Education and Career Center in LS106 or a link will be available on the Blackboard site for the course.

Descriptions of major assignments and examinations:

There will be 10 assignments and four (4) cumulative exams. For each of the assignments, you will need to read a research article or complete a short activity and then answer a series of questions about the article or activity. You will submit your responses to the questions on Blackboard and bring your responses to class for in-class discussion. Credit will be given for complete and thoughtful responses (not number of correct responses). Answers to the responses will be provided during the in-class discussion. Information covered in the assignments will be tested on the exams. The format for exams will be multiple choice and short answer questions. You are required to take all four exams. Exam questions will be drawn from required reading, lecture material, and class activities. **If you are tardy on the day of the exam, you will not be permitted to take the exam if any class member has completed the exam and left the room.** (See the **tentative course schedule** for exam dates.)

Exams require the use of Scantron Form No. 886-E Mini Essay Book.

Make-up Exam Policy:

If you miss an exam or assignment, a grade of zero will be given. There is no provision for taking a make-up exam or assignment in this course unless documentation for a University-approved excuse (see Catalog <http://www.uta.edu/catalog/general/academicreg>) is received within one week of the exam date. It is the responsibility of the student to schedule any make-up exams for a time during Final Review Week.

Extra credit: Extra credit assignments will be offered during this course and are voluntary. The assignment must be completed correctly to receive extra credit.

Service learning extra credit assignment:

As a completely voluntary, extra credit assignment, you may volunteer your time to aid in an event with UTA Health Services for at least one (1) hour. For one (1) hour of time, up to 10 extra credit points will be available. For two (2) hours or more, an additional 2 extra credit points will be available.

This assignment benefits you by allowing you to observe first-hand the application of techniques that we will discuss in this course. If you continue to volunteer hours over the minimum required for extra credit (number of hours determined by Student Health Services), you will also have the opportunity to earn a certificate for your volunteer work that you can list on your resume or applications. This assignment also benefits the campus community. Your time and effort will help to make the events and programs that Student Health Services organizes be successful.

A Volunteer sign up list will be available online to register for an event. The link will be made available through Blackboard. A list of currently scheduled events is listed below (other events will be announced as available):

Cervical Cancer Awareness

Where: Palo Duro, UC

When: January 28th, 2011

Time: 10:00am– 2:00pm

Women Go Red (Heart Health)

Where: Palo Duro, UC

When: February 7th, 2011

Time: 10:00am– 2:00pm

Relay for Life Campus Walk

Where: From Health Center to M.A.C

When: February 16th, 2011

Time: 10:00am– 2:00pm

SHAC Health Fair, Fun in the Sun

Where: Palo Duro, Bluebonnet , UC

When: March 8th, 2011

Time: 10:00am-2:00pm

World No Tobacco Day

Where: TBA

When: May 31st, 2011

Time: 10:00am– 2:00pm

When you attend an event, you must sign in with the time you arrived and sign out with the time you left on the form designated for this class (Dr. Dougall 4357 Health Psychology). There are other sign-in forms for volunteers across campus and for regular workers so make sure that you are signing in on the correct one. If you do not, we do not have proof of the time you spent volunteering. No points will be given if all requested materials are not received and a hard copy of the sign in sheets from Student Health Services shall be kept for verification.

After your volunteer time is complete, you will need to answer a set of reflective questions for each event that you attended, describing your experiences and reflecting on what you learned. These questions are available on Blackboard for viewing and you will be able to upload your responses on Blackboard throughout the semester.

If you have questions concerning any of these volunteer opportunities, please contact Donielle Smith, BAAS, TIPS who is the Health Promotion and Substance Abuse Coordinator at 817-272-2619 or dnsmith@uta.edu.

Grading Policy:

You will have a chance to earn **500 points** on 10 assignments worth 10 points each (for a total of 100 points) and on four objective/ short answer exams worth 100 points each. Final course grades will be calculated by adding assignment, exam, and extra credit points together, dividing by 500, and assigning final letter grades as follows:

<u>Letter Grade</u>	<u>Percentage of Points</u>	<u>Points required</u>
A	89.5-100.0%	447.5-500
B	79.5-89.4%	397.5-447.4
C	69.5-79.4%	347.5-397.4
D	59.5%-69.4%	297.5-347.4
F	0%-59.4%	0-297.4

Grade Grievance Policy:

The University Grade Grievance Policy will be followed. (See Grade Grievance Policy in the Graduate School Regulations and Information.)

Attendance Policy: Attendance is not mandatory, but it is *highly* recommended. If you are dropped from this class for non-payment of tuition, you may secure an Enrollment Loan through the Bursar's Office. You may not continue to attend class until your Enrollment Loan has been applied to outstanding tuition fees.

Drop Policy: Please refer to university drop policy. Please also refer to the academic calendar (<http://www.uta.edu/uta/acadcal/>).

Americans With Disabilities Act:

The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 - The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled *Americans with Disabilities Act (ADA)*, pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at www.uta.edu/disability. Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

Academic Integrity:

It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with

University regulations and procedures. Discipline may include suspension or expulsion from the University.

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2)

Sections of your work for which scholastic dishonesty has been detected will receive zero points and a disciplinary report will be filed.

Student Support Services Available:

The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

Final Review Week:

A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabi. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. Classes are held as scheduled during this week and lectures and presentations may be given.

Librarian to Contact:

Library information can be obtained through Helen Hough, Psychology Librarian. Please contact her by phone (817-272-7429) or by email (hough@uta.edu). You will find useful information for psychology at <http://libguides.uta.edu/cat.php?cid=521>.

E-Culture Policy:

The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT-Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email.

All students are assigned an email account and information about activating and using it is available at www.uta.edu/email. New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.

Tentative Course Schedule:

Week	Date	Lecture Topic	Reading Assignments
1	T 1/18	What Is Health Psychology?	Chapter 1
	R 1/20	Health Psychology Research	Chapter 2
2	T 1/25	Health Psychology Research	Chapter 2
	R 1/27	Health Care Use	Chapter 3
3	T 2/1	Health Care Use	Chapter 3 Assignment 1 Due
	R 2/3	Adherence	Chapter 4
4	T 2/8	Adherence	Chapter 4 Assignment 2 Due
	R 2/10	EXAM 1	
5	T 2/15	Energy Balance	Chapter 15
	R 2/17	Energy Balance	Chapters 15 & 14
6	T 2/22	Energy Balance	Chapter 14 Assignment 3 Due
	R 2/24	Energy Balance / Substance Use	Chapter 12 & 14
7	T 3/1	Substance Use	Chapters 12 Assignment 4 Due
	R 3/3	Substance Use	Chapter 13
8	T 3/8	Substance Use	Chapter 13 Assignment 5 Due
	R 3/10	EXAM 2	
9	T 3/15	SPRING HOLIDAY – NO CLASSES	
	R 3/17		
10	T 3/22	Stress	Chapter 5, pp. 93-123
	R 3/24	Stress	Chapter 5, pp. 93-123
11	T 3/29	Stress and Disease	Chapter 6 Assignment 6 Due
	R 3/31	Stress and Disease	Chapter 6

Week	Date	Lecture Topic	Reading Assignments
12	T 4/5	Pain	Chapter 7, pp. 157-179 Assignment 7 Due
	R 4/7	Pain/ Management of Pain and Stress	Chapter 7 (all) Chapter 5, pp. 123-129 Chapter 8
13	T 4/12	Management of Pain and Stress	Chapter 7, pp. 179-187 Chapter 5, pp. 123-129 Chapter 8 Assignment 8 Due
	R 4/14	EXAM 3	
14	T 4/19	Metabolic Diseases	Chapter 9 Chapter 11 pp. 285-290
	R 4/21	Metabolic Diseases	Chapters 9 Chapter 11 pp. 285-290
15	T 4/26	Immune-mediated Diseases	Chapter 10 Chapter 11 pp. 290-303 Assignment 9 Due
	R 4/28	Immune-mediated Diseases	Chapter 10 Chapter 11 pp. 290-303
16	T 5/3	Management of Chronic & Terminal Illnesses	Chapter 11 pp. 275-285; 303-306 Assignment 10 Due
	R 5/5	Management of Chronic & Terminal Illnesses	Chapter 11 pp. 275-285; 303-306
17	T 5/10	Final Exam 4 11:00 AM - 1:30 PM May 10, 2011	
	R 5/12	Finals Week	