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Course Website: Please go to Blackboard at
<http://www.uta.edu/blackboard/>

Office Hours: Tuesday & Thursday 10:30-11:30 AM and by appointment

Time and Place of Class Meetings: LS119, Tuesday & Thursday 2:00-3:20 PM

Teaching Assistant: Colin Jenney, MS, ACSM-CPT
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Office Hours: Mondays & Wednesdays 2:00-3:00 PM

Description of Course Content: BIOL/HEED/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 PSYC 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., & Updegraff, J. A. (2014). *Health psychology: An introduction to behavior and health* (8th ed.). Belmont, CA: Wadsworth. (ISBN: 978-1-133-59307-2)
- Textbook is available as an eBook and as a rental at www.cengagebrain.com

- Textbook companion website: http://www.cengagebrain.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9781133593072&token=C5D60822016726AF04C015EECD8BCA2814BB5423473B9644FD1C5DD75E49D4B3DC7B572A4945D68635163A0C115D163D
- 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 four (4) cumulative exams, six (6) assignments, and completion of a service-learning project option. 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 OR Form No. 888-E Question Answer Sheet.

For Assignments 1 and 6, you will need to think about the learning objectives for this course and provide feedback related to your thoughts and experiences through online assignments worth 5 points each. For Assignments 2-5, you will need to read a research article or complete a short activity and then take a quiz on Blackboard (worth 10 points each) and answer thought questions for in-class discussion. Information covered in these assignments will be tested on the exams.

All assignments will be due at 2:00 PM on the due date (this includes extra credit assignments). If you desire a midnight deadline, then you can submit the assignment before 11:59 PM the day BEFORE the assignment is due. I highly recommend that you place all due dates in your calendar and schedule reminders for each. You are responsible for knowing all due dates and times.

There are four (4) options for completing the service-learning project worth 100 points. Options 1, 2 and 3 require submission of a waiver and access to personal transportation for events that are located off-campus, outside of normal class time. Option 4 is the default selection.

Option 1: The first opportunity for off-campus service-learning is with the Boys and Girls Clubs of Arlington at the Roquemore Branch. They have expressed their need for volunteers in a variety of areas. Donielle Smith from UTA Health Services also regularly volunteers there in the evenings. Volunteers at this site would need to get to know the program and the children (What do they need? What can we do to serve them? What can students in this class learn from working with this organization?). As part of this process, volunteers will be able to help deliver health-related topics such as fitness and nutrition, alcohol and drug use, tobacco use, bullying, emergency preparedness, hand washing, and self-esteem and body image. Hours during which students may volunteer include

Monday through Friday 3:30-7:00 pm and Saturday (for sports). Volunteers must be willing to commit to a schedule of service that includes at least 10 days/evenings and complete reflection statements. Students spend at least two (2) hours volunteering per visit. Volunteers will have access to a peer leader to help with scheduling and volunteer opportunities.

Option 2: The second opportunity is to volunteer with Mission Arlington through their outreach services including the medical and dental clinics. As a volunteer, students will have the opportunity to interact with healthcare providers and patients regarding many of the health topics discussed in class. Mission Arlington is off-campus but conveniently located within walking distance. Students may volunteer throughout the day and some evenings. Volunteers must be willing to commit to a schedule of service that includes at least 10 days/evenings and complete reflection statements. Students spend at least two (2) hours volunteering per visit. Volunteers will have access to a peer leader to help with scheduling and volunteer opportunities.

Option 3: The third opportunity is to volunteer with the Salvation Army Arlington Corps through their Youth Education Town (YET). The YET serves Arlington children from elementary school through high school. Volunteer hours are primarily Monday through Friday 3:30-7:00 pm. There are also opportunities to become involved in their school outreach program during the day and programming on Saturdays before 2:00 pm. The Salvation Army is conveniently located within walking distance of campus. Volunteers must be willing to commit to a schedule of service that includes at least 10 days/evenings and complete reflection statements. Students spend at least two (2) hours volunteering per visit. Volunteers will have access to a peer leader to help with scheduling and volunteer opportunities.

Option 4: The fourth option is designed to allow students who are not able or unwilling to engage in Options 1, 2, or 3 to still be exposed to similar content without having to go off campus. Students will read 5 articles on topics suited to service-learning events. For each article, students will take a 5-point quiz (to insure that they read the article) and then write a 3-5 page proposal (15 points) on how a service-learning project could be designed on this topic for use by this class in a specific population (e.g., children, adults with hypertension, etc.). These five articles will be assigned sequentially throughout the semester (they cannot all be done at one time). This is the DEFAULT option.

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 or assignment date. Routine scheduled activities, such as work, doctor's appointments, vacations, weddings, or other conflicting appointments, will not be

considered excused absences. 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.

On-campus 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 (set up and take down times are included in the times listed and other events will be announced as they occur):

Health Center Open House

Where: Health Center

When: August 28, 2014

Time: 11AM-2PM

Interactive Wellness Expo

Where: Palo Duro Lounge

When: October 29, 2014

Time: 10AM– 2PM

DUI Simulator

Where: Palo Duro Lounge

When: September 8, 2014

Time: 11AM-3PM

Casino Night....Alcohol Awareness

Where: Bluebonnet Ballroom

When: October TBD

Time: 8PM-12AM

World Heart Day/Cyclethon 2014

Where: Maverick Activities Center

When: September 29, 2014

Time: 10AM-2PM World Heart Day
12PM-12AM Cyclethon

Nurse Practitioners Day

Where: Palo Duro Lounge

When: November 10, 2014

Time: 10AM-2PM

Breast Cancer Awareness Day

Where: Palo Duro Lounge

When: October 8, 2014

Time: 10AM-2PM

GASO Great American Smoke-Out

Where: Palo Duro Lounge

When: November 17, 2014

Time: 10AM-2PM

World Aids Day

Where: Palo Duro Lounge

When: December 1, 2014

Time: 10AM-2PM

SHAC Spa Retreat

Where: Palo Duro Lounge

When: December 3, 2014

Time: 10AM-2PM

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.

Off-campus service-learning extra credit: UTA Health Services has partnerships with many community organizations. Occasionally these organizations have one-day events and need volunteers. As a completely voluntary, extra credit assignment, you may volunteer your time to help with health-related events that occur **OFF-CAMPUS**. It is expected that if you attend and help with one of these events that you will spend **more than** one (1) hour at the event. If you complete service off-campus, you will be eligible to receive a maximum of 10 extra credit points (extra credit will only be given for one event). Note: these extra credit points are in addition to any extra credit points that are earned for volunteer service learning under the on-campus assignment.

Like the on-campus assignment, this assignment benefits you by allowing you to observe first-hand the application of techniques that we will discuss in this course. It also benefits the greater community outside of UT Arlington. Your time and effort will help to make these events and programs successful.

Off-campus events will be announced on Blackboard and in class. Unlike the on-campus events, we will not be managing your time commitments. You will have to sign up to volunteer for the events through the channels that are outlined in the announcements (i.e., you will have to directly contact the organization and register with them). You will also be responsible for your own transportation and completion of any waivers or forms. You will need to submit proof of your attendance, and we will verify your attendance with the event organizers. You can only receive extra credit for off-campus events that I have approved and posted or announced.

After you complete a maximum of one off-campus volunteer service, you will then need to answer a set of reflective questions for the event that you attended describing your experiences and reflecting on what you learned.

Grading Policy: You will have the opportunity to earn **550** points on four objective/ short answer exams worth 100 points each (for a total of 400 points), on 6 class assignments worth a total of 50 points, and on completion of one of the service-learning projects worth 100 points. **Students are expected to keep track of their performance throughout the semester and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels.** Final course grades will be calculated by adding exam, assignment, service-learning project, and extra credit points together, dividing by 550, and assigning final letter grades as follows:

Letter Grade	Percentage of Points	Points required
A	89.5-100.0%	492.25-550
B	79.5-89.4%	437.25-492.24
C	69.5-79.4%	382.25-437.24
D	59.5%-69.4%	327.25-382.24
F	0%-59.4%	0-327.24

Grade Grievance Policy: The University Grade Grievance Policy will be followed. Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current undergraduate catalog. (See Grade Grievance Policy in the Undergraduate Catalog.)

Attendance Policy: At The University of Texas at Arlington, taking attendance is not required. Rather, each faculty member is free to develop his or her own methods of evaluating students' academic performance, which includes establishing course-specific policies on attendance. As the instructor of this section, I will not take attendance, but it is highly recommended. By enrolling in this course you have made a commitment to attend at the scheduled meeting times. Research has shown that students who attend class regularly have higher course grades. Furthermore, students who actively listen and participate in lecture have higher course grades than students who attend class but engage in competing activities such as texting, surfing the internet, reading, sleeping, etc. 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.

Expectations for Out-of-Class Study: A general rule of thumb is this: for every credit hour earned, a student should spend 3 hours per week working outside of class. Hence, a 3-credit course might have a minimum expectation of 9 hours of reading, study, etc. Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 9 hours per week of their own time in course-related activities, including reading required materials, completing assignments (including service-learning), preparing for exams, etc.

Drop Policy: Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://www.uta.edu/aao/fao/>).

Americans with Disabilities Act: The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at www.uta.edu/disability or by calling the Office for Students with Disabilities at (817) 272-3364.

Title IX: The University of Texas at Arlington is committed to upholding U.S. Federal Law "Title IX" such that no member of the UT Arlington community shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity. For more information, visit www.uta.edu/titleIX.

Academic Integrity: Students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

I pledge, on my honor, to uphold UT Arlington's tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.

I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.

At UT Arlington, academic dishonesty is completely unacceptable and will not be tolerated in any form, including (but 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” (UT System Regents’ Rule 50101, §2.2). Suspected violations of university’s standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student’s suspension or expulsion from the University.

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: UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to resources@uta.edu, or view the information at www.uta.edu/resources.

Electronic Communication: UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

Student Feedback Survey: At the end of each term, students enrolled in classes categorized as “lecture,” “seminar,” or “laboratory” shall be directed to complete an online Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student’s feedback enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit <http://www.uta.edu/sfs>.

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 syllabus*. 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. During this week,

classes are held as scheduled. In addition, instructors are not required to limit content to topics that have been previously covered; they may introduce new concepts as appropriate.

Emergency Exit Procedures: Should we experience an emergency event that requires us to vacate the building, students should exit the room and move toward the nearest exit, which is located at the back of the room. When exiting the building during an emergency, one should never take an elevator but should use the stairwells. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist handicapped individuals.

Writing Center: The Writing Center, 411 Central Library, offers individual 40 minute sessions to review assignments, Quick Hits (5-10 minute quick answers to questions), and workshops on grammar and specific writing projects. Visit <https://uta.mywconline.com/> to register and make appointments. For hours, information about the writing workshops we offer, scheduling a classroom visit, and descriptions of the services we offer undergraduates, graduate students, and faculty members, please visit our website at www.uta.edu/owl/.

Librarian to Contact: Library information can be obtained through Suzanne Beckett, Psychology Librarian. Please contact her by phone (817-272-0923) or by email (sbeckett@uta.edu). You will find useful information for psychology at <http://libguides.uta.edu/psychology>.

Tentative Course Schedule:

Week	Date	Lecture Topic	Reading Assignments
1	T 8/19		
	R 8/21	What Is Health Psychology?	Chapter 1
2	T 8/26	Health Psychology Research	Chapter 2 Assignment 1 Due
	R 8/28	Health Psychology Research	Chapter 2
3	T 9/2	Health Care Use	Chapter 3
	R 9/4	Health Care Use	Chapter 3
4	T 9/9	Adherence	Chapter 4
	W 9/10		Exam 1 Extra Credit Due S-L Option 4 Assignment 1 Due
	R 9/11	Adherence	Chapter 4 Assignment 2 Due
5	T 9/16	EXAM 1	
	R 9/18	Energy Balance	Chapters 15
6	T 9/23	Energy Balance	Chapters 15 & 14
	R 9/25	Energy Balance	Chapter 14
7	T 9/30	Energy Balance/Substance Use	Chapter 12 & 14
	W 10/1		S-L Option 4 Assignment 2 Due
	R 10/2	Substance Use	Chapters 12 Assignment 3 Due
8	T 10/7	Substance Use	Chapter 13
	W 10/8		S-L Opt. 1-3 Reflections 1-2 Due Exam 2 Extra Credit Due
	R 10/9	Substance Use	Chapter 13

Week	Date	Lecture Topic	Reading Assignments
9	T 10/14	EXAM 2	
	R 10/16	Stress	Chapter 5, pp. 87-112
10	T 10/21	Stress	Chapter 5, pp. 87-112
	W 10/22		S-L Option 4 Assignment 3 Due
	R 10/23	Stress and Disease	Chapter 6
11	T 10/28	Stress and Disease	Chapter 6
	W 10/29		S-L Opt. 1-3 Reflections 3-5 Due
	R 10/30	Pain	Chapter 7, pp. 143-164 Assignment 4 Due
12	T 11/4	Pain/ Management of Pain and Stress	Chapter 7 (all) Chapter 5, pp. 112-118 Chapter 8
	W 11/5		Exam 3 Extra Credit Due
	R 11/6	Management of Pain and Stress	Chapter 7, pp. 164-170 Chapter 5, pp. 112-118 Chapter 8
13	T 11/11	EXAM 3	
	W 11/12		S-L Opt. 1-3 Reflections 6-7 Due S-L Option 4 Assignment 4 Due
	R 11/13	Metabolic Diseases	Chapter 9 Chapter 11 pp. 262-266
14	T 11/18	Metabolic Diseases	Chapters 9 Chapter 11 pp. 262-266
	R 11/20	Immune-mediated Diseases	Chapter 10 Chapter 11 pp. 266-277 Assignment 5 Due
15	T 11/25	Immune-mediated Diseases	Chapter 10 Chapter 11 pp. 266-277
	R 11/27	Thanksgiving Holiday -- NO LECTURE	

Week	Date	Lecture Topic	Reading Assignments
16	T 12/2	Management of Chronic & Terminal Illnesses	Chapter 11 pp. 253-262; 277-279
	W 12/3		Exam 4 Extra Credit Due
	R 12/4	<i>Finals Week – NO LECTURE</i>	
	F 12/5		Assignment 6 Due S-L Opt. 1-3 Reflections 8-10 Due S-L Option 4 Assignment 5 Due On-Campus S-L Extra Credit Due Off-campus S-L Extra Credit Due
17	T 12/9	<i>Final Exam 4: 2:00-4:30 PM Tuesday, 12/9/2014</i>	
	R 12/13		

As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. – Angela Liegey Dougall, PhD

Emergency Phone Numbers: In case of an on-campus emergency, call the UT Arlington Police Department at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911.