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Spring 2011 Course Syllabus* Health Psychology, 3.0 credits	
PSY 3460-01	PSY 3460-02
Course #24558	Course#25016
MWF 10:00 – 10:50 a.m.	MWF 11:00 – 11:50 a.m.
McDonald Rm# 106	Hazy Rm# 224

*Subject to change as instructor deems necessary.

Instructor: Valerie Carlson, M.S. Biochemical Engineering, B.A. Functional Biology, Russian
In progress: PsyD Health and Wellness Psychology

Required Text: **Health Psychology: An Interdisciplinary Approach to Health, Deborah Ragin**

Office Hours: WSSC 340, MW 1-3pm.

If you would like to set up a different time to meet with me, email me and let me know. I want to help you succeed!

Email vcarlson@dixie.edu (You are required to check your dmail daily.)

This is usually the most efficient way of communicating with me outside of office hours. I check my email several times per day. Home Telephone: (435) 275-4310. If you would like to speak with me, you are welcome to call between the hours of 8am-9pm Monday through Saturday. *Be nice.*

Course Description: “Examines the relationship between psychosocial factors and health and provides a broad overview using the basic concepts, theories, methods, and applications of health psychology. Course will critically examine state-of-the-art research as well as current gaps in knowledge to explore topics including: definitions and vice-versa, patient-practitioner relations, and health promotion. Emphasis will be placed on the ways psychological factors interact with the social, cultural, economic, and environmental contexts of health. Prerequisite: PSY 1010.” (From DSC Course Catalog)

Course Objectives: Students in Health Psychology will develop and demonstrate a basic understanding of the following:

1. The effect of biology, culture, environment, society and health policy on individual health and well-being.
2. Research methodologies used in health research and how research can be applied to promote healthy behaviors and treat illness.
3. Global health problems, health policy, and chronic disease.
4. Global and local consequences of poor health.
5. Theories and models of health behavior change, challenges to sustaining healthy behaviors, and how to improve one’s own and others health behaviors.
6. Risky health behaviors.
7. Positive psychology, emotional health and well-being, and contributions of non-traditional medicine.
8. The definition of stress and how stress affects physical health; effective coping strategies.
9. Cardiovascular disease, cancer, and health behaviors and treatments.
10. Chronic pain management through combined medical and psychotherapeutic techniques.
11. An overview of AIDS as a global epidemic and the behaviors and treatments involved.
12. Health care systems, the interaction between patient and caregiver, and the role of the health psychologist.

Attendance Policy: There is a strong correlation between class attendance, participation, and grade. Attend class regularly and participate in class discussions. Regardless of the reason for the absence, the student is responsible to find out about, and make up, missed work. Arrangements to take quizzes or exams ahead of time **must be made and approved prior to the absence**. Given that there is a range of time during which students may take quizzes and exams, it is rare for an unexpected absence to consume an entire exam or quiz period. (Make-up quizzes are never allowed).

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Classroom Policy: All students are encouraged to participate in classroom discussions, but appropriate levels of maturity and respect (to the instructor and other students) must be demonstrated. Come prepared and with a good attitude. Be prepared for give and take. Encourage each other to participate, and we'll have a great experience.

Academic Integrity: Cheating of any kind is not tolerated. Students must take all quizzes and exams independently (without the help of others, except for appropriate disability services), and students are not allowed to share information (questions, answers, etc.) from quizzes and exams with anybody else until after the quiz or exam period has expired. No notes or books are to be used when taking exams. For further information regarding student responsibilities related to academic integrity, please refer to Section 5.33.5 of the DSC policy, which can be viewed at <http://www.dixie.edu/humanres/policy/sec5/533.html>.

Students with Disabilities:

“If you are a student with a medical, psychological or a learning difference and requesting reasonable academic accommodations due to this disability, you must provide an official request of accommodation to your professor(s) from the Disability Resource Center *within the first two weeks of the beginning of classes*. Students are to contact the center on the main campus to follow through with, and receive assistance in the documentation process to determine the appropriate accommodations related to their disability.”

You may call (435) 652-7516 for an appointment and further information regarding the Americans with Disabilities Act (ADA) of 1990 per Section 504 of the Rehabilitation Act of 1973.

FREE OUTSIDE HELP:

The Browning Learning Resource Center houses both the tutoring and writing centers.

- Library - <http://library.dixie.edu>
- Writing Center - http://dixie.edu/english/dsc_writing_center.php
- Testing Center - <http://dixie.edu/testing>
- Tutoring Center - <http://dsc.dixie.edu/tutoring/>

Email:

You are required to frequently check your dmail account. Important class and college information will be sent to your dmail account, including DSC bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSC and in your courses. If you don't know how to access your dmail account, go to www.dixie.edu and select "Dmail" from the left column. To locate your dmail username and password, go to www.dixie.edu, and click on "Log in to student services" (upper right corner).

Grading:

There will be 4 exams taken in the testing center, and quizzes. The final exam is comprehensive.

exams	4 x 100 points each	400 possible points
quizzes	40 x 2.5 points each (lowest 3 dropped)	185 possible points
activities	13x 15 points each	195 “ “
papers	2 x 50 points each	100 “ “
final exam	1 x 100 points (comprehensive)	100 “ “

TOTAL: 980 possible points

Final Grades will be determined on a standard percentage basis:

A = 93%, A- = 90%, B+ = 87%, B = 83%, B- = 80%, C+ = 77%, C = 73%, C- = 70%, and so forth.

!! FINAL EXAM DATE for 10am class: Friday, April 29, 9:30 – 11:30 a.m. !!!!!!!!!!!!!!!!

!! FINAL EXAM DATE for 11am class: Monday, May 3, 10a.m.. to noon !!!!!!!!!!!!!!!!

This date cannot be changed for you, so plan accordingly.

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General Policies:

- **Attendance is mandatory.** If you miss more than 5 classes, I reserve the right to dock your grade one step, e.g. C to C-. Plan to be in class. You may find Dixie's policy regarding attendance at <http://www.dixie.edu/humanres/policy/sec5/523.html>.
- **Exams and quizzes may not be taken late**, but exams may be taken early if acceptable arrangements can be made. The final exam must be taken as scheduled for our class.
- Students guilty of cheating/plagiarism will be dealt with according to college policy as found at <http://www.dixie.edu/humanres/policy/sec3/334.html>.

3-34 ACADEMIC DISCIPLINE

34.1 Cheating: Academic dishonesty in any form will not be tolerated at Dixie State College, including but not limited to plagiarism on written assignments, submitting other person's work as one's own, and cheating on exams or quizzes. Teachers at Dixie State College may discipline students proven guilty of academic dishonesty by:

34.1.1 Giving a failing grade on the specific assignment where dishonesty occurred,

34.1.2 Failing the student in the entire course,

34.1.3 Immediately dismissing and removing the student from the course, and/or

34.1.4 Referring the student to Student Affairs, a committee which may reprimand, place on probation, suspend, and/or expel the student.

34.2 Disruptive Behavior: Teachers at Dixie State College have the right to manage the classroom environment to ensure a good learning climate. Toward this end, teachers (or college security) may dismiss and remove disruptive students from individual class activities. If a student's behavior continues to disrupt class activities, the teacher may dismiss and cause the removal of disruptive students from their course.

34.3 Student Appeals: Students who believe themselves wrongfully disciplined may appeal those disciplinary actions through the standard grievance procedure. (Policy 5-35)

DSC Procedural DATES TO TAKE NOTE OF: Spring 2011 (see <http://new.dixie.edu/reg/syllabus/>)

Jan 10	Classwork Starts	Mar 22	Summer Registration open to Juniors (60+ credits)
Jan 12	Last Day to Add Without Signature		
Jan 17	Martin Luther King Jr. Day	Mar 23	Summer Registration open to Sophomores (30+ credits)
Jan 18	Drop/Audit Fee Begins (\$10 per class)		
Jan 25	\$50 Late Registration/Payment Fee	Mar 24	Summer Registration open to all students
Jan 31	Graduation Application Deadline	Apr 1	Last Day for Complete Withdrawal
Feb 1	Pell Grant Census	Apr 11	Fall Registration open to Seniors (90+ credits)
Feb 1	Last Day for Refund		
Feb 1	Last Day to drop without receiving a "W" grade	Apr 12	Fall Registration open to Juniors (60+ credits)
Feb 2	Courses dropped for non-payment	Apr 13	Fall Registration open to Sophomores (30+ credits)
Feb 4	Last Day to ADD Classes		
Feb 21	President's Day	Apr 14	Fall Registration open to all students
Feb 28	Mid-Term Grades Due	Apr 28	Classwork Ends
Mar 4	Last Day to DROP/AUDIT Classes	Apr 29	Final Exams
Mar 14-18	Spring Break	May 2-5	Final Exams
Mar 21	Summer Registration open to Seniors (90+ credits)	May 6	Commencement

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General Tentative Outline for Health Psychology

Date	Discussion Topic	Read before Class	Quiz
Mon., Jan. 10	Syllabus and Welcome	---	---
Wed., Jan. 12	A brief history of health/defining health today	pp. 1-18	1
Fri., Jan. 14	Current views/ Health Psychology perspective	pp. 19-27	2
Wed., Jan. 19	Activity 1 due/ Discussion 1		3
Fri., Jan. 21	How do we measure health	pp. 28-35	4
Mon., Jan. 24	Methodology	pp. 36-50	5
Wed., Jan. 26	Ethics in Research	pp. 50-64	6
Fri., Jan. 28	Activity 2 due/ Discussion 2		7
Mon., Jan. 31	Global health problems/epidemics, recurring disease	pp. 65-80	8
Wed., Feb. 2	Chronic disease, class/global programs and policies	pp. 80-100	9
Fri., Feb. 4	Economic consequences/Activity 3 due/ Discussion 3		10
Mon., Feb. 7	Theories and models/social marketing	pp. 101-125	11
Wed., Feb. 9	Ecological approach/ policy/ sustaining change	pp. 126-138	12
Fri., Feb. 11	Activity 4 due/ Discussion 4		13
Mon., Feb. 14	Unintentional injury, violence/ substance use, abuse	pp. 139-168	14
Wed., Feb. 16	Risky sex/ eating disorders	pp. 168-179	15
Fri., Feb. 18	Activity 5 due/ Discussion 5		16
Wed., Feb. 23	Four models of well-being/ positive psychology	pp. 180-205	17
Fri., Feb. 25	Traditional medicines	pp. 205-215	18
Mon., Feb. 28	Activity 6 due/ Discussion 6		19
Wed., Mar. 2	Defining stress/ stress and illness	pp. 216-239	20
Fri., Mar. 4	Coping strategies/ Paper 1 due	pp. 239-250	21
Mon., Mar. 7	Activity 7 due/ Discussion 7		22
Wed., Mar. 9	The science of HIV, AIDS/ prevalence and transmission	pp. 251-280	23
Fri., Mar. 11	Current psychosocial perspectives/psychoneuroimmun.	pp. 280-289	24
Mon., Mar. 21	Activity 8 due/ Discussion 8		25
Wed., Mar. 23	The heart and circ. system/ cardiovascular disease	pp. 290-300	26
Fri., Mar. 25	Psychosocial factors/ health determinants	pp. 301-318	27
Mon., Mar. 28	Activity 9 due/ Discussion 9		28
Wed., Mar. 30	Chronic pain management/ what is arthritis	pp. 319-339	29
Fri., Apr. 1	Medical and psychotherapeutic treatments	pp. 339-351	30
Mon., Apr. 4	Activity 10 due/ Discussion 10		31
Wed., Apr. 6	Defining cancer/ risk factors	pp. 352-374	32
Fri., Apr. 8	Medical and psychological treatment/ Prevention	pp. 374-390	33
Mon., Apr. 11	Activity 11 due/ Discussion 11		34
Wed., Apr. 13	Access to health care/ health care systems in the US	pp.391-403	35
Fri., Apr. 15	Negotiating the system/ challenges for providers	pp. 404-419	36
Mon., Apr. 18	Policy/ Activity 12 due/ Discussion 12		37
Wed., Apr. 20	Working with individ's and commun's/ Paper 2 due	pp. 420-441	38
Fri., Apr. 22	Working with healthcare systems and in policy	pp. 441-451	39
Mon., Apr. 25	Activity 13/ Discussion 13		40
Wed., Apr. 27	Course Recap/ Health Psychology Bowl		--
	Comprehensive Final Exam	Get good sleep, eat healthily	--