

**University of North Texas at  
Dallas Fall 2015  
SYLLABUS**

<b>PSYC 2580-Health Psychology</b>		<b>3Hrs</b>
<b>Department of</b>	<b>Psychology</b>	<b>Division of</b>
		<b>Liberal Arts and Sciences</b>
<b>Instructor Name:</b>	<i>Suzie Manning, Ph.D., LSSP</i>	
<b>Office Location:</b>	<i>Adjunct Psychology Room 302 Building 2</i>	
<b>Office Phone:</b>	<b>817-271-7174 (texts accepted during normal business hours)</b>	
<b>Email Address:</b>	<b>Use email in Blackboard classroom or <a href="mailto:Suzanne.manning@untdallas.edu">Suzanne.manning@untdallas.edu</a></b>	
<b>Office Hours:</b>	<b>M-W 11:30-12:30pm or by appointment</b>	
<b>Classroom Location:</b>	<b>Online</b>	
<b>Class Meeting Days &amp; Times:</b>	<b>Online</b>	
<b>Course Catalog Description:</b>	Examines psychological, physiological, social and behavioral factors as they influence and are influenced by physical health. Health psychology is concerned with the acquisition and maintenance of health through behavior change strategies, the prevention and/or treatment of illnesses, the role of psychosocial and stress factors in the development of physical illness, and the formulation of health care policy.	
<b>Prerequisites:</b>	None	
<b>Required Text:</b>	Sarafino, E. P. and Smith, T. W. (2014). <i>Health Psychology, Biopsychosocial Interactions, 8<sup>th</sup> Edition</i> . New Jersey: John Wiley & Sons Inc.	
<b>Recommended Text and References:</b>	<b>Reading Assignments:</b> Students are expected to read in advance the chapters designated by week in the outline below; and any extra reading I assign.	
<b>Access to Learning Resources:</b>	UNT Dallas Library: phone: (972) 780-3625; web: <a href="http://www.unt.edu/unt-dallas/library.htm">http://www.unt.edu/unt-dallas/library.htm</a> UNT Dallas Bookstore: phone: (972) 780-3652; e-mail: <a href="mailto:1012mgr@fhcg.follett.com">1012mgr@fhcg.follett.com</a>	
<b>Course Goals or Overview:</b>		
	This course introduces students to the field of Health Psychology. Students will learn the impact of biosocialpsychological factors on the health continuum. Students will gain an understanding of how the mind, body, and outside social world effect optimum health.	
<b>Learning Objectives/Outcomes:</b> At the end of this course, the student will:		
1	Describe what is meant by the health/illness continuum.	
2	Understand a basic overview of the major physiological systems in the body.	
3	Evaluate the effects of stress and stress reduction on health.	
4	Examine how lifestyle choices have an impact on wellness.	
5	Analyze how coping with pain and chronic illness can influence overall health.	
6	List the types of careers and settings that Health Psychologists are involved in.	
7	Demonstrate an ability to engage with others through classroom discussions, interactions, and participation in a group project.	
8	Demonstrate an ability to write research papers in APA format using scholarly references.	

## Course Evaluation Methods

This course will utilize the following instruments to determine student grades and proficiency of the learning outcomes for the course.

### Discussion Posts

There will be required discussion posts for each week in the semester. Students are required to post an initial post to the question(s) for the unit (by Thursday midnight) and post a response to a classmate (by Sunday 11:59pm) within the assigned weekly unit. Weekly discussion posts will be graded on a 100-point scale with the total discussion grade comprising 30% of the final grade. Late discussion posts are not accepted due to the nature of online classes.

### Quizzes

There will be a total of 6 quizzes worth 10 points each. Quizzes cover the reading material from the textbook, assigned readings, activities, and lecture, and will typically consist of multiple choice questions. Quizzes will allow three attempts to improve your grade. These are open book without a time limit and are designed to help you study for your exams. Total quiz grade will comprise 10% of your final grade. Quizzes are due by the close of the unit they are assigned (by Sunday midnight). No late quizzes allowed because they are open for an entire week.

### Exams

There will be a total of two exams worth 100 points each (each exam is worth 20% of your final grade). Exams cover material from the texts, assigned readings, lectures, and class discussions, and will typically consist of multiple choice, short answer, and/or essay questions.

### Powerpoint Project

**Project:** Students present on topic in Health Psychology. Students can choose to present on a particular area in Health Psychology or develop a Health Promotion Program for an employer or school. The project will consist of a powerpoint presentation that will be posted to the class at the end of the semester. Detailed information is located in the project section of the courseroom. There will be 3 parts to the project: Topic Choice (5pts), Draft Outline (15pts), and Final PPT (80pts). The project will be 20% of your final grade.

### **Grading Matrix:**

<b>Activities/Assignments</b>	<b>Value (percentages)</b>
Discussion Posts	30%
Quizzes	10%
Midterm	20%
Final Exam	20%
Research Project	20%
<b>Total:</b>	<b>100%</b>

### Grade Determination

Grades are based on the weighted percentages for each activity/assignment. The final grade is not the percentage of points you earned divided by the total points. The weighted column in the gradebook is the weighted grade and will be used for your final grade.

A = 90% or better

B = 80 – 89 %

C = 70 – 79 %

D = 60 – 69 %

F = less than 60%

## Course Outline

This schedule is subject to change by the instructor. Any changes to this schedule will be communicated in class. Additional readings and activities may be added, these will be noted in the Readings and Activities/Assignments sections under Course Modules and/or in the Announcements.

WEEK	TOPICS	TIMELINE
1	Chapter 1 An Overview of Psychology and Health  Reading: Sarafino/Smith chapter 1 <i>Introduction post due Wednesday 8/26</i> <i>Initial post due Thursday 8/27</i> <i>Response post due Sunday 8/30</i>	8/24-8/30
2	Chapter 2 The Body's Physical Symptoms  Reading: Sarafino/Smith chapters 2 <i>Initial post due Thursday 9/3</i> <i>Response post due Sunday 9/6</i> <b>Quiz 1 Chapters 1-2</b>	8/31-9/6
3	Chapter 3 Its Meaning, Impact, and Sources  Reading: Sarafino/Smith chapter 3 <i>Initial post due Thursday 9/10</i> <i>Response post due Sunday 9/13</i>	9/7-9/13
4	Chapter 4 Stress, Biopsychosocial Factors and Illness  Reading: Sarafino/Smith chapter 4 <i>Initial post due Thursday 9/17</i> <i>Response post due Sunday 9/20</i> <b>Quiz 2 Chapters 3-4</b>	9/14-9/20
5	Chapter 5 Coping With and Reducing Stress  Reading: Sarafino/Smith chapter 5 <i>Initial post due Thursday 9/24</i> <i>Response post due Sunday 9/27</i> <b>Assignment:</b> Project Topic Due	9/21-9/27
6	Chapter 6 Health Related Behavior and Health Promotion  Reading: Sarafino/Smith chapter 6 <i>Initial post due Thursday 10/1</i> <i>Response post due Sunday 10/4</i> <b>Quiz 3 Chapters 5-6</b>	9/28-10/4
7	Chapter 7 Substance Use and Abuse  Reading: Sarafino/Smith chapter 7 <i>Initial post due Thursday 10/8</i> <i>Response post due Sunday 10/11</i>	10/5-10/11
8	Chapter 8 Nutrition, Exercise, Weight Control & Diet, and Safety  Reading: Sarafino/Smith chapter 8 <i>Initial post due Thursday 10/15</i> <i>Response post due Sunday 10/18</i> <b>Midterm Exam Chapters 1-7</b>	10/12-10/18
9	Chapter 11 The Nature and Symptoms of Pain  Reading: Sarafino/Smith chapter 11 <i>Initial post due Thursday 10/22</i>	10/19-10/25

	<i>Response post due Sunday 10/25</i> <b>Project Draft due 10/25</b>	
10	Chapter 12 Managing and Controlling Physical Pain  Reading: Sarafino/Smith chapter 12 <i>Initial post due Thursday 10/29</i> <i>Response post due Sunday 11/1</i> <b>Quiz 4 chapter 11-12</b>	10/26-11/1
11	Chapter 13 Chronic Illness  Reading: Sarafino/Smith chapter 13 Project Draft 2 due 4/12 <i>Initial post due Thursday 11/5</i> <i>Response post due Sunday 11/8</i>	11/2-11/8
12	Chapter 14 Heart Disease, Stroke, Cancer, and AIDS  Reading: Sarafino/Smith chapter 14 <i>Initial post due Thursday 11/12</i> <i>Response post due Sunday 11/15</i> <b>Quiz 5 chapter 13-14</b>	11/9-11/15
13	Chapter 15 What is Ahead for Health Psychology?  Reading: Sarafino/Smith chapter 15 <i>Initial post due Thursday 11/19</i> <i>Response post due Sunday 11/22</i>	11/16-11/22
14	Thanksgiving Week <b>Quiz 6 chapter 8 and 15 due by Wed 11/25</b>	11/23-11/25*
15	<b>Final Project Due Friday 12/4</b>	11/30-12/6
16	<b>Final Exam Chapters 8, 11-15</b>	12/7-12/9

## University Policies and Procedures

### **Students with Disabilities (ADA Compliance):**

*The University of North Texas Dallas faculty is committed to complying with the Americans with Disabilities Act (i.e., ADA). Students' with documented disabilities are responsible for informing faculty of their needs for reasonable accommodations and providing written authorized documentation. Grades assigned before an accommodation is provided will not be changed as accommodations are not retroactive. For more information, you may visit the Student Life Office, Suite 200, Building 2 or call Laura Smith at 972-780-3632.*

### **Student Evaluation of Teaching Effectiveness Policy:**

*The Student Evaluation of Teaching Effectiveness (i.e., SETE) is a requirement for all organized classes at UNT. This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from students, as I work to continually improve my teaching. I consider the SETE to be an important part of your participation in this class.*

### **Assignment Policy:**

*No extensions are given, unless a legitimate excuse is received well before the due date. For illness or injury a doctor's note is required. An unexcused late assignment will result in an automatic 10 point deduction and an additional 5 point deduction for each day after that.*

### **Exam Policy:**

*Exams should be taken as scheduled. No makeup examinations will be allowed except for documented emergencies (See Student Handbook). Exams will be online only. Quizzes and exams are open for a week, therefore, there will be no make-up quizzes or exams given for any other reasons than significant emergencies that lasted the week.*

**Academic Integrity:**

*Academic integrity is a hallmark of higher education. You are expected to abide by the University's code of Academic Integrity policy. Any person suspected of academic dishonesty (i.e., cheating or plagiarism) will be handled in accordance with the University's policies and procedures. Refer to the Student Code of Academic Integrity at [http://www.unt.edu/unt-dallas/policies/Chapter%2007%20Student%20Affairs,%20Education,%20and%20Funding/7.002%20Code%20of%20Academic Integrity.pdf](http://www.unt.edu/unt-dallas/policies/Chapter%2007%20Student%20Affairs,%20Education,%20and%20Funding/7.002%20Code%20of%20Academic%20Integrity.pdf) for complete provisions of this code.*