

**University of North Texas at Dallas**  
**Fall 2011**  
**SYLLABUS**

<b>PSYC 2580D-090: Health Psychology</b>		<b>3Hrs</b>
<b>Department of:</b>	<b>Psychology</b>	<b>Division of:</b> <b>Liberal Arts and Life Sciences</b>
<b>Instructor Name:</b>	<i>Dr. Madeline Rex-Lear</i>	
<b>Office Location:</b>	<i>Adjunct Psychology Room 302 Building 2 (new building)</i>	
<b>Office Phone:</b>	N/A	
<b>Email Address:</b>	Madeline.Rex-Lear@unt.edu	
<b>Office Hours:</b>	Mon- Wed 4-5pm or by appointment	
<b>Classroom Location:</b>	<i>Building 2 Room 338</i>	
<b>Class Meeting Days &amp; Times:</b>	Tues/Thurs 5.30pm-6.50pm	
<b>Course Catalog Description:</b>	This course 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. Satisfies the Wellness requirement of the University Core Curriculum.	
<b>Prerequisites:</b>	N/A	
<b>Co-requisites:</b>	N/A	
<b>Required Text:</b>	<b>Fish Ragin, D. (2011). Health Psychology: An Interdisciplinary Approach to Health. Pearson Prentice Hall ISBN: 0-13-196297-3</b>	
<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@fheg.follett.com">1012mgr@fheg.follett.com</a>	
<b>Course Goals or Overview:</b>		
	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.	
<b>Learning Objectives/Outcomes:</b> At the end of this course, the student will:		
1	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.	
2	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.	
3	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.	

## Course Outline

This schedule is subject to change by the instructor. Any changes to this schedule will be communicated in class or via Blackboard by the instructor.

TIMELINE Fall 2011	TOPICS		
Aug 25 2011	Introduction to class: Syllabus and Basic Ideas		
Aug 30-Sept 1	What is Health Psychology Today?		Chapter 1
Sept 6-8	Health Psychology Research Methods		Chapter 2
Sept 13-15	Global Communicable & Chronic Diseases		Chapter 3
Sept 20-22	HIV & Aids		Chapter 8
<b>Sept 27</b>	<b>Exam 1</b>		
Sept 29-Oct-4	Risky Health Behaviors		Chapter 5
Oct 6-11	Health Behavior Change		Chapter 4
Oct 13-18	Stress & Health		Chapter 7
Oct 20-25	Cardiovascular Disease		Chapter 9
<b>October 27</b>	<b>Exam 2</b>		
October 28	Last day to drop with 'W'		
Nov 1-3	Emotional Health & Wellbeing		Chapter 6
Nov 8-10	Cancer		Chapter 11
Nov 15-17	Pain/Pain Management		Chapter 10
Nov 22	Debate Topics Assigned	<b>EXTRA CREDIT DUE</b>	Chapter 12
Nov 24	<b>Thanksgiving – NO CLASS</b>		
Nov 29-Dec 1	Eating Behaviors & Health /Bullying & Health		Chapter 5
Dec 6-8	Class Debates - Topics to be announced		
<b>Tuesday DECEMBER 13<sup>th</sup></b>	<b>EXAM 3</b>	<b>*Note the Time*</b>	<b>5-7pm</b>

## Course Evaluation Methods

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

Grading Matrix:

Instrument	Value (points or percentages)	Total
Exam 1	80	80
Exam 2	100	100
Exam 3	100	100
Debate Participation	20	20
Extra Credit		10
<b>Total Points Available:</b>		<b>310</b>

**Grade**            300 - 270 points --> A                            269 - 240 points --> B                            239 - 210 points --> C

**Determination:** 209 - 180 points --> D                            Below 180 points --> F

**Grades will be announced through Blackboard**

**You will NOT be graded on a curve.** Any course work not completed by the last day of class will convert to a '0'. Please do not ask me to do otherwise.

## Assignment Policy:

*Any extra credit/class participation assignments must be typed in word, 12 point font.*

**Exams and Grading Policy:** There will be **one (1)** multiple choice exam, approximately 50 questions, worth 80 points, and two multiple choice exams worth 100 points each. Questions will be drawn from text, lectures, videos, etc. covered during the semester. You will also be required to participate in a mini debate on health practices/policies worth 20 points. I will NOT bump final grades. DO NOT ASK ME TO DO SO. Exam questions will be taken from class lectures and assigned readings. Make-up exams will only be administered if the student provides a **University approved excuse** (see Catalog) or any *documented* catastrophic events. If students miss an examination due to a **university-approved** absence or any *documented* catastrophic events of which they provide **written** approval to the instructor, they will be given an equivalent make-up exam (essay) at a time approved by the instructor (i.e., *not* during class time). If students miss an exam due to unapproved reasons, **they will not be able to make up the examination and will receive a zero on the examination missed.**

**I will not go over exams in class but you are welcome to see your tests up to 1 week after each test date.**

**Extra Credit: Due November 22<sup>nd</sup> at the beginning of class worth 10 points. Assignment to be announced.**

## **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 (ADA). Students' with documented disabilities are responsible for informing faculty of their needs for reasonable accommodations and providing written authorized documentation. For more information, you may visit the Office of Disability Accommodation/Student Development Office, Suite 115 or call Laura Smith at 972-780-3632.*

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

*The Student Evaluation of Teaching Effectiveness (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.*

### **Academic Integrity:**

*Academic integrity is a hallmark of higher education. You are expected to abide by the University's code of conduct and Academic Dishonesty 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 Conduct at [http://www.unt.edu/csrr/student\\_conduct/index.html](http://www.unt.edu/csrr/student_conduct/index.html) for complete provisions of this code.*

### **Bad Weather Policy:**

*On those days that present severe weather and driving conditions, a decision may be made to close the campus. In case of inclement weather, call UNT Dallas Campuses main voicemail number (972) 780-3600 or search postings on the campus website [www.unt.edu/dallas](http://www.unt.edu/dallas). Students are encouraged to update their Eagle Alert contact information, so they will receive this information automatically.*

**Attendance and Participation Policy:** The University attendance policy is in effect for this course. If you are absent for any reason it is your responsibility to acquire any class information. Students are also responsible to make up any work covered in class. It is recommended that each student coordinate with a student colleague to obtain a copy of the class notes, if they are absent. It is your responsibility to attend class and not be late. Class attendance and participation is expected because the class is designed as a shared learning experience and because essential information not in the textbook may be discussed in class. The dynamic and intensive nature of this course makes it impossible for students to make-up or to receive credit for missed classes. Attendance and participation in all class meetings is essential to the integration of course material and your ability to demonstrate proficiency.

**Diversity/Tolerance Policy:** *Students are encouraged to contribute their perspectives and insights to class discussions. However, offensive & inappropriate language (swearing) and remarks offensive to others of particular nationalities, ethnic*

*groups, sexual preferences, religious groups, genders, or other ascribed statuses will not be tolerated. Disruptions which violate the Code of Student Conduct will be referred to the Center for Student Rights and Responsibilities as the instructor deems appropriate.*

**Extra Policies:**

- *Use of Blackboard will be used to disseminate grade sand any extra information*
- *Use of Cell Phones & other Electronic Gadgets in the Classroom- please turn phones **off** while in class*
- *Food & Drink in the Classroom – do not bring food or drinks into class*
- *Use of Laptops will only be tolerated if not deemed disruptive to other students or to faculty*
- *Grade of Incomplete, "I" (see UNTD catalog)*