

HEALTH PSYCHOLOGY  
Sierra Nevada College – Donna Axton, instructor  
Fall 2017

Course Code & No. – Section	PSYC 380, Section 1
Course Title (Credits):	Special Topic: Health Psychology
Term & Year:	Fall 2017
Course Ref. No. (CRN):	80082
Instructor:	Donna Axton
Phone(s):	X7586 or 775-881-7586
Email:	<a href="mailto:daxton@sierranevada.edu">daxton@sierranevada.edu</a>
Office:	David Hall 103
Office Hours:	Monday - Wednesday 12-1 and by Appointment
Class Meeting Time:	Monday and Wednesday 10:00-11:15 am
Location:	Patterson 211
Prerequisites:	None

**COURSE DESCRIPTION:**

This is a 3 credit course which covers Biological, psychological, and social context of health and illness, with a focus on such topics as stress, addictions, nutrition, eating disorders, AIDS, coronary disease, pain, cancer, pediatric health, flow, and aging. The course is a comprehensive study of the relationship between behavior and health, including psychological factors in the development of disease and maintenance of health.

**Required Textbook:**

Health Psychology, an Introduction to Behavior and Health, 9th ed., Brannon, L., Feist, J., & Updegraff, J. Wadsworth Cengage Learning. ISBN-13: 978 1 337 09464 1

**STUDENT OUTCOMES**

Upon successful completion of this course, the student will be able to:

1. Review and articulate advances in the fields of health and coping as these advances relate to prevention of and recovery from addiction, trauma, stress, disease.
2. Differentiate deprivation psychology characteristics and theory from that of transcendental psychology and be able to utilize this body of knowledge to recognize, understand and act upon helpful and threatening factors affecting the healing process.
3. Apply and utilize dominant developmental models of psychological, social health and social psychology in their analysis of any prevention, recovery and healing process.
4. Identify medical research, theory and treatments for stress disorders.
5. Assess healing programs and needs within the framework of current models of psychological and social health and well-being, including possible treatment and intervention strategies within the frameworks of each of these models.

## **METHODS OF ASSESSING STUDENT OUTCOMES**

1. Homework based on assigned readings
2. Tests and exams
3. In-class projects and presentations
4. Class discussion and participation

## **INSTRUCTIONAL STRATEGIES**

This class will utilize lectures, small groups, assigned readings, videos, written assignments, research papers, presentations, and guest lectures.

## **CLASS REQUIREMENTS**

**Attendance:.** Attendance is a requirement if you expect a quality educational experience. Exams and written assignments will be based to a large degree on classroom discussions, so it is to your advantage to attend each class session.

**SNC Tahoe Athletes:** The Athletic Director notifies faculty members of student athletes with training and competition. This email excuses the student athlete from class attendance, but not from doing assigned work. It is the student athlete's responsibility to meet with me prior to the excused absence for missed work and/or alternate assignments. If a student athlete fails to meet with me prior to the absence, make-up work is not available.

**Participation:** A variety of activities is planned through the semester, including, presentations, videos, and small group practice. Students are expected to participate and contribute to these in-class activities according to their own comfort level.

Be aware of your own needs in this regard. Speak to me directly if there is a concern.

### **Assignments:**

You are expected to read each chapter assigned and subsequently answer specific questions about the readings, referencing the readings and your own personal response and experience. Answer questions in your own words. These assignments should be completed prior to the beginning of class on the due date

All written assignments will be graded on content, organization, completeness and correct grammatical style. Late assignments will be given partial credit – you will lose 1 point out of 15 for each day you are late turning them in. If you anticipate or experience extenuating circumstances, please let me know ASAP. Turning your homework in on time gives you a solid foundation for a good grade and an ability to discuss the material in class.

**In-class Presentation/Research:** Students will research and introduce to the class a specific topic within health psychology (narrowed down as much as possible) and propose methods of prevention and intervention, Students will choose their own topics. However, all topics must be cleared by the instructor no later than the class meeting on Monday, October 16<sup>th</sup>

Students will present key aspects of their findings PowerPoint Presentation (5-10 minutes) on November 6<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, or 15<sup>th</sup>. (before Thanksgiving Break) This is an opportunity for everyone to share their findings with peers, while demonstrating their mastery of the concepts and knowledge they have acquired during the course of the class, their individual research and prior experience.

**Exams:** Exams will be developed by the instructor, with input from the class, and both exams will have a "take home" component to allow students to demonstrate their acquisition of knowledge through thoughtful completion of exam questions. There will also be a closed-book component of the exam that will be given in class.

**Grading:**

Class attendance and participation	300 points
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There are 30 classes in the semester

Each class is worth

5 points attendance

5 points prepared and intelligent participation

Written homework	400 points
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20 homework assignments @ 15 = 300 points

Research Paper/Presentation 100 points

Exams	300 points
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Midterm 100 points

Midterm take-home 50 points

Take-home Final 50 points

In-class final 100 points

A 920 - 1000

A - 900 - 919

B + 880 - 899

B 820 - 879

B - 800 - 819

C + 780 - 799

C 720 - 779

C - 700 - 719

D + 680 - 699

D 620 - 679

D - 600 - 619

F Below 600

**COURSE OVERVIEW:****PRIM LIBRARY RESOURCES**

Using the library's resources effectively (not just Internet resources) contributes to developing each of SNC's core themes by exposing students to high quality academic resources, diverse opinions, new ideas, and a future that includes building on a liberal arts education. In this course, you will be expected to utilize the library's resources (either on-site or remotely) as you complete your assignments.

Prim Library Resources for Psychology include, but are not limited to:

1. Lib Guides: <http://libguides.sierranevada.edu/psychology>. These web pages have been compiled to highlight specific resources in psychology. Tabs indicate Prim library information regarding books, articles, websites, citations, and general interest psychology information.
2. Introduction to Prim Library website – <http://libguides.sierranevada.edu/library>
3. Books (to be checked out):
  - a. In general, books related to psychology have Library of Congress Classification numbers can be found in the BF and RC sections. Search the Prim Library Catalog using key words related to the topic that you are researching.
  - b. Dunn, D. (2008) *A short guide to writing about psychology*. New York: Pearson/Longman. BF 76.8 .D86 2008.
4. Electronic databases most likely to include articles on psychology topics are EBSCO: Academic Search Premier, and PsycInfo. To access electronic databases off campus, use your first initial and your last name as the username and your 9 digit student ID number as the password.
5. Hardcopy periodicals: Prim Library has current subscriptions for a few academic psychology journals; however, many full-text articles are available through the electronic databases.

**Sanctions for Cheating and/or Plagiarism****The Honor Code**

The faculty of SNC believes students must be held to high standards of integrity in all aspects of college life in order to promote the educational mission of the College and to encourage respect for the rights of others. Each student brings to the SNC community unique skills, talents, values and experiences which, when expressed within the community, contribute to the quality of the educational environment and the growth and development of the individual. Students share with members of the faculty, administration and staff the responsibility for creating and maintaining an environment conducive to learning and personal development, where actions are guided by mutual respect, integrity, responsibility and trust. The faculty and students alike must make diligent efforts to ensure high standards are upheld by their colleagues and peers as well as themselves. Therefore, faculty and students accept responsibility for maintaining these standards at Sierra Nevada College and are obligated to comply with its regulations and procedures, which they are expected to read and understand.

**Consequences of Violating the Student Honor Code**

SNC students and faculty share the responsibility for maintaining an environment of academic honesty. Thus, all are responsible for knowing and abiding by the SNC Faculty/Student Honor Code published in the current SNC Catalog. Faculty are responsible for presenting the Honor Code and the consequences of violating it to students at the start of their classes AND for reporting all incidences of academic dishonesty to the Provost. Students are responsible for knowing what constitutes CHEATING, PLAGIARISM and FABRICATION and for refraining from these and other forms of academic dishonesty. Violations of the Honor Code become part of a student's academic record.

- 1<sup>st</sup> Offense: Student receives a zero for assignment/exam and counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 2<sup>nd</sup> Offense: Student fails course and receives counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 3<sup>rd</sup> Offense: Student is expelled.

**ADA Accommodations**

In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, [hconover@sierranevada.edu](mailto:hconover@sierranevada.edu), office in Prim Library: PL-304.

**The SNC Email System**

The SNC email system is the official communication vehicle among students, faculty members and administrative staff and is designed to protect the confidentiality of student information as required by the Family Educational Rights and Privacy Act of 1974 Act (FERPA). Students should check their college email accounts daily during the school year.

Students have a right to forward their SNC e-mail to another e-mail account (for example, @hotmail or @gmail). However, confidentiality of student information protected by FERPA cannot be guaranteed for SNC e-mail forwarded to an outside vendor. Having email redirected does not absolve a student from the responsibilities associated with official communication sent to his or her SNC email account.

**The Sierra Nevada College Mission Statement:**

Sierra Nevada College graduates will be educated to be scholars of and contributors to a sustainable world. Sierra Nevada College combines the liberal arts and professional preparedness through an interdisciplinary curriculum that emphasizes entrepreneurial thinking and environmental, social, economic and educational sustainability.

**The Core Themes:**

Liberal Arts	Professional Preparedness
Entrepreneurial Thinking	Sustainability

### **Course Outline and Assignments**

#### **WEEK 1**

Monday, August 21 - Overview of course content, activities, goals and learning objectives.

### **FOUNDATIONS OF HEALTH PSYCHOLOGY**

Wednesday, August 23

Reading due: Chapter 1 - pps 1-16: Introduction to Health Psychology

#### **WEEK 2**

Monday, August 28 -

Reading due: Chapter 2 - pps. 17-36: Conducting Health Research

Wednesday, August 30

Reading due: Chapter 3 - pps. 37-56: Health Care

#### **WEEK 3**

Monday, September 4 - NO CLASS – Labor Day Holiday

Wednesday, Sept 6

Reading due: Chapter 4 - pps.57-83 Healthy Behavior

#### **WEEK 4**

Monday, September 11 - Destressing Day

### **STRESS, PAIN, AND COPING**

Wednesday, September 13

Reading due: Chapter 5 - pps. 85-117: Defining, Measuring and Managing Stress

#### **WEEK 5**

Monday, September 18

Reading due: Chapter 6 - pps. 119-141: Stress and Immunity and Disease

Wednesday, September 20

Reading due: Chapter 7 - pps. 143- 170 : Pain

#### **WEEK 6**

Monday, Sept 25

Reading due: Chapter 8 – pps. 173- 185: Alternative Approaches

Wednesday, September 27

Reading due: Chapter 8 – pps. 185-203: More Alternative Approaches

## **BEHAVIOR AND CHRONIC DISEASE**

### **WEEK 7**

Monday, October 2

Reading due: Chapter 9 pps. 205-233: Cardiovascular Disease

Wednesday, October 4

Reading due: Chapter 10 - pps. 235-254 : Cancer

### **WEEK 8**

Monday, October 9

Midterm Review

Wednesday, October 11

Mid-term Exam

### **WEEK 9**

Monday, October 16 – Description of topic for presentation due

Wednesday, October 18

Reading due: Chapter 11 - pps. 257-283 : Living with Chronic Illness

## **BEHAVIORAL HEALTH**

### **WEEK 10**

Monday, October 23

Reading due: Chapter 12 –pps. 285-311: Tobacco

Wednesday, October 25

Reading due: Chapter 13 –pps. 313-341: Alcohol and Drugs

### **WEEK 11**

Monday, October 30

Reading due: Chapter 14 –pps. 343-370: Eating and Weight

Wednesday, November 1

Reading due: Chapter 15 –pps. 373-398: Exercising

### **WEEK 12**

Monday, November 6 - Presentations

Reading due: Chapter 11 p. 253-274

Wednesday, November 8- Presentations

WEEK 13

Monday, November 13<sup>th</sup> - Presentations

Wednesday, November 15 - Presentations

THANKSGIVING RECESS: November 20-24

WEEK 14

Monday, November 26<sup>th</sup>

**LOOKING TOWARD THE FUTURE**

Wednesday, November 28

Reading due: Chapter 16 –pps. 399- 419: Future Challenges

WEEK 15

Monday, December 4- Personal Health Mandate due

Wednesday, December 6 Review and wrap-up

Monday – December 11<sup>h</sup> – Study Day – No Classes

FINAL EXAM – TBA (finals will be held Dec 12<sup>th</sup> - Dec 16<sup>th</sup>)