

PSYC 3302-115 Health Psychology

Fall 2017 1st 8 weeks

Texas A&M University-Central Texas

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Kimberly Berry

Office: N/A

Phone: 806-281-8463

Email: k30@tamuct.edu

Office Hours:

Since this is an online course, I will not be physically located at the campus. I will be reachable via email and/or text.

Mode of instruction and course access:

This course is 100% online and is delivered through Canvas.

This course uses the A&M-Central Texas Canvas Learning Management System

[<https://tamuct.instructure.com>].

Student-instructor interaction:

I will check my TAMUCT email daily and will do my best to provide a response within 24-hours. During the weekend, the response time may be closer to 36-48-hours. I will also be available via text and ask that you text before you call.

911 Cellular:

Emergency Warning System for Texas A&M University – Central Texas

911Cellular is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in 911 Cellular through their myCT email account.

Connect at [911Cellular](https://portal.publicsafetycloud.net/Texas-AM-Central/alert-management) [<https://portal.publicsafetycloud.net/Texas-AM-Central/alert-management>] to change where you receive your alerts or to opt out. By staying enrolled in 911Cellular, university officials can quickly pass on safety-related information, regardless of your location.

COURSE INFORMATION

Course Overview and description: 3 Hours. This course will provide students with an overview of the theories and research related to health psychology and health behavior. Topics to be covered include health behaviors, stress, coping, health services, pain management, chronic and terminal illnesses, heart disease and diabetes, and the future of health psychology. The course will also highlight components that lead to a healthy lifestyle.

Course Objective:

Student Learning Outcomes:

1. *Demonstrate factual knowledge (terminology, classifications, methods, trends).*
Students will read, write, discuss, and respond to factual information regarding health psychology from the textbook and supplemental material. Assessments in which students will demonstrate this objective are, discussion boards, application activities, individual presentation and two exams.
2. *Develop specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.* Students will read, write, discuss, and respond to theoretical information regarding health psychology from the textbook and supplemental material.
3. *Apply course material (to improve thinking, problem solving, and decisions).*
Students will self-select topics from the textbook to complete discussions and an individual presentation. Assessments in which students will demonstrate this objective are module application discussion posts and replies (public) and presentation. Students will apply and extend their depth of knowledge from the course text and supplemental material by reading, and summarizing first-hand empirical research in an area of health psychology. Assessments in which students will demonstrate this objective are application activities (article summaries).
4. *Develop a clearer understanding of, and commitment to, personal values.*
Every week, students will submit discussion board postings. Written expression will be evaluated and discussed with students as needed. Assessments in which students will demonstrate this objective are module application discussions and replies.

Required Reading and Textbook(s):

Taylor, S. E. (2012). *Health Psychology* (9th Ed.). Boston, MA: McGraw-Hill.
(ISBN: 978-0077861810)

COURSE REQUIREMENTS

Course Requirements: (include point values for each- not just a percentage)

- All discussion board postings, application activities, and individual presentations should follow APA formatting guidelines. A useful website is <https://owl.english.purdue.edu/owl/resource/560/01/> to assist with formatting.
- **Exams (20% each).** Two exams (mid-term & final) consisting of multiple choice items will

be scheduled throughout the semester (see Course Calendar for dates). These exams will cover content from the assigned readings and videos listed in the Course Calendar. All exams must be completed independently via Blackboard with no assistance from others

- **Discussion Boards (25%)** Weekly discussions allow students to select and integrate course content in ways that are meaningful to them. Students are required to submit one discussion each week (200 word minimum) on concepts (i.e., theories, topics, constructs) and two (2) replies (100 word minimum) to discussions made by classmates. No credit will be awarded for quoted (or plagiarized) content. All content should be written in the student's own words. If gathering information from a source, make sure to cite the source within the discussion. The specific content in each submission will vary weekly. Each discussion and reply (2 required) will be worth a total of 15 points. Students are encouraged to discuss the material without simply paraphrasing what is available in the textbook. Discussions should invoke critical thinking and lead to discussion/conversation. There will be no acceptance of vulgar or demeaning posts.
- **Behavior Modification Project (30%).** During the first week of class, you are to identify an unhealthy behavior that you can change. Examples include but are not limited to: wearing a seat belt, flossing each day, exercising twice a week, increasing the amount of sleep you get each night. Your chosen behavior modification will need to be submitted to me through the Assignments link in Canvas by Day 7 of the first week. Over the eight-week course, you will be given assignments that are specific to the behavior modification process. Each assignment will build from the previous, ultimately leading to your final behavior modification essay. This course long project will cover the following:
 - Awareness of unhealthy behavior
 - Goal setting
 - Context in which the unhealthy behavior occurs
 - Barriers and facilitators to the unhealthy behavior
 - Personal and situational factors that influence the unhealthy behavior
 - Strategies to alter the behavior
 - Analyzing behavior change attempt-what worked and what did not work
 - What would you do differently
- **Behavior Modification Small Assignments (5% total).** Throughout the course you will have assignments that will guide you through the behavior modification process. These assignments are designed to ensure you have the tools for behavior change. The assignments will also be used in your behavior modification project which is due at the end of the course.

Grading Criteria Rubric and Conversion

- Discussion Board 25%
 - Behavior Modification Project 30%
 - Mid-Term Exam 20%
 - Final Exam 20%
 - Activities 5%
- Total 100%

A = 90% and above
 B = 89-80%
 C = 79-70%
 D = 69-60%
 F = 59% and below

Posting of Grades

- Grades will be posted in Canvas at the earliest possible convenience to the instructor.

COURSE OUTLINE AND CALENDAR

Complete Course Calendar

	Topic	Reading
WEEK 1	What is Health Psychology? The Nervous System & The Cardiovascular System	Chapter 1 Chapter 2
	Health Behaviors	Chapter 3
	Behavior Modification Topic Due (Assignment)	
WEEK 2	Health Promoting Behaviors	Chapter 4
	Health- Compromising Behaviors	Chapter 5
	SMART Goals Due (Assignment)	
WEEK 3	Stress	Chapter 6
	Coping, Resilience, & Social Support	Chapter 7
	Behavioral Context Due (Assignment)	

WEEK 4	Midterm Exam	
WEEK 5	Using Health Services Patients, Providers & Treatments	Chapter 8 Chapter 9
WEEK 6	Management of Pain & Discomfort Management of Chronic Illness Behavioral Barriers & Facilitators Due (Assignment)	Chapter 10 Chapter 11
WEEK 7	Psychological Issues in Advancing & Terminal Illness Heart Disease, Hypertension, Stroke & T2D Behavioral Influences Due (Assignment)	Chapter 12 Chapter 13
WEEK 8	Final Exam Behavior/Self Modification Project due	

Import University Dates:

August 28, Add/Drop/Late Registration begins

August 30, Add/Drop/Late Registration ends, 16-week and 1st 8-week classes

September 1, Priority Deadline to Submit Graduation Application

September 4, Labor Day, CAMPUS CLOSED

September 5, Last day to drop 1st 8-week classes with no record

September 13, Last day to drop 16-week classes with no record

September 22, Last day to drop a 1st 8-week class with a Q or withdraw with a W

October 6, Deadline to submit graduation

October 20, Last day to withdraw from the University (1st 8-week classes WF)

October 23, Add/Drop/Late Registration begins, 2nd 8-week classes

October 26, Add/Drop/Late Registration ends, 2nd 8-week classes
October 30, Last day to drop 2nd 8-week classes with no record
November 10, Veteran's Day
November 10, Last day to drop with a Q or withdraw with a W (16-week classes)
November 17, Last day to drop a 2nd 8-week class with a Q or withdraw with a W
November 23-24, Thanksgiving, CAMPUS CLOSED
December 15, Last day to withdraw from the University (16-week and 2nd 8-week classes)
December 15, Last day to file for Degree Conferral (Registrar's Office)
December 15, Commencement
December 25-January 1, WINTER BREAK

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements.

This course will use the A&M-Central Texas Instructure Canvas learning management system. Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com>].

Username: Your MyCT username (xx123 or everything before the "@" in your MyCT e-mail address)

Password: Your MyCT password

Technology Support.

For log-in problems, students should contact Help Desk Central.

24 hours a day, 7 days a week:

Email: helpdesk@tamu.edu

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [<http://hdc.tamu.edu>]

Please let the support technician know you are an A&M-Central Texas student.

For issues with **Canvas**, select "chat with Canvas support," submit a support request to Canvas Tier 1, or call the Canvas support line: 1-844-757-0953, links to all are found inside of Canvas using the "Help" link.

For issues related to course content and requirements, contact your instructor.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Drop Policy.

If you discover that you need to drop this class, you must complete a [Drop Request Form](https://www.tamuct.edu/registrar/docs/Drop_Request_Form.pdf) [https://www.tamuct.edu/registrar/docs/Drop_Request_Form.pdf].

Professors cannot drop students; this is always the responsibility of the student. The Registrar's Office will provide a deadline on the University Calendar for which the form must be completed, signed and returned. Once you return the signed form to the Registrar's Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid

and/or VA educational benefits.

Academic Integrity.

Texas A&M University -Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Academic integrity is defined as a commitment to honesty, trust, fairness, respect, and responsibility. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. Academic misconduct is any act that improperly affects a true and honest evaluation of a student's academic performance and includes, but is not limited to, cheating on an examination or other academic work, plagiarism and improper citation of sources, using another student's work, collusion, and the abuse of resource materials. All academic misconduct concerns will be reported to the university's Office of Student Conduct. Ignorance of the university's standards and expectations is never an excuse to act with a lack of integrity. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

Academic Accommodations.

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier free education. The Department of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the University's programs, services and activities. If you believe you have a disability requiring reasonable accommodations please contact the Department of Access and Inclusion at (254) 501-5831. Any information you provide is private and confidential and will be treated as such.

For more information please visit our [Access & Inclusion](https://www.tamuct.edu/departments/access-inclusion) webpage [https://www.tamuct.edu/departments/access-inclusion].

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. For more information, please visit <https://www.tamuct.departments/index.php>. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines online](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf), please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Tutoring.

Tutoring is available to all A&M-Central Texas students, both on-campus and online. On-campus subjects tutored include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Tutors are available at the Tutoring Center in Warrior Hall, Suite 111.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, or any other question, contact Academic Support Programs at 254-519-5796, or by emailing Larry Davis at Imdavis@tamuct.edu.

Chat live with a tutor 24/7 for almost any subject on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log-in and receive FREE online tutoring and writing support. This tool provides tutoring in over forty subject areas. Access Tutor.com through Canvas.

The University Writing Center.

Located in 416 Warrior Hall, the University Writing Center (UWC) at Texas A&M University-Central Texas is a free workspace open to all TAMUCT students from 10am-5pm Monday-Thursday with satellite hours in the University Library on Mondays from 6:00-9:00pm. Students may arrange a one-on-one session with a trained and experienced writing tutor by visiting the UWC during normal operating hours (both half-hour and hour sessions are available) or by making an appointment via [WOnline](https://tamuct.mywconline.com/) [https://tamuct.mywconline.com/]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu to schedule an online tutoring session. Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the University Writing Center is here to help!

If you have any questions about the University Writing Center, please do not hesitate to contact Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu.

University Library.

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 250,000 eBooks and 82,000 journals, in addition to the 72,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On-campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available twenty-four hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place on Skype or in-person at

the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our [Library website](https://tamuct.libguides.com/) [https://tamuct.libguides.com/].

OPTIONAL POLICY STATEMENTS:

A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at A&M-Central Texas, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Counseling Services (254-501-5956) located on the second floor of Warrior Hall.

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/departments/compliance/titleix.php) [https://www.tamuct.edu/departments/compliance/titleix.php].

INSTRUCTOR POLICIES.

You are encouraged to submit all work by the due date to receive full credit. Work that is submitted past the due date will receive the following point deductions:

- 1 day late = 5pts
- 2 days late = 7pts
- 3 days late = 10pts
- 4 days late = 15pts
- 5 days late = 20pts
- 6 or more days late = 35pts

Copyright Notice.

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas' Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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