

PSYK 3302-125 HEALTH PSYCHOLOGY

Fall 2018

Texas A&M University - Central Texas

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Kimberly Berry

Office: N/A

Phone: 806-281-8463

Email: k30@tamuct.edu (preferred method of contact)

Office Hours:

Available by appointment only. Please email me to schedule an appointment.

Mode of instruction and course access:

This course will be presented as an Online course via Canvas.

Student-instructor interaction:

In the event that I need to be contacted, email is best as I will be checking emails regularly throughout the weekdays. During the weekend, there may be a slight delay in email reply; however, please email first before phone call/text. If there is a serious emergency, you may call/text me.

UNILERT:

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

UNILERT 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 UNILERT through their myCT email account.

Connect at [Unilert](https://www.tamuct.edu/departments/security/unilert.php) [https://www.tamuct.edu/departments/security/unilert.php] to change where you receive your alerts or to opt out. By staying enrolled in UNILERT, university officials can quickly pass on safety-related information, regardless of your location.

COURSE INFORMATION

Course Overview and description: Health Psychology. 3 Hours. This course will provide students with an overview of the theories and research related to healthy 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 all the 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, weekly assignments, 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.

Competency Goals Statements (certification or standards):

Required Reading and Textbook(s):

Donatelle, R. J. (2018). *Access To Health*. (15th ed.). San Francisco, CA: Pearson.

COURSE REQUIREMENTS

Course Requirements:

- All discussion board postings and assignments should follow APA formatting guidelines. A useful website is <https://owl.english.purdue.edu/owl/resource/560/01/> to assist with formatting.
- **Exams (15% each, 100pts 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 Canvas with no assistance from others
- **Discussion Boards (20%, 15pts each).** 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. 3 Points will be deducted for each missing reply and 2 points deducted for

each day a post is late.

- **Behavior Modification Project (25% total, 100pts).** You are to identify a behavior that you wish to change (i.e. increase water intake to 128oz per day, establish a nighttime schedule to improve sleep, decrease procrastination by not playing video games after 6pm) . This behavior should be related to your health in some way and will serve as your Behavior Modification Goal. Over the eight week course you will attempt to modify/change that specific behavior. This project will be submitted as a paper at the end of the course. It is important that you tie your topic to course content, referring to the textbook and other related material. Submit a paper approximately 3-4 pages, typed in APA format (12-point font, Times New Roman, double spaced) with one-inch margins. Papers are due on **Friday, December 14th** via the assignments tab in Canvas. Include the following in your paper:
 - Determinants of health
 - Transtheoretical Model of Behavior Change plan
 - Benefits of your specific behavior change
 - The barriers to and facilitators to this behavior change
 - Motivation and consistency throughout the behavior change process
 - Describe the strategies you used to alter the behavior
 - Impact on stress
 - Analyze your behavior change attempt – what worked and what did not
 - What would you do differently
- **Behavior Modification Small Assignments (10% total, 100pts each).** 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.
- **Application Activity (15% of Overall Course Grade, 100pts).** One application activity will be assigned in this course. This assignment will require the summary of a research article and will be submitted through Canvas. Application Activities are due on the corresponding Sunday by 11:59pm. The summary will be written based on a first-hand empirical research article that you will be responsible for locating within the university's online database. The summary should be between 2-3 pages in length and written in APA format with a cover page. **All papers must be submitted to Canvas and revised prior to submission to the professor for grading. Students are not allowed to quote or use close paraphrases for any writing assignment in this course.** If students have content that is identical to another work, students will not be credited for the assignment. The following categories should be included in the application activity:
 - Introduction
 - Purpose of study
 - Participants
 - Methods/Procedures
 - Results
 - Discussion

- Personal Reflection

Since this assignment is an application of a research article, it is expected that information will be used from the article. In the event that you write about important aspects of the article, it is expected that proper citations will occur.

ALL ASSIGNMENTS AND EXAMS WILL BE SUBMITTED VIA CANVAS.

Grading Criteria Rubric and Conversion

- Discussion Board 20%
 - Behavior Modification Project 25%
 - Mid-Term Exam 15%
 - Final Exam 15%
 - Application Activity 15%
 - Activities 10%
- 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 via the Grades tab and can be accessed by students.

COURSE OUTLINE AND CALENDAR

Complete Course Calendar

	Topic	Reading/Assignment
WEEK 1	Accessing your health Promoting & preserving your psychological health	Chapter 1 Chapter 2 Intro Discussion Board Behavior Modification Topic Due (Assignment) Determinants of health (assignment)
WEEK 2	Managing Stress & coping with life's challenges Improving your sleep	Chapter 3 Chapter 4 Discussion Board Behavior modification small assignment(Assignment)
WEEK 3	Nutrition: eating for a healthier	Chapter 5

	you Reaching & maintaining a healthy weight	Chapter 6 Discussion Board Behavior modification small assignment(Assignment)
WEEK 4	Midterm Exam (Nov 12-18)	Chapters 1-6 Optional: Behavior modification check-ins
WEEK 5	Improving your personal fitness Reducing your risk of cardiovascular disease	Chapter 7 Chapter 16 Discussion Board Behavior modification small assignment (Assignment)
WEEK 6	Avoiding Risks & Harmful Habits	Chapters 11-13 Discussion Board Application Activity Behavior Modification Small Assignment (Assignment)
WEEK 7	Preventing & Fighting Disease	Chapters 14, 15, 17 & 18 Discussion Board Behavioral Modification Small Assignment(Assignment)
WEEK 8	Final Exam (Dec 10-14)	Behavior/Self Modification Project due

INSTRUCTOR POLICIES

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.

Copyright. (YEAR) by (FACULTY NAME) at Texas A&M University-Central Texas, (FACULTY COLLEGE); 1001 Leadership Place, Killeen, TX 76549; 254-(FACULTY COLLEGE PHONE); Fax 254-(FACULTY COLLEGE FAX); (FACULTY EMAIL)

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements.

This course will use Canvas for all online material.

Technology Support.

For technology issues, 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>

When calling for support please let your support technician know you are a TAMUCT student.

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

COURSE AND UNIVERSITY PROCEDURES AND POLICIES

Drop Policy.

If you discover that you need to drop this class, you must go to the Registrar's Office and complete a [Drop Request Form](#)

[https://tamuct.blackboard.com/bbcswebdav/institution/studentforms/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.

Access & Inclusion.

At Texas A&M-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 [webpage](http://www.tamuct.edu/departments/access-inclusion):
<http://www.tamuct.edu/departments/access-inclusion>.

Tutoring.

Tutoring is available to all TAMUCT 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 Kim Wood at k.wood@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 TAMUCT students to log-in and receive FREE online tutoring and writing support. This tool provides tutoring in over forty subject areas. To access Tutor.com, go to the 'My Courses' tab in Blackboard.

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. 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). 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 TAMUCT 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 TAMUCT 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 [homepage](https://tamuct.libguides.com/): <https://tamuct.libguides.com/>