

## **PSYC 3302-115, HEALTH PSYCHOLOGY**

**Summer 2022**

Texas A&M University-Central Texas

### **COURSE DATES, MODALITY, AND LOCATION**

June 6<sup>th</sup> – July 29<sup>th</sup>

This is a 100% online course and uses the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

### **INSTRUCTOR AND CONTACT INFORMATION**

**Instructor:** Mrs. Berry

**Office:** N/A

**Phone:** 806-281-8463

**Email:** k30@tamuct.edu

### **Office Hours**

Available via email and can set up phone appointments if needed.

### **Student-instructor interaction**

The instructor will be checking emails on a daily basis during the week and periodically throughout the weekend days. Please allow up to 24 hours response time during the week. The response time may take slightly longer during the weekend. The best way to contact the instructor will be via email; however, for student emergencies, a phone call will be acceptable. In the event that a student does need to call the instructor, please leave a voicemail and the instructor will return the call ASAP.

### **WARRIOR SHIELD**

#### **Emergency Warning System for Texas A&M University-Central Texas**

Warrior Shield 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 Warrior Shield through their myCT email account.

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

### **COURSE INFORMATION**

#### **Course Overview and description**

Apply psychology principles and techniques to the fields of health and medicine, including emotional, behavioral, cognitive, social, and multidisciplinary factors. Examine the effects of illness and injury on behavior. Prerequisite(s): PSYC 2301.

## Course Objective or Goal

This course introduces students to the story of health psychology through clear connections between science and the real world. This course provides an emphasis on the scientific principles and processes underlying the field of health psychology to present balanced coverage of foundational research, cutting-edge research, essential theories, and real-world application to help students understand how to live longer, healthier lives.

## 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, assignments, behavior modification paper 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 refer to and apply topics from the textbook to complete discussions and a behavior modification paper. Assessments in which students will demonstrate this objective are module application discussion posts and replies (public) and exams. 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.
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)

Sanderson, C. A. (2019). *Health psychology* (3rd ed.). Thousand Oaks, CA: SAGE.

Student Study Site: <https://edge.sagepub.com/sandersonhealthpsych3e>

## COURSE REQUIREMENTS

- All discussion board postings, assignments, and papers should follow APA formatting guidelines. A useful website is <https://owl.english.purdue.edu/owl/resource/560/01/> to assist with formatting.
- **Exams.** 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 (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. **References should be included in the discussion boards.** 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/Paper (100pts).** You are to identify a behavior that you wish to change. This behavior should be related to your health in some way. Some examples include: daily water intake, sleep quantity, physical activity, eating vegetables, reducing soda intake...this should NOT be an overhaul of your entire behavior system. Choose ONE thing to work on. Over the eight-week course you will attempt to modify 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, with a cover page, typed in APA format (12-point font, Times New Roman, double spaced) with one-inch margins. Papers are due on **Friday, July 29th** via the assignments tab in Canvas. Include the following in your paper:
  - Action plan on how you will work on modifying this behavior (Be specific)
  - What are the motivations to the unhealthy and healthy behaviors?
  - Describe the strategies you use to alter the behavior
  - Analyze your behavior change attempt – what worked and what did not
  - Would you do anything differently
- **Behavior Modification Small Assignments (10pts 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. These small assignments will be brief responses to a question that aligns with your behavior modification. 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 15pts each x 6
- Behavior Modification Project 100pts
- Mid-Term Exam 100pts
- Final Exam 80pts
- Small Assignments 10pts each x 4

Total 410pts

A = 90% and above

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

**Posting of Grades**

- Student grades will be posted in the Canvas Grade Book.
- Discussion board grades will be posted by the Tuesday-Wednesday after the due date. Other assignments/exams may take up to 1-2 weeks for grades to be posted.

**Grading Policies**

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

- 1 day late = 2pts
- 2 days late = 4pts
- 3 days late = 6pts
- 4 days late = 8pts
- 5 days late = 10pts
- 6 days late = 12pts

Deductions for discussion posts:

- ❖ Missing 1 reply = 3pts
- ❖ Missing 2 replies = 6pts
- ❖ Missing original post but has replies = 9pts

There will be NO extra credit. **Assignments submitted 7+ days after the due date will NOT be graded.**

Exams must be completed within the scheduled dates. There will be NO make-up dates for the exams, unless discussed with the instructor in advance. Do not come to the instructor after the exam asking to complete the exam. That will not happen.

**COURSE OUTLINE AND CALENDAR**

**Complete Course Calendar**

	<b>Required Readings</b>	<b>Exams and Coursework Due Dates</b>
Week 1 June 6-12	Chapter 1: Introduction Chapter 2: Research Methods	Discussion Board Behavior Change Assignment
Week 2	Chapter 3: Theories of Health Behavior	Discussion Board

June 13-19		Plan of Action for Behavior Change Assignment
Week 3 June 20-26	Chapter 4: Understanding Stress Chapter 5: Managing Stress	Discussion Board
Week 4 June 27- July 3	Chapter 6: Injury and Injury Prevention Chapter 7: Substance Use and Abuse	Midterm Exam
Week 5 July 4-10	Chapter 8: Obesity and Disordered Eating	Discussion Board Motivations for the behavior change Assignment
Week 6 July 11-17	Chapter 9: Understanding and Managing Pain Chapter 10: Understanding and Managing Chronic Illness	Discussion Board
Week 7 July 18-24	Chapter 11: Leading Causes of Mortality: Coronary Heart Disease and Cancer	Discussion Board Behavior change strategies Assignment
Week 8 July 25-29		Behavior Modification Paper Final Exam

### Important University Dates

<https://www.tamuct.edu/registrar/academic-calendar.html>

## TECHNOLOGY REQUIREMENTS AND SUPPORT

### Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system. **We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.**

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

### Canvas Support

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.

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

### Online Proctored Testing

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This

service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

### **Other Technology Support**

For log-in problems, students should contact Help Desk Central  
24 hours a day, 7 days a week

Email: [helpdesk@tamu.edu](mailto: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.*

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## **UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES**

### **Drop Policy**

If you discover that you need to drop this class, you must complete the [Drop Request](#) Dynamic Form through Warrior Web.

[[https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-](https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2Fsubmit%2FForm%2Fstart%2F53b8369e-0502-4f36-be43-f02a4202f612)

[46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2Fsubmit%2FForm%2Fstart%2F53b8369e-0502-4f36-be43-f02a4202f612](https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2Fsubmit%2FForm%2Fstart%2F53b8369e-0502-4f36-be43-f02a4202f612)].

Faculty cannot drop students; this is always the responsibility of the student. The Registrar's Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed 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, working with others in an unauthorized manner, 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 referred 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.

For more [information regarding the Student Conduct process](https://www.tamuct.edu/student-affairs/student-conduct.html),  
[https://www.tamuct.edu/student-affairs/student-conduct.html].

If you know of potential honor violations by other students, you may [submit a report](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0),  
[https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout\_id=0].

### **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 Office 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 Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information please visit our [Access & Inclusion](https://tamuct.instructure.com/courses/717) Canvas page (log-in required)  
[https://tamuct.instructure.com/courses/717]

### **Important information for Pregnant and/or Parenting Students**

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related 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. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit [Student Affairs](https://www.tamuct.edu/student-affairs/index.html) [https://www.tamuct.edu/student-affairs/index.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf) online, please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

## **Tutoring**

Tutoring is available to all A&M-Central Texas students, on a remote online basis. Visit the Academic Support Community in Canvas to view schedules and contact information. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Tutors will return at the Tutoring Center in Warrior Hall, Suite 111 in the Fall 2020. Student success coaching is available online upon request.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, success coaching, or have any other question, contact Academic Support Programs at (254) 501-5836, visit the Office of Student Success at 212F Warrior Hall, or by emailing [studentsuccess@tamuct.edu](mailto:studentsuccess@tamuct.edu).

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

## **University Writing Center**

The University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free service open to all TAMUCT students. For the Summer 2020 semester, all services will be online as a result of the COVID-19 pandemic. The hours of operation are from 10:00 a.m.-4:00 p.m. Monday thru Thursday with satellite hours online Monday thru Thursday from 6:00-9:00 p.m. This summer, the UWC is also offering hours from 12:00-3:00 p.m. on Saturdays starting June 27th and ending July 18th.

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 UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor 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](mailto:bruce.bowles@tamuct.edu) if you have any questions about the UWC and/or need any assistance with scheduling.

## **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 85,000 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 24 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](http://tamuct.libguides.com/index) [http://tamuct.libguides.com/index].

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### **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 TAMUCT, 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 Student Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

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/compliance/titleix.html) [https://www.tamuct.edu/compliance/titleix.html].

### **Behavioral Intervention**

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, who are exhibiting concerning behaviors, or individuals causing a significant disruption to our community, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the [referral](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2) online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout\_id=2].

Anonymous referrals are accepted. Please see the [Behavioral Intervention Team](https://www.tamuct.edu/student-affairs/bat.html) website for more information [https://www.tamuct.edu/student-affairs/bat.html]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.

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## **OTHER 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.

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