SHEPHERD UNIVERSITY
HEALTH PSYCHOLOGY PSYC 325
FALL 2010

Instructor: Fran Brolle
Phone: 304-268-5767 (PLEASE this is my home number; no calls after 9:00 PM)
Email: fbrolle@excite.com
Office hours by appt: I do not have an office on campus. Please call my home number or email.

Syllabus

Class Days: Tuesday and Thursday
Class Times: 8:10 AM-9:25 AM

Text: Margaret K. Snooks (2009). Health Psychology. Jones and Bartlett.

Course Description:
Overview. In our world medical technology and treatments rush past us so quickly we lose sight of the critical role of our own behavior in our own health and longevity. Too many people, especially young adults, take their health for granted or feel that they are somehow immune to the health hazards of risky behaviors. Some chronic illnesses, such as cancer or heart disease, may seem like distant threats, so the perceived risks of unhealthy eating, smoking, or sedentary living don't seem worrisome. This course invites you to examine your own health-related behavior and attitudes and, possibly, to begin making healthful changes that are informed by our discussion of health research.

Our health behaviors, attitudes, and overall well being are also influenced by our gender, age, personality, and ethnic and cultural backgrounds. This course will promote your understanding of, and respect for, the differences among groups of people. It will increase your awareness of the special challenges and problems faced by various groups. Some of these challenges are beyond our control, but many are not.

It is important to remember that our interpretation of human behavior is filtered through our own biases. We will attempt to explain how the major theories interpret health related behavior, emphasizing the research that supports or contradicts each perspective. Critical thinking, as well as mastery of the material, is a goal of this course.

Probably no other field of study abounds with more free advice than the study of health and illness, yet much of this advice has been handed out in ignorance of the available experimental data and/or established techniques for objective testing. We will work to develop skills for evaluating the health views and advice you will continue to hear long after you complete this course.

Objectives. At the end of this course you should be able to:

1. Describe the biopsychosocial (mind-body) model as an organizing template for understanding the domains of health and illness.
2. Discuss biological, psychological, and social factors in the chronic illnesses that are the leading causes of death in developed countries today.
3. Discuss the role of psychology in preventing illness, promoting wellness, and shaping health care policy and reform.

4. Analyze different health behaviors, attitudes, outcomes, and illnesses from the perspectives of the major theories of health, and recognize those theories when used by others to analyze events.
5. Explain how research contributes to the understanding of health, and evaluate and use research findings to investigate a topic of interest to you.
6. Recall important concepts in health psychology, and be able to recognize and apply these concepts in various situations.
7. Formulate relevant questions about health processes and outcomes, and use standardized techniques for gathering objective answers to these questions.

Requirements:

Attendance. Students are expected to attend and be on time for ALL classes. Attendance is worth 100 points. Students will present a physician's excuse for missing more than 2 classes. Late students may not enter the classroom. Students are also expected to be prepared for and participate in group discussions and activities.

Classroom activity. Class will include lecture, small group activities and student presentations. There may be guest lecturers and educational films.

Presentation: This project is worth 200 points towards the final grade.

Research:

A. Students will be responsible for researching 4 topics related to health psychology and writing reaction papers for each topic. "Research" may include traditional scientific journals, legitimate newspapers (e.g. New York Times, Washington Post) and magazines (e.g. Time, News Week) and scientific/medical websites (e.g. Harvard Health Letter, NIH). The class will meet in Scarborough Library on September 8 to review library resources.

Format for reaction papers will be discussed in class. Reaction papers are worth 25 points each (totaling 100 points).

B. Students will select a subject of interest from one or more of his/her reaction papers and/or research paper to present in class. Oral presentations will be between 15 and 20 minutes and should include handouts and posters and/or power point. Students are encouraged to pair up for presentations.

Format for presentations will be discussed in class. A grading rubric for presentations is at the end of the syllabus. Presentations are worth 200 points.

C. Research papers are due on December 2. Late papers will **not** be accepted. Papers will be at least 7 total pages and may be written on the presentation topic; however, there must be **AT LEAST 8 scientific citations** from juried publications. Students will be given a handout regarding research paper requirements (Located at the end of the syllabus). Topics must be approved by the instructor. Research papers are worth 100 points.

Exams: There will be two exams. Each exam is worth 100 points. Exams will be multiple choice and short answer. Any student not able to attend class on an exam day MUST MAKE ARRANGEMENTS TO MAKE UP **PRIOR** TO THE EXAM DATES.

Quizzes: There will be 10 quizzes. Each quiz is worth 10 points, totaling 100 points toward the final grade.

Grading:

ATTENDANCE:	100 points
REACTION PAPERS:	100 points
PRESENTATION:	200 points
RESEARCH PAPER:	100 points
EXAMS:	200 points
QUIZZES:	100 points
TOTAL:	800

Grade breakdown:	720-800=A
	640-719=B
	560-639=C
	480-559=D

Calendar.

Class date	**Student Assignments**
August 17, Tuesday	Welcome aboard!!! Orientation to class. Review of Syllabus and class requirements. Begin Chapter 1: *Introduction to Health Psychology*
August 19, Thursday	Chapter 1 continued
August 24, Tuesday	Read Chapter 2: *Conducting and Evaluating Research in Health Psychology*
August 26, Thursday	Chapter 2 continued
August 31, Tuesday	Read Chapter 3: *Changing Behavior to Improve Health*
September 2, Thursday	Chapter 3 continued…**First Reaction Paper Due** (*already???*)
September 7, Tuesday	MEET IN SCARBOROUGH LIBRARY ROOM 307
September 9, Thursday	Chapter 4: *Applications of Health Psychology to Exercise Behavior: Improving Health Through Exercise*
September 14, Tuesday	Chapter 4 Continued
September 16, Thursday	Read Chapter 5: *Applications of Health Psychology to Eating Behaviors: Improving Health Through Nutritional Changes*

September 21, Tuesday	Finish Chapters 4 & 5 Topic for Research Paper due
September 23, Thursday	Visitors from Writing Center
September 28, Tuesday	Exam #1: Chapters 1 through 5 **Second Reaction Paper due** (What? Again?)
September 30, Thursday	Read Chapter 6: *Applications of Health Psychology to Harmful Addictive Behaviors*
October 5, Tuesday	Finish Chapter 6
October 7, Thursday	Read Chapter 7: *The Concept of Stress*
October 12, Tuesday	SEMESTER BREAK!!!!! AMEN!!!!!
October 14, Thursday	Chapter 7 continued
October 19, Tuesday	Chapter 8: *The Reciprocal Effects of Stress on Illness and Injury*
October 21, Thursday	Finish Chapter 8…**Third Reaction Paper due**
October 26, Tuesday	Exam #2: Chapters 6 through 8 (Part III)
October 28, Thursday	Read Chapter 9: *Cooping and Stress Management*
November 2, Tuesday	Chapter 9 continued Presentations begin
November 4, Thursday	Chapter 9 finished Presentations
November 9, Tuesday	Chapter 10: Pain: *A Serious Health Problem and Source of Stress*
November 11, Thursday	Finish Chapter 10 Presentations
November 16, Tuesday	Chapter 11: *Applications of Health Psychology to Cardiovascular Disease* Presentations
November 18, Thursday	Chapter 12: *Applications of Health Psychology to Cancer* Presentations

November 11-28	Thanksgiving Break!!!!! Eat Healthy
November 30, Tuesday	Chapter 13: *Applications of Health Psychology to Chronic Illness* **Fourth Reaction Paper due**
December 2, Thursday	Chapter 14: *Applications of Health Psychology to Diversity Issues* **RESEARCH PAPER DUE!!!!!!!!!**
December 7, Tuesday	Chapter 14 finish and review for exam
December 9, Thursday	Final Exam…..whew!!! Where did the time go?

"When a country is in harmony with the Tao,
the factories make trucks and tractors.
When the country goes counter to the Tao,
Warheads are stockpiled outside the cities.

There is no greater illusion than fear,
no greater wrong than preparing to defend yourself,
no greater misfortune than having an enemy.

Whoever can see through all the fear
will always be safe.

Tao Te Ching, Stephen Mitchell, # 46.

STUDENTS ARE STRONGLY ADVISED TO HAVE REACTION PAPERS AND RESEARCH PAPERS REVIEWED BY THE WRITING CENTER LOCATED IN THE STUDENT CENTER

Reaction Papers

1. Review the chapter headings.
2. Then review the various topics under each chapter.
3. Select a topic that is of interest to you.
4. Research that topic on the internet or library finding an appropriate publication.

Writing the reaction paper.

1. Papers should be **at least 2 typed pages double spaced** and should have a copy of the article attached.
2. Explain the health related phenomenon, theory, process, issue, or research finding. Summarize the article in the first paragraph.
3. Discuss your opinion of the article you've selected. How does this article apply to your personal experience or observations? Do you agree with the authors? Do you think the issue is relevant to you or those around you? Does the article peak your curiosity to read more on the topic?

ORAL PRESENTATION

Presenter's Name: Date:

Reviewer's Name:

Total Possible Points: 200

OPENING: (25 possible points) Earned:_____
Gained audience attention? How?
Topic framed appropriately and effectively? How?

BODY OF PRESENTATION: (125 possible points) Earned:_____
Logical points presented?
Remained Focused on goal?
Understood material?
Had effective AV aids, props?
Handouts?
Evidence to support position?

CLOSING: (25 possible points) Earned:_____
Summarized essential points?
Audience involved?

OTHER: (25 possible points) Earned:_____
Volume, tone, articulation
Use of notes?
Energy?

Total: _____

Research Paper

100 Points

Criteria		Your points/ maximum
Technical Requirements		
1.	Topic approved by 9/30	_____/5
2.	Paper handed in by 12/2	_____/10
3.	Length appropriate (min 7 pages Maximum 10 pages)	_____/5
4.	Minimum 8 scientific references	_____/10
5.	Citations appropriate in paper body	_____/5
6.	Use of APA guidelines	_____/5
Contents		
1.	You report scientific research accurately	_____/10
2.	Your writing is well organized; you used research to support your ideas; your writing is logical and sequential	_____/20
3.	Grammar, spelling, typing, syntax, and Sentence construction is correct (consider using a proofreader)	_____/10
Interest, creativity		
1.	Your paper is interesting and creative	_____/10
2.	You focus clearly on important points and are selective in choosing facts, ideas and examples that are most significant to your topic	_____/10

Total: _____