SYLLABUS
PSY 492: HEALTH PSYCHOLOGY
FALL 2012

INSTRUCTOR
Linda Ball, Ed.D      (903) 886-5637 (main office)
Preferred contact, e-mail: linda.Ball@tamuc.edu      (903) 886-5649

*OFFICE HOURS:

<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td><em>Office Commerce</em></td>
<td><em>Office Binnion 222 Commerce 1-2 &amp; 3-4:30</em></td>
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<td><em>Office Binnion 222 Commerce 1-2 &amp; 3-4:30</em></td>
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<td>Appointments as scheduled</td>
<td>Appointments before and after classes as necessary <em>Psy 492 2-3:15 Coun 551 4:30 – 7:10</em></td>
<td>Appointments as scheduled by appointment in <em>Commerce</em></td>
<td>*Psy 492 2-3:15 Appointments before class as necessary in <em>Mesquite Coun 611 7:20 - 10</em></td>
<td>Appointments as necessary in <em>Commerce</em></td>
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*Online availability for students in Coun 530: Virtual Office
*Other times by appointment: e-mail is always available, and I usually respond within 24 hours.

CATALOG DESCRIPTION OF COURSE:
This class is designed to introduce the students to the basic principles and knowledge base of topics related to health and psychology. Topics covered will include the, traumatic injuries resulting in spinal cord injury or traumatic brain injuries and amputations, cerebral trauma and stroke, pulmonary and cardiovascular dysfunction, diabetes, chronic pain and cancer. These topics will be related to the human psychology of the person with the condition and the implications for their personal life, work life, and life of their family.

GENERAL COURSE INFORMATION:
A specialty area within the discipline of psychology, health psychology focuses on how biological, psychological, behavioral and social factors influence physical health and illness. It is focused on promoting health as well as the prevention and treatment of disease and illness. An understanding how people react, cope and recover from illness is also a focus. Current issues in health psychology include but are not limited to the following:

- Stress reduction
- Weight management
- Smoking cessation
- Improving daily nutrition
- Exercise
- Reducing risky sexual behaviors
- Hospice care and grief counseling for terminal patients

COURSE OBJECTIVES include but are not limited to the following:
Students will…

- Understand the Biopsychosocial Model in Health Psychology
- Become an informed reader of health-related research, and apply enhanced critical thinking skills with respect to this research
- Acquire basic knowledge of the concept of stress; and learn ways to identify, measure, and alter their responses to it
- Be introduced to behavioral factors as they relate to chronic and terminal illnesses
- Become self aware of how certain behavioral choices affect their health
- Demonstrate ability to apply principles learned in the course to real-world issues and/or their own experience
- Have an opportunity to integrate health information into their personal lives

COURSE REQUIREMENTS AND GRADING

1. Regular class attendance is required. More than three (5) absences will jeopardize successful completion of the course, i.e. grade will be affected. If you miss 5 or more classes the instructor may drop you from the course.

2. Appropriate (as defined by instructor) level of interaction/participation during classroom discussions and presentations is expected. Concerns/Infractions will be addressed individually by the instructor and recommendations made.

---Faculty are required to include in their course syllabi the following statement: "All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See Student's Guide Handbook, Policies and Procedures, Conduct)

3. Four quizzes, each worth 50 points (200 total points)

4. Outside projects: Descriptive outlines will be given for all assigned projects

5. I'll determine your grade on this basis:
   Assignments and Points
   Quizzes 4@ 50 points each (200 total pts)
   Workbook Exercises 4@ 25 points each (100 total points)
   Healthy Recipe (25 points)
   Group project (75 points)
   Health In The News Assignment (25 Points)
   Self Improvement project (75 points)

   Total Points Possible 500 (90% of 500 is 450 points required for an A)
   90-100%  A
   80-89 %  B
   70-79 %  C
   60-69 %  D
   59-0 %   F

   You may make up exams with written, verifiable medical or legal excuses. A different exam may be given for the makeup.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library Rm 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamu-commerce.edu

CONDUCT AND ACADEMIC HONESTY
"All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See Student's Guide Handbook, Policies and Procedures, Conduct)
“Graduate students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all their scholastic work.” (See Section A13.12, Academic Honesty, A&M-Commerce Procedures.)

UNIVERSITY CLOSING DUE TO WEATHER
Check http://www.tamu-commerce.edu/ regarding class cancellations. Also, KETR radio on 88.9 FM and television channels 4, 5, and 8 (channel 7 for Tyler & Longview Area).

TEXTS
Additional materials will be distributed in class or made available on the course website.

TOPICAL OUTLINE OF CONTENT (With Flexibility)

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<thead>
<tr>
<th>DATE</th>
<th>TOPIC (May Vary)</th>
<th>READINGS/DUE</th>
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<tbody>
<tr>
<td>1st Class Date</td>
<td>Introductions &amp; Course Orientation</td>
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Remainder will be developed after initial class meeting…