

# PSY 492: Health Psychology

Fall 2013

**Course Days/Times:** Mondays & Wednesdays, 2:00 – 3:15 pm

**Instructor:** Jordan Jeffrey, M.S.

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**Office Location:** Binnion 225

**Office Hours:** Monday 3:30-4:30 pm and by appointment

## **Required Textbook:**

Brannon, L., Feist, J. (2010). *Health Psychology: An introduction to behavior and health* (7<sup>th</sup> ed.).

Davis, M., Eshelman, E., McKay, M. (2008). *The Relaxation & Stress Reduction Workbook* (6<sup>th</sup>).

**eCollege:** This course is web-enhanced, which means students must have access to the internet. Course materials such as, lectures, quizzes, and supplementary materials will only be available via eCollege. You can access eCollege by going to <https://leo.tamuc.edu/login.aspx>. You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903-468-6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

## **eCollege Student Technical Support**

Texas A&M University-Commerce provides students technical support in the use of eCollege. The student help desk may be reached by the following means 24 hours a day, seven days a week.

- Chat Support: Click on 'Live Support' on the tool bar within your course to chat with an eCollege Representative.
- Phone: 1-866-656-5511 (Toll Free) to speak with eCollege Technical Support Representative.
- Email: [helpdesk@online.tamuc.org](mailto:helpdesk@online.tamuc.org) to initiate a support request with eCollege Technical Support Representative.
- Help: Click on the 'Help' button on the toolbar for information regarding working with eCollege (i.e. How to submit to dropbox, How to post to discussions etc...)

**Course Description:** This class is designed to introduce the basic concepts of Health Psychology. Students will be introduced to different medical disorders and diseases and the implications for the psychological health and impact on psychological functioning of individuals

with these disorders. Students will study physical limitations and adaptations. They will understand basic ADA law and how to make buildings accessible. Psychological treatments for persons with disorders and physical limitations will be introduced. Topics covered will include depression and illness, traumatic injuries, neuromuscular diseases, cancer, and chronic pain. Also covered will be the use of psychological techniques to improve behaviors for wellness including smoking cessation, proper nutrition, and exercise. Such methods of treatment will include biofeedback, relaxation and behavioral goal setting. Graduate students will understand the applicability of foundations of health psychology to older adults and the study of geriatrics.

**Course Philosophy:** I believe that learning can be educational and gratifying. This course contains a lot of information and not enough time to go through it all...so, buckle down and get ready!

### **Course Assignments:**

- 1) **Exams** – There will be two exams and a cumulative final all worth 15% each. This means 45% of your grades will be determined by exams.
- 2) **Presentations** – Students will choose a partner and together will provide an in-class presentation on a selected topic. Each pair will pick a topic from a list. Schedule and topics: once selected **are not subject to change**. Written expectations and directions are listed below. Conduct a professional (APA) presentation about the topic using your text and at least 5 other sources (internet, interviews, text or journals) **YOU MUST CITE YOUR SOURCES. ANY PRESENTATIONS WITHOUT A REFERENCE PAGE IS AN AUTOMATIC ZERO.** Your reference **MUST** be APA compliant. A PowerPoint presentation is recommended but not a necessity. **Presentation material will be included in tests.** Length: Minimum-20 minutes, maximum 30 minutes.

**Before you begin** submit to the instructor and the class your handout which needs to include: A summary of your presentation material (ie. copy PowerPoint or written summary), 3 possible test questions **AND ANSWERS** based on your presentation material, and a brief statement explaining your interest in topic. Questions must be T/F or multiple choice. **If making hard copies is a problem, please email me your materials 24 hours in advance and I will make copies for you.**

### **Include in your presentation to class:**

1. Title of Presentation (topic) handout for class and instructor handout.
2. Introduction- State goals for the class – at the end of the presentation, you will have learned, been exposed to, experienced, etc. Explain your interest in this topic.
3. Body- longest part

- a. Present information so that class reaches your goals; exercise your objectives to meet your goals (first, second, third, next, finally, etc.). Discuss the history of your topic, current research, medical models (if applicable), good health guidelines, preventative measures, interventions, coping skills, etc. as applicable; is there future research that looks promising?
4. Summary/Conclusions- brief, tie it all together, talk about test questions (about 5 min)
5. Q & A- Allow the class to ask any questions
6. Provide handout which includes; 3 possible test questions about your power point presentation material to class and instructor

Presentation is worth 25% of your grade; grading rubric is listed in syllabus. PLEASE USE THE RUBRIC as that is the template I will use to grade your presentation. Your grade will depend on how well you complete the instructions in your presentation.

Did your information tie in to your topic?

Did you reach your goal(s)?

Were you prepared?

Your presentation test questions will be included on the final test. Your attendance and participation in the presentations is required and recommended. LATE WORK WILL NOT BE ACCEPTED.

- 3) **Wellness Plan Paper** – You must submit the following paper to pass this course regardless of your grade in the class. This assignment is worth 10% of your grade. You will need to complete a FULL 2 to 4 page paper reflecting a personal wellness plan. This paper should include ways to increase your own overall health using the textbook and the Relaxation and Stress workbook as a guide. Please discuss positive changes you can make in the following areas including (but not limited to):

Nutrition

Stress Reduction

Exercise

Education

Family History/wellness screenings

APA paper, use at least 6 resources including the text and workbook, cite all sources in APA format. LATE WORK WILL NOT BE ACCEPTED.

- 4) **Relaxation & Stress Reduction Workbook**- You must complete this assignment to pass the class or you will receive an incomplete for this course. You will need to read and complete the assignments in chapter 1. After reading chapters 1 and 2, you will need to choose and try 2 different stress activities from 2 different chapters and write a full

one-page reaction paper of your experience for each chapter (2-1 page papers). The paper should include why you selected each exercise, your experience with it, and was it helpful, why or why not. Papers are due before final week, see syllabus for the exact date. **LATE WORK WILL NOT BE ACCEPTED.**

- 5) **Extra Credit**-Multiple extra credit opportunities will arise throughout the semester, but you must be present in class that day to take advantage!

Late Assignments are NOT accepted! Plan ahead!!

Grades will be calculated as follows:

- A: 90-100 points
- B: 80-89 points
- C: 70-79 points
- D: 60-69 points
- F: below 59 points

## **Communication and Support**

It is best to reach me by my email listed at the top of the page. I check it at least once every day, so if you do not hear back from me within 48 hours, you should resend the email. I will also periodically communicate with the entire class through your leomail address, so be sure to check it often!

## **Course Procedures/Policies**

### **Academic Honesty Policy:**

Texas A&M University-Commerce does not tolerate plagiarism and other forms of academic dishonesty. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or removal) of resource material. If you are confused on what plagiarism is, please consult the following websites:

<http://www.plagiarism.org/>

<http://www.unc.edu/depts/wcweb/handouts/plagiarism.html>

<http://www.indiana.edu/~wts/pamphlets/plagiarism.shtml>

### **Assignment Policy:**

All assignments are due by the date listed in the syllabus unless otherwise discussed in class.  
No late work will be accepted!

**Attendance Policy:**

Students are allowed up to **4 unexcused absences**. If more than 4 occur, the instructor has the ability to drop the student from the course. Excused absences must provide documentation (i.e. doctor's note).

**Exam Policy:**

Exams are given in-class and therefore can NOT be made up without an excused letter (i.e. doctor's note). Arrangements should be made prior to exam date. All missed exams result in a grade of 0.

**Dropping the Course:**

A student may drop a course by logging into their myLEO account and clicking on the hyperlink labeled 'Drop a class' from among the choices found under the myLEO section of the Web page.

## **University Procedures**

**Students with Disabilities:**

The Americans with Disabilities Act (ADA) is a federal antidiscrimination 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**

**Room 132**

**Phone (903) 886-5150 or (903) 886-5835**

**Fax (903) 468-8148**

**[StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)**

**Student Conduct:**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).