PSY 6335, D10
Health & Wellness Psychology
Second Summer Term 2017; July 10 - August 9

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Phone Conference: by Scheduled Appointment

Online Availability: M-F 3:00-5:00 pm. Other times by appointment.
I check my email several times a day. You are welcome to contact me via email any time. All course announcements will be posted on the Blackboard and sent by email.

Course Information: This class will be conducted entirely online through Blackboard. Please review the following course folders: Announcements, Syllabus & Due Dates, My Professor, Study Guide, PowerPoint, Chapter Summaries, Videos, Task Preview/Instructions, Discussions, Examination, Video Evaluation, Accessibility Resources, Blackboard Help, Email, My Grades, and IDEA Evaluations.

Location: The Blackboard website for this class is located at: http://blackboard.angelo.edu.

Two Required Textbooks:

Health Psychology: An Introduction to Behavior and Health, 8th Edition
by Linda Brannon, Jess Feist & John Updegraff

ISBN-10: 1-133-59307-0
Belmont, CA: Wadsworth, Cengage Learning
Course Overview: This online course is designed to provide an overview of the field of health psychology with an emphasis on wellness. Students will learn about the major lifestyle related health issues of the 21st century in America. Risk factors, prevention, etiology, and treatment modalities of chronic illnesses, stress, and pain will be studied. Emphasis will be on the interplay of biological, psychological, and social factors in relation to illness and wellness.

Goals and Objectives: Specific objectives of the course are
(1) gaining basic knowledge about health and wellness psychology;
(2) learning to apply course material to health and wellness issues; and
(3) gaining knowledge to make informed decisions about health.

Student Learning Outcomes: Upon successful completion of Health & Wellness Psychology at the Angelo State University, students will be able to
(1) understand how psychologists in the field of Health Psychology study the mind–body interaction,
(2) acquire knowledge on the theories and empirical findings linking psychological and social factors to physical health and illness,
(3) have an understanding of the biopsychosocial model of health and wellness,
(4) understand the nature of stress and pain and have knowledge about the most efficacious methods of stress and pain management,
(5) have knowledge about the risk factors, etiology, and treatment modalities of cardiovascular disease and cancer, and role of lifestyle changes in prevention of these diseases,
(6) have an understanding of the most pertinent alternative methods of healing currently available in the United States,
(7) have knowledge of risk factors, etiology, and treatment of obesity and value of exercising in relation to optimal health, and
(8) gain in-depth knowledge by researching the prevention, etiology, and treatment of one lifestyle related chronic disease of student’s choice.

Method of Assessing Learning Outcomes: Learning outcomes will be assessed via exams, term paper, writing assignment, and participation in discussions.
**Competencies Needed:** It is most important that you know the terms of the syllabus of this course and have a good working knowledge of the Blackboard. Therefore, a “Know-the-Course test” is **REQUIRED** which will cover the syllabus, Blackboard map, and important requirements of this course. Your grade will be affected negatively if you miss this test. The online course format requires a lot of self-discipline for the timely completion of exams, discussions, and writing assignments.

### Tentative Topic Schedule

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<th>Week</th>
<th>Date</th>
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| 1    | 7/10-14 | Term Long Discussion: Student Lounge  
  {Objective: student-student interaction and networking; discussion of topics prior to exams.}  
  
  Discussion: Getting-to-Know-You on the discussion board (from 9:00 am on 7/09-Sun to 9:00 pm on 7/15-Sat)  
  {Objective: Student-teacher and student-student interaction, networking, and getting acquainted with the teacher and classmates.}  
  
  Know-the-Course Test on the Syllabus, contents of the Blackboard Buttons, & Finding Blackberry, Dr. Singg’s cat 🐱 lost in the course (from 9:00 am on 7/09-Sun to 9:00 pm 7/15-Sat)  
  {Objective: Students will become familiar with the game plan of the course and contents of different folders of Blackboard.}  
  
  Read Ch. 1 - Introducing Health Psychology  
  {Objective: students will learn about the changing field of health and development of Health & Wellness Psychology.}  
  
  🚨 (Begin working on your Essay/Video Evaluation; see instructions in the Task Preview folder.) |
| 2    | 7/17-21 | Read Ch. 4 - Adhering to Medical Advice  
  {Objective: student will be able to identify adherence issues, factors that predict adherence and improvement in adherence.}  
  
  Exam 1 - Chs. 1 & 4 (from 9:00 am 7/16-Sun to 9:00 pm 7/22-Sat) |
<p>| 3    | 7/24-28 | Essay/Video Evaluation is due before 9:00 pm on 7/27-Thu |</p>
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<td><strong>Read Ch. 5 - Defining, Measuring, and Managing Stress</strong></td>
<td><strong>Objective:</strong> Students will learn about the physiology, theories, measurement, sources, and management of stress.</td>
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<td><strong>Read Ch. 6 - Understanding Stress, immunity, and Disease</strong></td>
<td><strong>Objective:</strong> Students will learn about the physiology and function of immune system, psychoneuroimmunology, and connection between stress and disease.</td>
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<td><strong>Exam 2 - Chs. 5 &amp; 6 (from 9:00 am 7/23-Sun to 9:00 pm 7/29-Sat)</strong></td>
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<td><strong>Read Ch. 14 - Eating and Weight for Major Discussion</strong></td>
<td><strong>Objective:</strong> Students will become familiar with the physiology of digestive system, issues of weight gain, dieting, eating disorders, and healthy eating behaviors to be able to participate in the major discussion.</td>
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<tr>
<td><strong>Read Ch. 7 - Understanding and Managing Pain</strong></td>
<td><strong>Objective:</strong> Students will learn about pain and nervous system, theories of pain, measurement of pain, pain syndromes and management of pain.</td>
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<td><strong>Major Discussion - Ch. 14 (from 9:00 am 7/30-Sun to 9:00 pm 8/5-Sat)</strong></td>
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<td><strong>Exam 3 - Ch. 7 (from 9:00 pm 7/30-Sun to 9:00 pm 8/5-Sat)</strong></td>
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<th><strong>8/7-9</strong></th>
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<td><strong>Read Ch. 9 - Behavioral Factors in Cardiovascular Disease</strong></td>
<td><strong>Objective:</strong> Students will learn about the cardiovascular system, rates of cardiovascular disease, risk factors and prevention of cardiovascular disease.</td>
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<td><strong>Read Ch. 8 - Considering Alternative Approaches for Bonus Discussion</strong></td>
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<td><strong>Make-Up Discussion - Ch. 8 (from 9:00 am 8/5-Sat to 9:00 pm 8/09-Wed)</strong></td>
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<td><strong>Exam 4 - Ch. 9 (from 9:00 am 8/5-Sat to 9:00 pm 8/09-Wed)</strong></td>
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**Course Requirements**

1. In order to successfully complete this course, you must visit the Blackboard course site on a regular basis, and participate in all discussions and assignments. All course work has specific due dates specified in the syllabus and due dates document.
2. You are expected to check Blackboard and ASU email on a regular basis, preferably daily. Please complete reading assignments each week and meet all deadlines for submission of coursework. **Late submissions will not be accepted.**

3. There will be five exams (one Know-the-Course Test and four Text-Exams). Each text exam has 20 multiple choice questions and is worth 20 points and the Know-the-Course test has 15 questions with one question on finding Blackberry which is worth 6 points. Time limit for each exam is 1 hour. All exams (except the Final Text Exam) will be available in the Examinations folder of Blackboard for seven days including a Saturday and a Sunday.

**There will be NO MAKE-UP EXAMS under any circumstances.** For emergencies such as hospitalization or accident, a special provision for completing the course will be made with documentation from the doctor recommending that student is unable to complete the course due to his/her condition.

Because all assignments are available for weekends and weekdays with an ample amount of time even for those who work full-time, there are no make-up provisions. The missed discussions cannot be made-up because they involve other students. However, you can participate in the Make-Up Discussion to make-up 16 of the 20 points missed in a major discussion. This means you forego an “A” grade.

**Therefore, PLEASE DO NOT request to make-up any missed assignment unless you have a bona fide emergency.** A doctor’s note will be required stating that you were not in any condition to complete the assignment in allowed time. If you still make such a request, I will refer you to this statement that you are agreeing to accept by staying in this course.

4. **Make-Up Discussion** = 16 points
   You can substitute it for the missed Major Discussion. Please know that by missing a major discussion, you will forgo your option of making an A Grade in the course.

5. **Know-the-Course Test** (on Syllabus, Blackboard buttons, & finding Blackberry) = 20 points
   This is a required test and is a part of your total exam score. **The purpose of this test is to orient you to this online course and its requirements.** Missing this test will negatively affect your grade.
6. **Total points in the course**
   - Five Exams = 100 points
   - One Major Discussion = 20 points
   - Essay/ video evaluation for earning an A/B Grade = 50 points

7. **Instructions for taking exams.** The exams are delivered with software called Respondus Lockdown Browser (RLB). All campus computer labs have this software on computers. For other locations, you will need to download the software onto the computer where you take the exam. The link to download the RLB is on your Support Tab in Blackboard. To take an exam, click on the RLB icon on the desktop and it will take you into Blackboard. Then, click on this course; then click on the Examinations button; then click on the exam. **You will be asked if the instructor provided a "Password"; answer "No".** If you have entered Blackboard properly by accessing it through the RLB icon, the password for the test will be entered automatically on your behalf and you can start the exam. If you try to take a test without going through the RLB, you will be asked to provide a password that you don't have, so you cannot take the exam.

   **Stable Test Taking Experience:** In order to have a stable test taking experience with the Lock Down browser, you should attempt to clear the temporary internet files and cookies before taking the test. You should also take the test on a computer that is hard wired to the network and not using a wireless network. Using computers on campus is an alternative if you continue experiencing issues with personal computers with the Respondus browser.

   - The exams are not set up to be taken on an iPad or a cell phone.

   If you still have any problems, please call E-Learning Center at 486-6263. They close at 5:00 pm (M-F); **DO NOT contact me because I cannot help you with technical problems.**

8. **One Essay/Video Evaluation (50 points):** Watch a video and write a short essay on the video topic including the video review (no less than 2 pages). You should begin writing your review/essay right after watching a video of your choice so that you do not forget the contents. Use two outside references and cite them on the third page. See the Task Preview folder for further instructions. **Late papers and papers submitted via email will NOT be accepted. If you have trouble posting on the Blackboard, call e-Learning.**

   Make sure your essay reflects university-level writing skills: use complete sentences; check your spellings; and put together graduate level papers that reflect quality. One point will be deducted for each spelling/grammatical mistake. Feel free to use your peers for editorial help.
9. **Introductory Discussion for Everyone:** You are **REQUIRED** to participate in the **Getting-to-Know-You** discussion which is designed for class introduction so that you can know something about your professor and classmates. To access this and other discussions, **click on the Discussions button on the Blackboard and follow the instructions.**

10. **Major Discussion:** There is one Major Discussion worth 20 points. See Task Preview folder to get a heads-up on instructions for this discussion and other assignments. Do not miss it.

11. **Student Lounge** in the Discussion folder provides a forum for an ongoing discussion for you to interact with other students, network, and discuss topics and questions prior to exams. You can contact each other via email and then decide to go to the Student Lounge.

12. **Study Guide:** Please use the Study Guide to prepare for the text exams. The test cues are provided for each exam in the Study Guide.

13. **Nine Important Points** are listed in the Announcements folder on the Blackboard for you

    **Evaluation**

    **For A Grade, you must meet the following conditions. Any missed condition will result in a lower grade.**

    1. A total of **88-100 (88-100%) points** on the five exams. This condition MUST be met regardless how well you do on the other assignments. +
    2. A total of 18-20 points on the major discussion (The Make-Up Discussion points can be substituted if you miss the Major Discussion, but you will lose the option of making an A Grade.) +
    3. 45-50 points on the Short Essay/Video Evaluation

    **For a B Grade, you must meet the following conditions. Any missed condition will result in a lower grade.**

    1. A total of **80-87 (80-87%) points** on the five exams. This condition MUST be met regardless how well you do on the other assignments. +
    2. A total of 16-20 points on the major discussion (The Make-Up Discussion points can be substituted if you miss the Major Discussion.) +
    3. 40-50 points on the Short Essay/Video Evaluation
For a C Grade, you must meet the following conditions. Any missed condition will result in an F Grade.

1. A total of **70-79 (70-79%) points** on the five exams. This condition MUST be met regardless how well you do on the other assignments.) +
2. A total of 14-20 points on the major discussions (The Make-Up Discussion points can be substituted if you miss the Major Discussion.) +
3. A total of 35-50 points on the Short Essay/Video Evaluation

**All requirements must be fully met for each grade. None of the above will result in an F Grade.** The requirement of “Total Exam Points” for a grade is not negotiable. Please do not miss any exam.

### Special Notes

1. **Your Professor’s Philosophy:** Teaching is not just a job for me; it is a calling, an “educational ministry.” I am here to guide you, help you, and inspire you to do your best to earn the grade you desire. However, you have the personal responsibility to apply yourself and be an active learner, especially in an online course which requires a lot of self-discipline. For more information about Dr. Singg, please click on “My Professor” on the Blackboard.

2. **Academic Honesty:** Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity in their online experiences. Any student found guilty of any form of dishonesty in academic work is subject to disciplinary action and possible expulsion from ASU.

   The Department of Psychology, Sociology, and Social Work adheres to the academic honesty statement as set forth in the Angelo State University Student Handbook. University "faculty expects all students to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experience both in and out of the classroom setting and may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials."

   **Plagiarism** at ASU is a serious topic. The Angelo State University’s Honor Code gives specific details on plagiarism and what it encompasses. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.
In your discussions and/or your papers, it is unacceptable to copy word for word without quotation marks and the source of the quotation. We use the APA Style Manual of the American Psychological Association as a guide for all writing assignments. Quotes should be used sparingly. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality via Bb Turnitin. For more information, see ASU Writing Center. http://www.angelo.edu/dept/writing_center/academic_honesty.php.

3. **Students with Disabilities:** “Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), and subsequent legislation.”

The Office of Student Affairs is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student’s responsibility to initiate such a request by contacting the Office of Student Affairs, University Center, Room 112 at (325) 942-2047 or (325) 942-2211 (TDD/FAX) or by e-mail at studentservices@angelo.edu to begin the process. The Office of Student Affairs will establish the particular documentation requirements necessary for the various types of disabilities.

Reasonable accommodations will be made for students determined to be disabled or who have documented disabilities.

4. **Absence for Observance of Religious Holy Days:** A student who intends to observe a religious holy day should make that intention known in writing to Dr. Singg prior to the absence. This should not be a problem in this online class because we don’t take attendance and all assignments have a week (including a Saturday and a Sunday) to complete.

5. **Syllabus Changes.** I reserve the right to make changes as necessary in this syllabus throughout the semester. If changes become necessary during this course, I will notify students by email or announcements on the Blackboard.
6. **Email Policy.** If there is a reason for which you need to communicate with me via e-mail, please do so from your angelo.edu email account. As per ASU policy, I will not respond to emails from your personal email address. Please use good e-mail manners and include the following information in your message.

- A clear subject line, including the course number "Psy 6335."
- A clear message (check grammar and spellings) with one issue at a time.
- A proper salutation including my name (Dr. Singg) and signing off with your full name.

**Surf the Net for Health & Wellness**


"People don't care how much you know until they know how much you care"

Theodore Roosevelt