PSY 4335, D10
Health Psychology
Fall 2017 (August 28 – December 15)

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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 in 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, PowerPoints, Chapter Outlines, Study Guide for Exams, Videos, Task Preview, Examinations, Discussions, Writing Assignments, Help with Blackboard, MyGrades, and other Resources.

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

Required Textbook: 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 a basic overview of the field of health psychology. Students will learn the contemporary theories and research in health psychology. 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) to become familiar with health psychology terminology, classifications, and trends;
   (2) to be able to apply course material to one’s own health issues; and
   (3) to be able to analyze and critically evaluate ideas, arguments, and points of view.

Student Learning Outcomes: Upon successful completion of Health Psychology at the Angelo State University, students will be able to
   (1) have a basic knowledge about the evolution of Health Psychology as a specialty field in psychology,
   (2) have a basic understanding of the biopsychosocial model of health,
   (3) define and understand stress and stress management, and pain and pain management,
   (4) have a familiarity with the alternative methods of healing currently available in United States,
   (5) have a basic understanding about the relationship of behavioral factors with cardiovascular disease and cancer, and
   (6) have a basic understanding of factors related to eating and weight gain/loss and value of exercising in relation to optimal health.

Method of Assessing Learning Outcomes: Learning outcomes will be assessed via exams, writing assignments, and discussion board participation.
**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 of everyone which will cover the syllabus, Blackboard map, and important requirements of this course. You will lose 20 points toward your grade if you miss this test. The online course format requires access to a fully functional PC and a lot of self-discipline for the timely completion of exams, discussions, and writing assignments.

### Tentative Topic Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>8/28-9/1</td>
<td><strong>Semester Long Discussion: Student Lounge</strong>&lt;br&gt;{@Objective: student to student interaction and networking; discussion of topics prior to exams.}</td>
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<td><strong>Discussion: Getting-to-Know-You</strong>&lt;br&gt;({Objective: Student-teacher and student-student interaction, networking, and getting acquainted with the teacher and classmates.})</td>
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<td>Know-the-Course Test on the Syllabus, contents of the Blackboard Buttons, &amp; Finding Blackberry. Dr. Singg’s cat lost in the course&lt;br&gt;({Objective: Students will become familiar with the game plan of the course and contents of different folders of Blackboard.})</td>
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<td></td>
<td></td>
<td>Ch. 1 – Introducing Health Psychology&lt;br&gt;({Objective: students will learn about the changing field of health and development of Health &amp; Wellness Psychology.})</td>
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<tr>
<td>2</td>
<td>9/05-9/08</td>
<td>Exam 1 (Ch. 1; from 9:00 am on 9/04, Mon to 9 pm 9/10, Sun)</td>
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<td>Ch. 4 – Adhering to Medical Advice&lt;br&gt;({Objective: student will be able to identify adherence issues, factors that predict adherence and improvement in adherence.})</td>
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<tr>
<td>3</td>
<td>9/11-9/15</td>
<td>Exam 2 (Ch. 4; from 9:00 am on 9/11, Mon to 9:00 pm on 9/17, Sun)</td>
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<tr>
<td>Week</td>
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<td>Topic</td>
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<td>4</td>
<td>9/18-9/22</td>
<td>Ch. 5 – Defining, Measuring, and Managing Stress</td>
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<tr>
<td>5</td>
<td>9/25-9/29</td>
<td>Exam 3 (Ch. 5; from 9:00 am on 9/25, Mon to 9:00 pm on 10/01, Sun)</td>
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<td>6</td>
<td>10/02-10/06</td>
<td>Exam 4 (Ch. 6; from 9:00 pm on 10/02, Mon to 9:00 pm on 10/08, Sun)</td>
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<tr>
<td>7</td>
<td>10/09-10/13</td>
<td>Discussion # 1 (from 9:00 am on 10/09, Mon to 9:00 pm on 10/15, Sun)</td>
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<td>8</td>
<td>10/16-10/20</td>
<td>Exam 5 (Ch. 7; from 9:00 am on 10/16, Mon to 9:00 pm on 10/22, Sun)</td>
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<td>9</td>
<td>10/23-10/27</td>
<td>Ch. 8 – Considering Alternative Approaches</td>
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<td>10</td>
<td>10/30-11/03</td>
<td>Exam 6 (Ch. 8; from 9:00 am on 10/23, Mon to 9:00 pm on 10/29, Sun)</td>
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<td>11</td>
<td>11/06-11/10</td>
<td>Ch. 9 – Behavioral Factors in Cardiovascular Disease</td>
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<td>12</td>
<td>11/13-11/17</td>
<td>Exam 7 (Ch. 9; from 9:00 am on 11/13, Mon to 9:00 pm on 11/19, Sun)</td>
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<td>Week</td>
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<td>13</td>
<td>11/20-11/21</td>
<td>Ch. 14 – Eating and Weight</td>
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<td>Objective: 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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Happy Thanksgiving

| 14   | 11/27-12/01 | Bonus Discussion (Ch. 14; from 9:00 am 11/27, Mon to 9:00 pm 12/03, Sun) |
| 15   | 12/04-12/08 | Recapitulation and IDEA Evaluations         |
| 16   | 12/11-12/15 | Exam 8 (Ch. 14; from 9:00 am on 12/09, Sat to 9:00 pm on 12/14, Thu) |

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 the 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 work is not accepted in this course.**

3. There will be nine exams (**Know-the-Course Test and eight 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-6 days) 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 Bonus Discussion to make-up for one missed major discussion.

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. **Total points in the course = 220**
   - Nine Exams = 180 points
   - Two Writing Assignments = 20 points
   - Two Major Discussions = 20 points.

5. **Bonus Discussion points = 10**
   If you miss an assignment, these bonus points can be substituted.

6. **Know-the-Course Test** (on Syllabus, Blackboard, and finding Blackberry) = 20 points
   This is a REQUIRED test contributing to your total score. The purpose is to orient you to this course and its requirements. **Missing this test will negatively affect your grade.**

7. **Instructions for taking exams.** The exams are delivered with software called Respondus Lockdown Browser (RLB). All campus computer labs have this software. For other locations, you will need to download the software. 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 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.

Set aside the correct amount of time to complete an exam and save your answers as you progress through the exam. This will help preserve the answers should you lose Internet connection. If you do not save your answers, the answers will NOT be available.

If you still have technical problems, please contact e-Learning Center at 486-6263 before 5:00 pm (M-F); DO NOT contact me for the technical problems.

8. **Two Writing Assignments = 20 points**
   Two writing assignments need to be completed by the specified dates in the Tentative Topic Schedule. Click on the Task Preview button for instructions.

9. **Two Major Discussions = 20 points**
   Each discussion is worth 10 points. Click on the Task Preview and Discussions buttons on the Blackboard for the instructions. If you miss a discussion, it cannot be made up.

10. **Introductory Discussion for Everyone:** You are **REQUIRED** to participate in the **Getting-to-Know-You** discussion which is designed for class introduction. To access this and other discussions, click on the Discussions button on the Blackboard.

11. **Student Lounge** in the Discussions folder provides a forum for an ongoing discussion to interact with other students and discuss topics and questions prior to exams.

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:** Please read these points carefully. They are listed in the Announcements folder on the Blackboard.
Grade Determination

197-220 raw scores (89.5% or more) = A  
175-196 raw scores (79.5% - 89%) = B  
153-174 raw scores (69.5% - 79%) = C  
131-152 raw scores (59.5% - 69%) = D  
130 or less raw scores (59% or less) = F

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 a grade you desire in this course. However, you have the personal responsibility to apply yourself and be an active learner, especially in an online course. For more information about Dr. Singg, please see “My Professor” folder on the Balckboard.

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 and Sociology 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](http://www.angelo.edu/dept/writing_center/academic_honesty.php)
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 to this syllabus throughout the semester. If changes become necessary during this course, I will notify students of such changes by email or via announcement on the Blackboard.

6. Email Policy: If 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 4335) and section number.
• 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.
7. **IDEA Evaluation:** Students are provided the opportunity and are strongly encouraged to participate in course evaluation at the end of the semester. Areas of evaluation include:

- Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories).
- Developing knowledge and understanding of diverse perspectives, global awareness, or other cultures.
- Learning to *apply* course material (to improve thinking, problem solving, and decisions).

8. **Task Preview:** Please see this folder on the Blackboard for assignments and instructions.

9. **Student Responsibility:** It is your responsibility to read/understand the course syllabus and ALL announcements posted on the Blackboard and meet the deadlines for all assignments. This will be the key to doing well in the course. Ignorance about details given in the syllabus and various announcements on the Blackboard cannot be accepted as excuse in any manner.

**Surf the Net for Health**

- [http://www.healthfinder.gov](http://www.healthfinder.gov)
- [http://www.thehealthpages.com](http://www.thehealthpages.com)
- [http://www.takingmeds.com](http://www.takingmeds.com)
- [http://www.stress.org](http://www.stress.org)
- [http://www.apahelpcenter.org](http://www.apahelpcenter.org)
- [http://www.theacpa.org](http://www.theacpa.org)
- [http://www.ampainsoc.org](http://www.ampainsoc.org)
- [http://www.healthy.net](http://www.healthy.net)
- [http://www.americanheart.org](http://www.americanheart.org)
- [http://www.cancer.org](http://www.cancer.org)
- [http://www.intelhealth.com](http://www.intelhealth.com)

*Your grade for a class reflects your sense of personal responsibility, commitment, interest, and diligence.*