



PSY 6335, D10
Health & Wellness Psychology (3-0)
Second Summer Term 2021; July 12 - August 13

Instructor: Sangeeta Singg, PhD, LP, ACN

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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

Catalog Description: The application of psychology to the prevention and treatment of illness using a biopsychosocial perspective. Topics include stress and its management, pain and its management, epidemiology of cardiovascular disease and cancer, alternative methods of healing, exercise and applied clinical nutrition.

This class will be conducted entirely online through Blackboard. Please review the following course folders: **Announcements, Syllabus & Due Dates, My Professor, Chapter Outlines, Task Preview/Instructions, Discussions, Examinations, Accessibility Resources, Blackboard Help, Email, and My Grades.**

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-13: 978-1-133-59307-2**

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, 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 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 functioning PC and a lot of self-discipline for the timely completion of exams, discussions, and writing assignments.



TENTATIVE TOPIC SCHEDULE

Week	Date	Topic
1	Term Long Discussion 7/12-16	<p>Term Long Discussion: Student Lounge <i>{Objective: student-student interaction and networking; discussion of topics prior to exams.}</i></p> <hr/> <p>Discussion: Required Getting-to-Know-You discussion (from 8:00 am on 7/12-Mon to 5:00 pm on 7/16-Fri; missing this discussion will cost you 5 points.) <i>{Objective: Student-professor and student-student interaction, networking, and getting acquainted with the professor and classmates.}</i></p> <p>Know-the-Course Test on the Syllabus and contents of the Blackboard Buttons (from 8:00 am on 7/12-Mon to 5:00 pm 7/16-Fri) <i>{Objective: Students will become familiar with the game plan of the course and contents of different folders of Blackboard.}</i></p> <p>Read Ch. 1 - Introducing Health Psychology <i>{Objective: students will learn about the changing field of health and development of Health & Wellness Psychology.}</i></p>
2	7/19-23	<p>Read Ch. 4 - Adhering to Medical Advice <i>{Objective: student will be able to identify adherence issues, factors that predict adherence and improvement in adherence.}</i></p> <p>Exam 1 - Chs. 1 & 4 (from 8:00 am 7/17-Sat to 5:00 pm 7/23-Fri)</p>
3	7/26-30	<p>Read Ch. 5 - Defining, Measuring, and Managing Stress <i>{Objective: Students will learn about the physiology, theories, measurement, sources, and management of stress.}</i></p> <p>Read Ch. 6 - Understanding Stress, immunity, and Disease <i>{Objective: Students will learn about the physiology and function of immune system, psychoneuroimmunology, and connection between stress and disease.}</i></p> <p>Exam 2 - Chs. 5 & 6 (from 8:00 am 7/24-Sat to 5:00 pm 7/30-Fri)</p> <p>Read Ch. 14 - Eating and Weight for Major Discussion <i>{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.}</i></p>

4	8/2-6	<p>Read Ch. 7 - Understanding and Managing Pain <i>{Objective: {Objective: Students will learn about pain and nervous system, theories of pain, measurement of pain, pain syndromes and management of pain.}}</i></p> <p>Major Discussion - (from 8:00 am 7/31-Sat to 5:00 pm 8/6-Fri)</p> <p>Exam 3 - Ch. 7 (from 8:00 am 7/31-Sat to 5:00 pm 8/6-Fri)</p>
5	8/9-13	<p>Read Ch. 9 - Behavioral Factors in Cardiovascular Disease <i>{Objective: Students will learn about the cardiovascular system, rates of cardiovascular disease, risk factors and prevention of cardiovascular disease.}}</i></p> <p>Substitute Writing Assignment - Ch. 8 (from 8:00 am 8/7-Sat to 5:00 pm 8/11-Wed); Only for those who have missed an exam.) <i>{Objective: Students will research a topic of their interest not covered in the text. This will enhance their learning in the area of marriage/family counseling.}}</i></p> <p>Exam 4 - Ch. 9 (from 8:00 am 8/7-Sat to 5:00 pm 8/12-Thu)</p>

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.** Please DO NOT ask me to go against any of the terms of this syllabus. I will not do it.
3. There **will be five exams (one Know-the-Course Test and four Text-Exams)**. Each text exam and the Know-the-Course test have 20 multiple-choice questions worth 20 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 do the Substitute Writing Assignment for one missed exam to make-up only 16 of the 20 missed points.



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. **Substitute Writing Assignment** = 16 points
You can do the substitute writing assignment if you miss an exam, but not the discussion.
5. **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.**
6. **Points in the course = 120**
Five Exams = 100 points
One Major Discussion = 20 points
Demerit Points
Missing Getting-to-Know-You Discussion = -5 Points
7. **Instructions for taking exams through Respondus™ Monitor**

Access to exams will be through Respondus™ Lockdown Browser [see the handout for downloading under ROSPONDUS button on the Blackboard] and will be video recorded via

Respondus™ Monitor [see **Other Required Materials** below for a list of needed equipment]. Use of another electronic device is prohibited.

There are two practice tests: a Webcam test and a short 10-question practice test over ASU trivia that are not graded. These tools will be available to you to assure accessibility. You are highly encouraged to go through these practice tests in advance of taking a graded exam. This process will allow you to become familiar with the technology associated with testing and improve the testing environment. **These tests, instructional videos, and more information regarding Respondus Monitor can be found under the Respondus Monitor Help tab in your Blackboard course.**

OTHER REQUIRED MATERIALS

- Computer with MAC or Windows Operating System
- High Speed Internet Access
- Ethernet adapter cable highly recommended (wireless connections can drop during test and Collaborate sessions)
- Webcam

Refer to **Angelo State University's Distance Education** website for further technology requirements: http://www.angelo.edu/distance_education

HELPFUL LINKS

Respondus Monitor is a companion tool to Respondus LockDown Browser. Monitor is a tool to proctor the online exam. Below are the two links for more information regarding Respondus LockDown Browser and Monitor:

<http://www.respondus.com/products/lockdown-browser/>
<http://www.respondus.com/products/monitor/index.shtml>

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 the **e-Learning Center at 486-6263 before 5:00 pm (M-F); DO NOT contact me for the technical problems.**

- 8. Substitute Writing Assignment (16 points):** Write a short essay on one of the topics listed under the Writing Assignment Instructions in the Task Preview folder (narrative no less than 4 pages (or more than 10 pages) and 1 page of minimum of 5 references). **Late paper and paper 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 a graduate level paper that reflects 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. **Ten Important Points:** Please read these points carefully. They are listed in the Announcements folder on the Blackboard.

GRADE DETERMINATION

108-120 raw scores (90% - 100%) = A

96-107.99 raw scores (80% and <90%) = B

84-95.99 raw scores (70% and <80%) = C

83.99 or less raw scores (<70%) = F



If you miss an exam, you can substitute up to 16 points by completing a Substitute Writing Assignment.

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. **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.
3. **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 and without a subject and a signature. 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.
4. **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.

5. **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.

6. **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.
7. **This syllabus is subject to change at the discretion of Dr. Singg in the event of extenuating circumstances.**
8. **Title IX at Angelo State University:** Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. Sex discrimination, sexual misconduct, public indecency, interpersonal violence, sexual assault, sexual exploitation, sexual harassment, and stalking are not tolerated at ASU. As a faculty member, I am a Responsible Employee meaning that I will report any allegations I am notified of to the Office of Title IX Compliance in order to connect students with resources and options in addressing the allegations reported. You are encouraged to report any incidents to ASU's Office of Title

IX Compliance and the Director of Title IX Compliance/Title IX Coordinator. You may do so by contacting:

Michelle Boone, JD, Director of Title IX Compliance/Title IX Coordinator
Mayer Administration Building, Room 200
325-942-2022; michelle.boone@angelo.edu

You may also file a report online 24/7 at www.angelo.edu/incident-form. If you are wishing to speak to someone about an incident in confidence you may contact the University Health Clinic and Counseling Center at 325-942-2173 or the ASU Crisis Helpline at 325-486-6345.

The Office of Title IX Compliance also provides accommodations related to pregnancy (such as communicating with your professors regarding medically necessary absences, modifications required because of pregnancy, etc.). If you are pregnant and need assistance or accommodations, please contact the Office of Title IX Compliance utilizing the information above. For more information about Title IX in general you may visit www.angelo.edu/title-ix.

Surf the Net for Health & Wellness

<http://www.healthfinder.gov> <http://www.thehealthpages.com> <http://www.nccam.nih.gov>
<http://www.takingmeds.com> <http://www.stress.org> <http://www.apahelpcenter.org>
<http://www.theacpa.org> <http://www.ampainsoc.org> <http://www.healthy.net>
<http://www.americanheart.org> <http://www.cancer.org> <http://www.intelhealth.com>



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