

Syllabus
Health Psychology
Spring 2020

Professor:	David Carlston, Ph.D.	Course #:	PSYC 3853, sec. 201
Office:	120 O'Donohoe	Time:	12:30-2:00pm TR
Phone:	940-397-4718	Location:	PY 102
e-mail:	david.carlston@msutexas.edu	Office Hours:	MW 9:30-10:30, TR 10:30-12

Brannon, L., Updegraff, J. A., & Feist, J. (2018). *Health Psychology: An Introduction to Behavior and Health* (9th Ed.). Boston, MA: Cengage Learning, Inc.

Course Objectives:

1. Help students to gain an overview of the fundamental principles practices of health psychology.
2. Provide students with basic exposure to health psychology research.
3. Provide students with a basic understanding of health promotion and intervention.

Course Requirements:

1. Students will complete four exams during the course of the semester. Each exam will be worth 100 points each. Exams will assess students' knowledge and application of course material. Make up exams must be completed within two class days of the date the exam was administered. Make up exams will be essay questions only.
2. Students will be required to complete a small group research project. Groups will be assigned by the instructor. Each group will collect, analyze, and present data gathered during the semester. Each group will collect data specific to an assigned area of health psychology. Groups will present their findings during the scheduled final exam. All members of the group are expected to contribute to the project. Group members may divide tasks according to individual strengths, however, all members are expected to participate to relatively equal extents. Each individual's grade will be determined by the overall quality of the project, the individual's contribution to the project, and the individual's ability to work with other group members. The project will be worth 200 points.

Grading:

540-600	A
480-539	B
420-479	C
360-419	D
0-359	F

Attendance:

Attendance is required for the course. Each student will be allowed three absences without penalty. Each additional absence will result in a 5% reduction of the student's final grade. Students arriving following the taking of attendance will be considered absent. Students will be responsible for the information presented during the class periods for which they were absent. This information includes but is not limited to course content, syllabus changes, and information regarding the research requirement.

The only absences that will not be counted are absences for a mandatory, university-sponsored event or religious holiday. Mandatory university-sponsored events must be verified by the Dean of Students, Provost, or Athletic Director. Written notification for mandatory university-sponsored events must be provided to the professor at least two days prior to the day of the event. Absences for religious holidays must be cleared through the Dean of Students. Students must inform the instructor of religious holiday absences by the 15th day of class.

Cheating Policy:

Any evidence of cheating (e.g., looking on another's paper, allowing someone to look on your own paper, using an unauthorized memory aide, plagiarism) will result in automatic dismissal from the course with a letter grade of "F" and a referral to the Dean of Students, as cheating is a violation of the university honor code.

Disability:

Any student who, because of a disability, may require special arrangements in order to meet the course requirements should contact the instructor as soon as possible to make necessary arrangements. Students must present appropriate verification from the University's Disability Support Services (DSS) during the instructor's office hours. Please note that instructors are not allowed to provide classroom accommodation to a student until appropriate verification from the DSS has been provided.

Tentative Class Schedule:

Week		Reading	DUE/Additional Info
1/20- 1/25	Course Introduction Health Psychology Research	Chapters 1 & 2 Pgs. 1-36	
1/27- 1/31	Seeking and Receiving Health Care Adhering to Healthy Behavior	Chapters 3 & 4 Pgs. 37-84	Complete IRB Training
2/3- 2/7	Adhering to Healthy Behavior		
2/10- 2/14	Defining, Measuring, and Managing Stress	Chapter 5 Pgs. 85-118	2/11 Exam #1
2/17- 2/21	Understanding Stress, Immunity, and Disease	Chapter 6 Pgs. 119-142	
2/24- 2/28	Understanding and Managing Pain	Chapter 7 Pgs. 143-172	
3/2- 3/6	Considering Alternative Approaches	Chapter 8 Pgs. 173-204	3/5 Exam #2
3/9- 3/13	Behavioral Factors in Cardiovascular Disease	Chapter 9 Pgs. 205-234	3/12 Literature Review
3/16- 3/20			No Class 3/16-3/20
3/23- 3/27	Behavioral Factors in Cancer	Chapter 10 Pgs. 235-256	
3/30- 4/3	Living with Chronic Illness	Chapter 11 Pgs. 257-284	4/2 Exam #3
4/6- 4/10			No class 4/9 Statistical Consultation
4/13- 4/17	Smoking Tobacco	Chapter 12 Pgs. 285-312	Statistical Consultation
4/20- 4/24	Using Alcohol and Other Drugs	Chapter 13 Pgs. 313-342	
4/27- 5/1	Eating and Weight	Chapter 14 Pgs. 343-372	
5/4- 5/8	Exercising	Chapter 15 Pgs. 373-398	5/7 Exam #4
5/14	Final Presentations		5/14 10:30-12:30