



Health Psychology (Psyc 385)

Sec 1

Spring 2024 Syllabus

Professor:	Dr. Jody Lewis
Office:	SCI D233
In person availability:	Office hours Thurs 1-2 pm or by appointment
Online availability:	M-F 9am – 5pm (when not in class)
Ways to contact me:	my office, after class, e-mail, Canvas message, Zoom
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The goals of this course are to:

1. provide an overview of the field of health psychology which includes stress, chronic diseases, and health behaviors
2. examine both the physiological and psychological factors which contribute to the management of one's health
3. develop the skills needed to read and understand research in health and chronic disease management
4. to apply the knowledge learned in this class to make good health decisions for yourself and for those you are helping

Teaching philosophy and classroom expectations:

- I do not make judgments about a student's character based on their grades/performance in my classes.
- I do care very much about my teaching, how I run a classroom, and will do anything I can to help you get the best possible grade in this course.
- My goal in life is NOT to give busy work, torture students, and make their lives miserable –really, I have better things to do with my time.
- I consider all students adults, which means that I believe that students are able to make decisions for themselves, have a life outside the classroom, and if students need help, they will come to me (I do not chase students around and I don't monitor their attendance closely).
- I think students learn more and get more out of a class when they read the book and participate in class.
- I expect that students will ask questions in class if they need me to repeat something, clarify what I said, and/or are curious about something
- Learning should be fun and relaxing, but difficult. Very few of us have sponge-like brains, so if you want to learn something you have to work hard.

Class Materials

Text: Brannon, Updegraff, Feist (2022) Health Psychology: An introduction to Behavior and Health, 10th edition.

Internet Sources: Course material will be provided through Canvas. This will include the syllabus, lecture outlines, select slides, assignments, outside reading assignments, and anything else I come across that may be interesting and/or useful for class.

Course requirements

Exams: There will be three exams over material covered in lecture, the textbook, assigned readings and class projects. I will provide make-up exams with a legitimate, documented excuse and if you contact me within 24 hours of the scheduled exam. Makeup exams that are not completed within one week of the scheduled exam time will receive zero points.

Research Assignments: The purpose of the research assignments is to provide students with the skills to read and understand research in medicine and health. Students will be expected to read 2 research articles over the course of the semester and answer a series of questions about each article. In order to reduce workload and increase performance, students will collaborate with other students on these assignments during class time.

Application Assignments: In order to help students apply the knowledge in this class to their own lives, they will be expected to complete 3 application assignments over the course of the semester. For each application assignment, concepts will be introduced in class but much of the work of the assignment will be completed outside of class.

Late work policies:

- Late assignments will lose 10% of the possible points per day that the assignment is late (these points are automatically deducted in Canvas immediately after the due date/time has passed).
- Blank or incorrect documents uploaded to Canvas assignments will be considered missing and/or is subject to standard late penalties. Whenever you upload a document to Canvas, check to make sure it is the document you intended to upload.
- If you have extenuating circumstances during the semester which make it difficult for you to complete the work on time (e.g. health issues, family emergencies, deployment, etc.) please contact me right away so we can come up with a plan of action for you so you can finish the semester successfully. I do not allow students to make up missed work several weeks or months after an assignment is due.

Extra credit and redo's: I do not allow students to redo assignments or retake exams and I do not offer extra credit assignments. If you are struggling with material, please ask me for help before the assignment is due.

Grading: Your grade is based on the number of points earned in the class.

Point distribution:

Exams (80pts x 3)	240pts	68%
Application Assignments (x3)	69pts	20%
Research Assignments (x2)	42 pts	12%
Total	351pts	100%

Letter grade cutoffs:	
A	93%-100%
A-	90%-92%
B+	87%-89%
B	83%-86%
B-	80%-82%
C+	77%-79%
C	73%-76%
C-	70%-72%
D+	67%-69%
D	60%-66%
F	<60%

Additional course information

Attendance: Attendance is expected in this class. For an online class, attendance means logging into Canvas on a regular basis and completing assignments on time. If you have extenuating circumstances during the semester which make it difficult for you to complete the work on time (e.g. health issues, family emergencies, deployment, etc.) please contact me right away so we can come up with a plan of action for you so you can finish the semester successfully. Do not wait until several weeks or months after an assignment is due to contact me.

Academic honesty: I do not tolerate violations of academic honesty such as cheating, plagiarism, and copying/buying papers off the internet. You are responsible for understanding and abiding by the university academic standards. Instances of academic dishonesty may result in the failure of the course. Please see Chapter 14, *Student Academic Standards and Disciplinary Procedures* of the *UWSP Community Rights and Responsibilities*. This can be found at <http://www.uwsp.edu/dos/Documents/CommunityRights.pdf>. And the Academic Misconduct Webpage can be found at <http://www.uwsp.edu/dos/Pages/Academic-Misconduct.aspx>

Disability accommodation: Please contact me and Disability Services during the first two weeks of the semester if you are in need of any additional accommodations at 346-3365 or <http://www.uwp.edu/disability>

Religious accommodation: Religious beliefs will be accommodated according to UWS 22.03 as long as you notify me within the first three weeks of the beginning of class of the specific dates on which you will request relief.

Tutoring-Learning Center: The center provides assistance such as group and individual tutoring, help with computer skills, and help with writing papers. They are located in 018 LRC (346-3568). They can also be found at <http://www.uwsp.edu/tlc/>

Withdrawal policy: If you decide you no longer want to take the course you must follow the university procedures for officially dropping the course. If you stop attending and do not officially drop the course you will receive an F in the course. See the Registration and Records webpage for information about when the last day is to drop a course (click on Registration Dates and Information). <http://www.uwsp.edu/reg-rec/>

Legal actions I am required to report: According to federal and state laws, and university guidelines I am required to report acts of criminal or offensive nature that occur both within and outside of class. This includes acts of sexual harassment and assault, bias and hate crimes, illicit drug use, and acts of violence. Any disclosure or description of these incidents – both current and in the past – may be reported to the Dean of Students office (<http://www.uwsp.edu/dos/>) or the local authorities.

Equality, fairness, and respect: I do everything in my power to treat everyone equally, fairly, and with respect regardless of their race, ethnic group, socioeconomic status, gender, sexual preference, sexual identity, religion, age, weight, political ideology and opinions, profession, and anything else under the sun.

Lecture copyright. Lecture materials and recordings are protected intellectual property at UW-Stevens Point. Students in this course may use the materials and recordings for their personal use related to participation in this class. Students may also take notes solely for their personal use. Students may not copy or share lecture materials and recordings outside of class, including posting on internet sites or selling to commercial entities. Unauthorized use of these copyrighted lecture materials and recordings constitutes copyright infringement and may be addressed under the university's policies, UWS Chapters 14 and 17, governing student academic and non-academic misconduct.

Tentative Schedule

Dates	Topics and associated readings	Class assign	Due dates
Unit 1: Foundations of health psychology			
Week 1: Jan 23, 25	Introductions, foundations of health psychology (Ch. 1)		
Week 2: Jan 30, Feb 1	Research in Health psychology (Ch. 2 pgs 21-36)	RA 1: Understanding placebo studies (20 pts) group discussion on Feb 1	RA 1 due Feb 1 by 5pm (hardcopy in class or electronic copy to canvas)
Week 3: Feb 6, 8	Research in Health psychology Defining, measuring, and managing stress (Ch. 5)		
Week 4: Feb 13, 15	Defining, measuring, and managing stress	AA 1: Measuring and managing your stress (18 pts)	
Week 5: Feb 20, 22	Stress, immunity, and disease (Ch. 6 pgs. 131-136, 140-141, 143-145, 146-147)		AA1 Due Feb 22 to Canvas dropbox by 5 pm
Week 6: Feb 27, 29	Stress, immunity, and disease		Exam 1 Feb 29
Unit 2: Chronic illnesses			
Week 7: March 5, 7	Pain and pain management (Ch. 7, Ch. 8 pgs. 194-199)		
Week 8: March 12, 14	Pain and pain management Cardiovascular disease (Ch. 9)	RA 2: Using CBT and ACT to treat chronic pain (22 pts) group discussion on March 14	RA2 due March 14 by 5pm (hardcopy in class or electronic copy to canvas)
Week 9: March 18-22	SPRING BREAK		
Week 10: March 26, 28	Cancer (Ch. 10)	AA 2: Chronic disease report Interview (5 pts)	AA 2 Interview due April 2 to canvas dropbox by 5 pm
Week 11: April 2, 4	Managing chronic illnesses (Ch. 11, pgs. 276-279)	AA 2: Chronic disease report Paper (25 pts)	AA2 Paper due April 4 to Canvas dropbox by 5 pm
Week 12: April 9, 11	Managing chronic illnesses		Exam 2 April 11
Unit 3: Promoting healthy behaviors			
Week 13: April 16, 18	Health defeating behaviors: Smoking, alcohol, and drugs (Ch. 12&13)		
Week 14: April 23, 25	Health defeating behaviors		
Week 15: Apr 30, May 2	Health promoting behaviors: weight, eating, sleeping, and exercise (Ch. 14&15)	AA 3: Health promoting behaviors (21 pts)	
Week 16: May 7, 9	Health promoting behaviors		AA 3 Due May 9 to Canvas dropbox by 5pm
May 13-17	Final: Monday, May 13 2:45-4:45		Exam 3 Finals week