Henry Ford Community College
PSY 257 (3 credit hours): HEALTH PSYCHOLOGY (Fall, 2010)
Section 99: Online

Instructor: Alison Buchanan **Office:** L-105 **Office Phone:** 313-317-6511 **Email:** albuchanan@henryford.ucompass.com
Office Hours: Tuesday & Thursday 11:15am-noon and 2:15pm-3:15pm; Wednesday 11:15am-2:15pm

I. CATALOG DESCRIPTION

This course explores the psychological dimensions of health and the prevention and management of illness. The interaction between biological, social, and psychological factors in health and medical problems is emphasized. Major topics include history of health psychology, research methods in health psychology, biological foundations of health and illness, stress, prevention and positive psychology, nutrition and eating disorders, substance abuse, cardiovascular disease and diabetes, HIV and AIDS, cancer, pain, complementary and alternative medicine, and the role of health psychology in healthcare settings.

II. REQUIRED MATERIALS

A. Straub, R.O. (2007). *Health psychology: A biopsychosocial approach (2nd ed.).* New York, NY: Worth.
B. Access to the Health Psychology textbook companion website - Registration is required once but use of the site is free

III. COURSE OBJECTIVES

A. Describe the development of health psychology as a discipline.
B. Describe the scope of the field of health psychology.
C. Explain how the biopsychosocial model promotes the understanding of health and illness.
D. Describe the basic concepts that guide the work of the health psychologist.
E. Compare and contrast research methods used in the field of health psychology.
F. Describe the biological foundations of health and illness.
G. Describe the physiology of stress, including the nervous, endocrine, and immune systems.
H. Compare and contrast the major models of stress and illness, including Selye's General Adaptation Syndrome, Stress as a Transaction, Diathesis-Stress Model, and Tend-and-Befriend Theory.
I. Explain the psychosocial sources of stress.
J. Describe the various coping strategies and factors affecting the ability to cope.
K. Analyze the various methods of stress management.
L. Explain theories of health and behavior, including the health belief model, the theory of planned behavior, and the transtheoretical model.
M. Compare and contrast the types of prevention.
N. Describe key features of psychological thriving.
O. Explain the relationship between nutrition and disease.
P. Explain factors involved in weight determination.
Q. Describe obesity, causal factors, prevention, and treatments.
R. Describe eating disorders, causal factors, prevention, and treatments.
S. Describe mechanisms of drug action and models of addiction.
T. Describe alchohol use and abuse, causal factors, prevention, and treatments.
U. Describe tobacco use and abuse, causal factors, preventtion, and treatment.
V. Describe cardivascular disease, risk factors, prevention, and treatments.
W. Describe cancer, risk factors, prevention, treatments, and coping mechanisms.
X. Explain the AIDS epidemic.
Y. Describe symptoms and stages, medical and psychosocial interventions, and coping with HIV and AIDS.
Z. Describe the criteria used to recognize and interpret symptoms.
AA. Describe characteristics of those seeking treatment and explain patient adherence to treatment.
BB. Explain the patient-provider relationship, including factors affecting the relationship, relationship models, communication, and the role of the Internet.
CC. Describe the current and changing health care system.
DD. Describe various aspects of hospitalization.
EE. Describe the various aspects of pain, including measurement, physiology, psychosocial factors involved, and treatment.
FF. Compare and contrast traditional medicine with complementary and alternative medicine across cultures.
GG. Explain the effectiveness of complementary and alternative medicine.
HH. Explain how complementary and alternative medicine is indicative of a paradigm shift in medicine and healthcare in the United States.
II. Explain health psychology's four most important lessons.
JJ. Explain health psychology's five most important future challenges.
KK. Analyze the importance of psychological factors, gender, ethnicity and culture, spirituality, sexuality, and age involved in health and illness.*

IV. METHODS OF INSTRUCTION

A. Reading assignments
B. Group "discussions" on the Discussion Board
C. Post-Tests
D. Critical thinking activities
E. Practice activities
F. Self-Modification Project
G. Supplemental Internet materials

V. COURSE EVALUATION

A. Self-Modification Project: You will complete a behavior modification project based on information from personal experience, from the text, and from other resources. The project is worth 100 points toward the final grade, and assignment guidelines are in the Self-Modification Project Packet. The project is due by 9:00pm Monday, 11/29.

B. Exams: You will take two exams with 50 multiple-choice questions each. They will be given during week 8 and week 16 (finals week) and will be a random mix of post-test questions. They are worth 50 points each (100 points toward the final grade).

The exams will be made available *only* on the dates recorded in the schedule. They are timed (50 minutes) and can only be accessed once. This means that once you access the tests (click on the link), you MUST take them at that time. You cannot open a test, view it, close it, and come back to it later. There are NO exceptions to this rule! You must take the test on a computer with a strong Internet connection and when the weather is calm. Please try not to wait until the last minute to take the test in case you experience technical difficulties with it. **There is no makeup should you 1) "forget" to take either test by the due date or 2) fail to answer all of the questions by the due date (because either exam was started too late).**

C. Post-Tests: You will complete one *chapter post-test (done after reading and completing other assignments)* each week. There are a total of 16 tests, and each test is worth 15 points for a total of 240 points toward the final grade (16 tests X 15 points each).* Each test is timed (15 minutes) can be reset one time before the due date (the 15-minute time limit applies to EACH attempt). The second attempt will have some new questions mixed in with the old questions, and your score on the 2nd attempt is the one that gets recorded in the gradebook. The system does not record answers from the 1st attempt if a test is reset.

*The first test is a Course Information Quiz that just covers information about class policies, the syllabus, the course schedule, etc. (It does not include information from the text).

D. Critical Thinking Assignments: Students will complete 3 *written* assignments designed to promote critical thinking about various topics. Each assignment is worth 10 points for a total of 30 points toward the final grade. You are expected to write in a professional manner on these assignments and to proofread responses before submitting them. Therefore, mechanical errors, (i.e., grammar, spelling, capitalization, spacing, omission of words) will constitute a deduction of points on these assignments. You are also expected to discuss issues and converse with classmates and your instructor in a respectful manner. While it is perfectly acceptable to disagree with someone or something, you must do so thoughtfully and with consideration for other's thoughts and feelings. Points can be deducted for failure to conduct yourself in a professional and respectful manner. There is no maximum number of points that can be deducted.

E. Discussion Board: Students will respond to questions and converse with classmates through 5 *written* assignments on the Discussion Board. Each assignment is worth 10 points for a total of 50 points toward the final grade. You are expected to write in a professional manner on these assignments and to proofread responses before submitting them. Therefore, mechanical errors, (i.e., grammar, spelling, capitalization, spacing, omission of words) will constitute a deduction of points on these assignments. You are also expected to discuss issues and converse with classmates and your instructor in a respectful manner. While it is perfectly acceptable to disagree with someone or something, you must do so thoughtfully and with consideration for other's thoughts and feelings. Points can be deducted for failure to conduct yourself in a professional and respectful manner. There is no maximum number of points that can be deducted.

F. Extra credit – Students can earn a maximum of 10 extra credit points from one extra credit quiz during week 13, 14, or 15. Although more points may be offered and earned, students can ONLY count 10 extra credit points toward the final grade. Extra points earned on post-tests DO NOT count toward these 10 points. The extra credit quiz is completely voluntary and cannot be made up in the event of a missed due date.

IMPORTANT: If you choose to submit answers close to due dates for post-tests, exams, critical thinking assignments, and practice worksheets, it is possible those answers will not get recorded in the system. This is due to the fact that the UCompass clock and your computer clock are probably different. If you try to submit answers right before assignments close and the gradebook shows a zero for the assignments, you will earn a zero. I will NOT go into your assignments to see if the system recorded answers because you waited until the last minute to submit. PLEASE plan accordingly!

VI. ATTENDANCE POLICY

Student attendance is required and expected. If you are not attending to the lessons and activities, you are not in class. If you were taking this course on campus, you would be coming to class 2 days a week for approximately 1.5 hours a day. In addition to the class time you would also have assignments to do. The time frame for this class is no different. You will need to do something for this class every day or two (e.g., check announcements, UCompass email, Course Materials, etc.).

The course is divided into 16 weeks, and there is one "Packet" of materials for each week in the "Course Materials" section (17 packets total; the first is the "Getting Started" packet and the 16th packet is the final project). Each packet contains assignments for one chapter from the text. Packets for each week "turn on" (become available) every Thursday morning between 8:00-9:00am and "turn off" the following Thursday evening at 9:00pm (Weeks 14 and 15 are available Monday-Monday). **All packets are only open for one week at a time**, so you must complete all activities for that week *during that week*. (The exception to this is the Week 1 packet-open for 2 weeks and week 13 packet-open for 1.5 weeks, and the exams.) **Once a packet "turns off" its assignments for that week cannot be completed.** Therefore, you should not wait until the last part of each week to do the scheduled activities for the packet. You will get behind if this happens, and your grade will most likely suffer. We are covering 15 chapters in 15 weeks, so you must attend this class regularly. YOU ARE RESPONSIBLE FOR ALL MATERIAL DISCUSSED AND PRESENTED IN THE TEXT AND IN SUPPLEMENTAL MATERIALS.

Most assignments will only be accepted through worksheets, the Discussion Board, and/or Course Folders in UCompass (as they are set up). They will NOT be accepted through email unless directed to do so. Please be aware the instructor is not responsible for lost work or for work needing to be resubmitted. Students must save copies of their completed work and keep them until a grade has been given **for the semester**.

If you encounter any issue that may prevent you from completing assignments on time, you should contact me ASAP. Do not wait weeks after a situation or contact me right before the end of the semester. **I may or may not allow you extra time, depending on your situation.** Decisions will be made on a case by case basis, but hospitalization of family members (other than yourself as the student) and funerals do not automatically constitute extra time for assignments. You will need to provide a verifiable excuse *should I allow you extra time*. I expect you to complete all assignments by the specified due dates. In most cases, I will not extend due dates. I have to be fair to everyone, and sticking to due dates is one way to be fair. I am not kidding about this and take it very seriously!

In the event of an emergency (e.g., sickness, hospitalization), students should contact the instructor (or have someone else do it) to inform her about the student's absence and to make arrangements for turning in assignments. Written, verifiable documentation of the incident/situation must be provided via email or fax. The message should be sent as soon as possible.

VII. ACADEMIC INTEGRITY

The instructor strongly encourages study groups; however, students are expected to complete their own assigned homework, quizzes, critical thinking, discussion board, etc. Sharing work with classmates and copying work from others (classmates, authors, artists, websites, etc.) constitutes cheating and plagiarism. Neither cheating nor plagiarizing will be tolerated. Both will be punished with a grade of zero on the questioned work and may result in failure of the course. Please refer to the HFCC college catalog for more information. All students are required to sign an Academic Integrity Form at the beginning of the semester.

VIII. ACCOMMODATIONS FOR SPECIAL NEEDS

If students need an academic accommodation because of a disability, please advise the instructor. Make an appointment as soon as possible to verify the disability and arrange accommodations with Assisted Learning Services (313-845-9617).

IX. ADDITIONAL IMPORTANT INFORMATION:

*Students are responsible for dropping the course by **Thursday, 11/11** (last date to drop). The instructor will not drop students after this drop date.* **Please** DO NOT ask for a drop after this date unless you have previously been in contact with your instructor about a situation **Any student who stops "attending" class for any reason and does not officially drop the course will earn an "E" on his/her transcript.** Please talk with your instructor on a regular basis so she can help you succeed!

X. GRADING PROCEDURE

Grading is on a point system with 520 possible points and is on a 10-point scale.

Self-Modification Project	= 100 points	Grading Scale	
Exams	= 100 points	520 – 466 = A	(90% – 100% = A)
Post Tests	= 240 points	465 – 414 = B	(80% – 89% = B)
Critical Thinking	= 40 points	413 – 362 = C	(70% - 79% = C)
Discussion Board	= 40 points	361 – 310 = D	(60% - 69% = D)
Total	**= 520 points**	< 310 = E	(59% or less = E)

Grades are calculated as follows:

1. Add the total number of **points earned** for all assignments.
2. Add the total number of **points possible** for all assignments.
3. Divide the total number of **points earned** by the total number of **points possible**.

4. Multiple this number by 100. This number is the grade, which is the percentage based on a 100-point scale. In other words, if the number is a 94, the grade is a 94%, or an A. If the number is an 82, the grade is an 82%, or a B. The grade will be rounded to the nearest tenth (numbers 5 and above are rounded up while numbers 4 and below are rounded down). For example, if the percentage is 79.7 it will be rounded up to a 80%. An 80% is a "B-". If the percentage is 79.4 it will be rounded down to a 79%. A 79% is a C+.

GRADE CALCULATION EXAMPLE:

1. *Clark earned the following points*:

Final Project	=	90 points
Exams	=	90 points
Post-Tests	=	205 points
Critical Thinking	=	37 points
Discussion Board	=	40 points
Extra Credit	=	10 points
Total	**=**	**472 points**

2. Following are the *total points possible* for all assignments during Clark's class:

Final Project	=	100 points
Exams	=	100 points
Post-Tests	=	240 points
Critical Thinking	=	40 points
Discussion Board	=	40 points
Extra Credit	=	DO NOT COUNT HERE
Total	**=**	**520 points**

3. Divide **points earned** by **points possible:** 472/520 = .907
4. Multiply .907 by 100 = 91% (A)

XI. TENTATIVE COURSE SCHEDULE – The instructor reserves the right to change the schedule as necessary

August 26-September 9	Week 1 Packet Available: Chapter 1 – **Assignments for this week are due by 9:00pm on 9/9 (Thurs.)**
September 8	*Last Day for a 50% Refund for Fall 2010 Classes*
September 2-9	Week 2 Packet Available: Chapter 2 – **Assignments for this week are due by 9:00pm on 9/9 (Thurs.)**
September 9-16	Week 3 Packet Available: Chapter 3 – **Assignments for this week are due by 9:00pm on 9/16 (Thurs.)**
September 16-23	Week 4 Packet Available: Chapter 4– **Assignments for this week are due by 9:00pm on 9/23 (Thurs.)**
September 23-30	Week 5 Packet Available: Chapter 5 – **Assignments for this week are due by 9:00pm on 9/30 (Thurs.)**
September 30-October 7	Week 6 Packet Available: Chapter 6 – **Assignments for this week are due by 9:00pm on 10/7 (Thurs.)**
October 7-14	Week 7 Packet Available: Chapter 7 – **Assignments for this week are due by 9:00pm on 10/14 (Thurs.)**
October 14-21	Week 8 Packet Available: Chapter 8 – **Assignments for this week are due by 9:00pm on 10/21 (Thurs.)**
October 19-21	**Chapters 1-7 Exam Available** (Tuesday-Thursday): Answers must be submitted no later than 9:00pm on 10/21
October 21-28	Week 9 Packet Available: Chapter 9 – **Assignments for this week are due by 9:00pm on 310/28 (Thurs.)**
October 28-November 4	Week 10 Packet Available: Chapter 10 – **Assignments for this week are due by 9:00m on 11/4 (Thurs.)**
November 4-11	Week 11 Packet Available: Chapter 11 – **Assignments for this week are due by 9:00pm on 4/11 (Thurs.)**
November 11	**Last Day to Drop Winter 2010 Classes (Thursday)**
November 11-18	Week 12 Packet Available: Chapter 12 – **Assignments for this week are due by 9:00pm on 11/18 (Thursday)**

November 18-29	Week 13 Packet Available: Chapter 13 – **Assignments for this week are due by 9:00pm on 11/29 (Monday) Self-Modification Final Project due here.**
November 29-December 6	Week 14 Packet Available: Chapter 14 – **Assignments for this week are due by 9:00pm on 12/6 (Monday)**
December 6-13	Week 15 Packet Available: Chapter 15 – **Assignments for this week are due by 9:00pm on 12/13 (Mon.)**
December 13-15	**Chapters 8-14 Exam Available** (Monday-Wednesday): Answers must be submitted no later than 9:00pm on 12/15

There is a Grade Calculation Sheet on the next page. Please print it out or save it and keep track of your grades on it during the semester.

XII. GRADE CALCULATION SHEET: Record grades below and keep track of them during the course. Points earned are listed in UCompass.

Assignment	**Points Earned**	**Points Possible**
A. Final Project		100
B. Exams (100 points)		
Chapters 1-7		50
Chapters 8-14		50
C. Post-Tests (240 points)		
Course Information Quiz		15
Week 1 – Chapter 1		15
Week 2 – Chapter 2		15
Week 3 – Chapter 3		15
Week 4 – Chapter 4		15
Week 5 – Chapter 5		15
Week 6 – Chapter 6		15
Week 7 - Chapter 7		15
Week 8 – Chapter 8		15
Week 9 – Chapter 9		15
Week 10 – Chapter 10		15
Week 11 – Chapter 11		15
Week 12 – Chapter 12		15
Week 13 – Chapter 13		15
Week 14 – Chapter 14		15
Week 15 – Chapter 15		15
D. Critical Thinking (40 points)		
Week 4 (Phone Conference)		20
Week 9 (Project Progress Report)		10

Week 12 (Healthcare Experiences Interview)		10
E. Discussion Board (40 points)		
Week 1 (Introduction)		10
Week 5 (Stress Management Techniques)		10
Week 7 (Nutrition and Eating Out)		10
Week 14 (CAM Fact or Fiction)		10
F. Extra credit (10 points maximum)		
Quiz #1		N/A
Totals		**520**

The following are FYIs about the UCompass gradebook. PLEASE read them carefully and then ask questions if you have them.

FYI #1: The percentage and grade shown in UCompass will not be 100% accurate. That is why you need to keep track of your grades with the Grade Calculation Sheet on the next page. One issue is that each post-test is worth 15 points (per Section V above) but has more than 15 questions on it. (In other words, the ***points possible*** for each post-test are actually 15 even though you can earn more than 15 points). Any points earned above 15 are actually extra points. However, the gradebook does not "understand" this, and it assumes that if a post-test has 16 questions on it, the points possible are 16. I cannot "tell" the system that points earned above 15 are extra, but it is definitely to your benefit to have more than 15 questions. For example, if you take a post-test with 16 questions and earn 14 points, your percentage is a 93% (14 divided by **15**). It's NOT an 87.5%, which is what you get if you divide 14 by 16. So…….to find your ***points earned,*** you need to read the 1st column in the gradebook, which is called the "Student Score". DO NOT go by the 3rd column called "Gradebuilder Points Earned". I'm not sure where the numbers in this column come from. To find your current percentage at any time during the semester, please follow the instructions above in Section X, Grading Procedure.

A second issue is that the percentage shown is a reflection of your score on "*attempted"* assignments and not on *"all required"* assignments. If you miss a required assignment, the system will adjust your score to show your percentage on those assignments you actually completed rather than all assignments.

FYI #2: The last column, "Date Submitted", will only show the time and date you submit post-test answers, exam answers, Week 9 Critical Thinking (Project Progress), and Week 12 Critical Thinking (Interview). If you submit answers for any of these assignments but nothing appears in the "Date Submitted" column, something is wrong and you should contact your instructor.

The "Date Submitted" Column will NOT show time and date submissions for Discussion Board assignments. The column will appear as an "NA". I'm not sure why, so please don't ask. The only way to tell if you submitted your DB responses correctly is to go to the Discussion Board itself and look at all of the responses. If your responses are not there, you have submitted them incorrectly. Be careful about modifying a post after the due date. Anything you do to the post will change the date and time.

You will also not see a time and date for Final Project submissions and the Week 6 Critical Thinking assignment. Once again, the "Date Submitted" column will appear as an "NA". The only way to tell if you submitted your project correctly is to go to your Course Folder in the "Course Materials" section. You should see it listed. Be careful about modifying the file after the due date. Anything you do to the file will change the date and time.

FYI #3: You will NOT see a score in the first column (Student Score) for DB assignments, Critical Thinking assignments, and the Project until your instructor assigns a grade for them. Until a grade is assigned, it will look like this: "Not submitted / 10" (DB and CT) or "Not submitted / 100" (Project). Please do not panic as long as you can see your responses on the DB and see your project in your Course Folder. Please be patient as it may take several weeks for the grades to appear.