

Health Psychology Fall 2009

Psych 450, Lec. 001
Fall 2009
TR 12:30-1:50 PM
MAC 103

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Office Hrs: TR 11-12:00PM
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Course Outline

Purpose: To examine how health is affected by the psychological condition of individuals of all ages. This course will also focus on some cultural differences as it concerns health psychology. We will study individuals of all ages, as they function at home and with outpatient and inpatient care. Both mental and medical care will be included in this course. We will study individuals who are remaining healthy, and individuals who are coping with various illnesses. Essentially, Health Psychology is the study of how psychological thinking influences people to stay healthy, why they become ill, and what their behaviors are when they become ill.

Text: Gurung, Regan AR. Health Psychology, A Cultural Approach. Thompson Wadsworth, 2010.

Course Requirements:

1. One midterm exam (35% of grade)
2. One 6 page health behavior change plan (20% of grade)
3. One final exam (35% of grade)
4. 8 class participations (10% of grade).

Note: No extra credit can be earned for this class. Attendance is required.

The six page paper is a personal health behavior change plan. The student will research, design and write a personal health behavior plan which will be incorporated into the first three pages of the paper. The fourth and fifth pages will discuss the immediate and long term outcome of the personal plan, with the sixth page as the reference page. The student needs to include in the paper 3-4 references pertaining to health psychology theories, and 3-4 academic references pertaining to the health behavior issue focused within the personal plan. **The behavioral plan paper is due November 24, 2009, but may be turned in earlier.**

Grading Scale

Letter	Total Class Score
A	92-100
AB	87-91
B	83-86
BC	77-82
C	67-76
D	60-66
F	Below 60

Date (approx)	Topic	Reading
9/3	Introduction What is Health Psychology and Health Behaviors	Chapter 1 Lecture/Handouts
9/8	Focus: Health Behavioral Plans	
9/10	Stress Across Cultures	Chapter 4
9/15	Coping and Social Support	Chapter 5
9/17	Models of Behavior Change	Chapter 6
9/22	What can the Kress Center do for you? Coach Mike Kline: UWGB-Athletics Kress Fitness Trainer	
	CLASS MEETS IN KRESS CENTER, ROOM 101	
9/24	Health Behaviors: Eating, Physical Activity Smoking and Drinking	Chapter 7
9/29	Smoking Cessation The History of Drugs and Alcohol	
10/1	Pet Therapy Aurora Bay Care	Lecture Guest
10/6	Class Focus Lecture: Midterm Review	
10/8	Midterm Exam	
10/13	Factors Surrounding Illness	Chapter Eight
10/15	Pain	Chapter N
10/20	Focus Groups: Contemporary Health Psychology Theory	
10/22	Health Psychology Educational Forum: "Trauma & the Path to Healing": Speakers to be Announced Class to be held in Christie Theatre	
11/3	Guest Speaker: Jolene Garvey, Chiropractor	Guest speaker
11/5	Religion and its affect on Health	Lecture
11/10	Understanding Nutrition Bariatric Health	Lecture
11/12	Chronic Illness and Death	Chapter 10
11/17	Psychoneuroimmunology and HIV	Chapter 11
11/19	Interventions	Lecture
11/24	Culture and Cancer	Chapter 12
	Health Behavior Paper Plan Paper Due by 11:59PM on D2L Thanksgiving Day! No Class	
11/26	Cancer survivor guest speaker	Guest Speaker
12/1	Culture and Cardiovascular Disease	Chapter 13
12/3	What can a dentist tell you about your health?	Guest Speaker
12/8	Treating Somatization	Lecture
12/10	Cognitive Behavioral Skills Class Review for Final	
12/17	10:30-12:30AM Final Exam, Multiple Choice, 100 points	