

PSYC 504 Health Psychology Syllabus

Textbook: Brannon, L. & Feist, J. (2010). *Health Psychology: An Introduction to Behavior & Health*, (7th edition). Belmont, CA: Wadsworth/Cengage.

Course Description: This course will survey a variety of psychological factors which may be involved with health.

Sakai

- Frequently refer to Sakai for important class materials and announcements
 - Go to saka.unc.edu
 - Login with onyen & password
 - Choose our class
 - If your Sakai login does not work, you will miss important emails and announcements, as well as be unable to complete quizzes and papers. Contact ITS (962-HELP), if Sakai is not working for you.

Course Requirements:

- **4 EXAMS: 90% of course grade**
 - Cumulative Final Exam is included
 - Exams weighted equally
 - **NO MAKEUP EXAMS**
 - Whether due to illness (physical, mental, chronic, or acute), athletic events, traveling issues, family plans, or emergencies, there are NO makeup exams due to the logistical issues of having a large class. However, the exam policy has been designed to allow for such situations--by dropping one of Exams 1 - 3--while also making sure to give students the same amount of time to study and do well in the course. We will adhere firmly to this policy, in order to be fair to all students.
 - One of Exams 1 - 3 will be dropped. Everyone must take the cumulative final exam.
 - It is **STRONGLY** advised that you not miss any exams. You never know what will happen at the end of a semester so having a "just in case you do poorly on another exam" card is worth saving!
 - Allowing an absence from an exam only applies to Exams 1 - 3. If you miss the cumulative final exam, you will be given an "AB," which means that--IF you have an Official Examination Excuse--you will need to take the cumulative final exam sometime during the first couple of weeks during the Fall semester. Otherwise, the "AB" turns into a permanent "F." If you do not have an Official Examination Excuse, you will be given a zero for the cumulative final exam.

- **It is university policy that an instructor not change the final exam date/time.** An Official Examination Excuse from Academic Advising (or Student Health) is needed in order for you to take the final exam on our alternative date. Academic Advising only grants these excuses under very specific circumstances, such as having 2 finals at the exact same time or having 3 finals within a 24-hour period (NOT for vacations, family functions, etc.). Be sure to email the class email account to RSVP for the alternative final exam & bring your Official Examination Excuse to the exam (your TA cannot give the final exam without your Official Examination Excuse in hand). The alternative date for the final exam is: **Thursday, May 2nd, 9 AM - Noon in 310 Davie Hall.** If you miss the alternative date/time because of reasons out of your control (e.g. illness with an Official Examination Excuse), contact Dr. Loeb immediately. Arrangements will be made for you to take the final exam within 8 weeks of the Fall semester.
- **Learning Disabilities:** If you have a learning disability and are eligible for extended exam time, please be sure to contact Accessibility Resources & Service (formally Department of Disability Services) to arrange for them to proctor your exams (<http://www.unc.edu/depts/lds/students-overivew.html>). Please do this **AT LEAST THREE DAYS in ADVANCE** of exams, as they will not proctor otherwise.
 - Exams should be scheduled for the same day as when the class is scheduled to take the exam. If you schedule for a different day, you will have points deducted and/or will receive a zero, in order to be fair to other students. When scheduling the exam, choose a time which is closest to our usual classtime.
 - Indicate that you'd like for the program to remind me to send an electronic copy of the exam to their office.
 - **It is VERY important that you ALSO email me a reminder to send your exam as DS has often failed to do so until too late.**
 - Exam results should be emailed to **Jeannie.Loeb@gmail.com**
- **When coming to the exam...**
 - Bring #2 pencil
 - Bring scantron (available at Student Stores)
 - Fill out your scantron info before coming to class
 - Careful not to bend the scantron!
 - Do NOT bring cell phone or other electronic devices. You may be asked to stop taking the exam.
- **YOU WILL HAVE UNTIL THE NEXT EXAM TO REVIEW AN EXAM. Due to time constraints, you will NOT be able to review all exams at the end of the semester as there will not be enough appt. times available to serve all students in this case. Therefore, be sure to review your exams on a timel!**
- **When reviewing an exam, it is VERY important for you to RSVP for office hours so that your TA can pull your exam from the pile beforehand. Otherwise, it may not be possible to review your exam at the "last minute."**

UNDERSTAND THAT MOST OF YOUR COURSE GRADE IS BASED ON MASTERY (i.e. How well do you understand the concepts, as shown on an exam?). As such, while we give credit for effort (in the form of quizzes & papers), these account for a much smaller percentage of your course grade because in the end, what matters is how well you know the concepts.

- **QUIZZES: 5% of course grade**

- While it is important that most of the course grade be based on "mastery," quizzes are meant to give credit for effort, as well as to check your basic understanding of the readings.
- Quizzes are to be taken on Sakai by **7:30 AM** before the start of a lecture topic.
 - It is **STRONGLY** recommended that you **NOT** wait until the morning of the due date to take a quiz, as there are **NO EXTENSIONS FOR ANY COMPUTER PROBLEMS, ETC.** If you experience problems, call ITS for assistance (962-HELP).
- **You must complete 10 out of the 13 quizzes posted.** We will automatically take your best 10.
- Open-book, but there is a 45 min. time limit. Quizzes which exceed 45 min. will not be given credit (in the gradebook) and you will need to take the quiz again.
- Multiple attempts are allowed--your highest score will be saved.
- After submitting a quiz, **it is your responsibility to make sure that the quiz score has been properly posted.** Old quizzes cannot be restored. For technical problems, please contact ITS (962-HELP).
- If your computer has issues at times, try using the computers in Davis or the Undergraduate libraries.
- Note that quizzes are not as difficult as exams as the quizzes are mostly meant to pace your readings.

- **PAPERS: 5% of course grade**

- Again, while it is important that most of the course grade be based on "mastery," papers are meant to give credit for effort, as well as to help direct your attention to particularly important and/or complicated concepts.
- **You must complete 10 paper credits**
- Papers must be submitted via Sakai (using the textbox provided). It is **STRONGLY** recommended that you write your paper as a Word document and then to copy/paste into the textbox, so that if something goes wrong while submitting to Sakai, you do not lose your entire paper. Directions for how to do this:
 - *After writing your paper as a Word Document,*
 - *Open up the assignment in Sakai, ready to submit*
 - *Copy the text you want to paste into the Sakai textbox*
 - *Click the icon which looks like a clipboard with a "W" on it. When you click this, another window will open where you can paste your document here. Then click to convert to HTML. (If you have problems, try copying pieces of the paper and converting smaller amounts of text.)*
 - *Then submit your paper.*

- Papers must be submitted before **7:30 AM** on the due date. **Late papers are NOT accepted for any reason.** Thus, it is a good idea to complete the paper WELL in advance and early on during the semester as I guarantee that you will be much busier as the semester progresses.
- Two main Options: Personal Health Paper or Chapter Papers or a combination of these two
 - Each part of the Personal Health Paper carries a certain # of points (each point is equivalent to 1 paper credit). You may, for example, decide to do Parts 1 & 2 of the Personal Health Paper, worth 2 points (see below) and then do chapter papers thereafter to fulfill your 10-page paper requirements.
- **Personal Health Paper**
 - Parts 1 & Part 2: Blood Pressure & Cholesterol measurements: 2 points
 - Make an appt with a healthcare provider (e.g. student health services) to have your blood pressure & FASTING cholesterol assessed (specifically, total cholesterol, HDL, LDL, & triglycerides). Be aware that there is likely a nominal charge for this and that it involves a blood draw. -- this appt should be scheduled within the first 2 1/2 weeks of classes *at the very latest!!!*
 - Under "Assignments," choose *Personal Health Paper, Parts 1 & 2* to submit this paper. The paper must be submitted on time in order to receive credit.
 - Deadline: Jan. 29th, 7:30 AM.
 - Part 3: Family Medical History: 2 points
 - Interview parents and other family members to find out what your family medical history is.
 - Under "Assignments," choose *Personal Health Paper, Part 3* to submit this paper.
 - Deadline: Feb. 21st, 7:30 AM
 - Final Paper: 6 points
 - Integrate what you have learned from class/textbook with what you now know about your family's medical history.
 - Under "Assignments," choose *Personal Health Paper, Final Paper* to submit this paper. Information about how this is graded is also on this document.
 - Deadline: April 2nd, 7:30 AM
- **Chapter papers**
 - Grading:
 - We are looking for 1) comprehension and 2) effort (if you write less than a page, you risk receiving less than full credit or no credit). If you did not receive credit or only partial credit, scroll down the paper to see comments from your TAs as to why you did not receive full credit.
 - Format of papers:
 - Single-spaced

- Times New Roman font 12 (or "normal" font in Sakai)
- Papers must be in "paragraph" form (not, for example, listing out examples/answers in bullet format)
- ~1 page in length (again, if you do less, you risk not receiving much, if any, credit)
- **NO direct quotes** (so no copying text from online or hardcopy sources)
- PARAPHRASE (we want to read what you think!)
 - Tips on how to paraphrase:
 - read section
 - create outline of main points
 - use outline (with textbook closed) to write paper
- No outside research is expected for these papers; use textbook and/or lecture information. As such, you do not need to use citations or references.
- Also, you do not need sections like intro, methods, etc.
- Papers are NOT group work.
 - Be careful not to **plagiarize** (*"to steal and pass off (the ideas or words of another) as one's own : use (another's production) without crediting the source,"* www.merriam-webster.com). This is an Honor Offense (http://honor.unc.edu/index.php?option=com_content&view=article&id=54&Itemid=55).
- Chapter Paper Topics (each is worth 1 paper credit):
 - Chapter 3, Seeking Healthcare: Describe the Theory of Reasoned Action. Then Describe the Theory of Planned Behavior. Finally, describe how these two models are different from each other, as well as whether or not they are effective at predicting health behavior.
 - Chapter 4, Adhering to Medical Advice: Describe what factors influence whether or not people adhere to medical advice. (Be comprehensive!)
 - Chapter 5, Defining, Measuring, & Managing Stress: Describe the SAM axis in detail (starting with the perception of stress and ending with the SAM's secretion effects). Then describe the HPAC axis in detail (again starting with stress and ending with the HPAC's secretion effects).
 - Chapter 6, Understanding Stress & Disease: Describe the step-by-step process involved with cell-mediated immunity (starting with an invader invading the body). Then describe the step-by-step process involved with humoral immunity (again starting with an invader invading the body).
 - Chapter 7, Understanding & Managing Pain: Describe the different types of biological treatments which can be used to manage pain (be sure to include drug as well as surgery options).

- Chapter 8: Considering Alternative Approaches: Describe what the difference is between the terms *complementary medicine* vs. *alternative medicine*. Describe the beliefs of the traditional chinese medicine system; the methods used in this medicinal system; and whether or not these methods are effective.
 - Chapter 9: Behavioral Factors in Cardiovascular Disease: Describe what **coronary artery disease** is and the most common cause(s) of this disease. Then describe what a **myocardial infarction** is. Next, describe what a stroke is. Finally, explain why it is that a heart attack and stroke involve the same system and ultimately, the same problem.
 - Chapter 10: Behavioral Factors in Cancer: What does it mean to be a **non-inherent risk factor**? Describe the non-inherent risk factors of cancer. (Be comprehensive!)
 - Chapter 11: Living with Chronic Disease: Describe Alzheimer's Disease in detail, including symptoms, how Alzheimer's is diagnosed, risk factors and/or etiological factors (that is, factors which may cause and/or maintain the disease), types, and treatment options.
 - Chapter 13: Using Alcohol & Other Drugs: What are the theories of why people drink? (Be sure to include the disease model, cognitive-psychological theories, and the social learning model).
 - Chapter 14: Eating & Weight: Describe Anorexia & Bulimia in detail, including most common treatment options and their efficacies. Then describe how they are different from one another.
 - Chapter 15: Exercising: Describe--in detail--the possible benefits/reasons for exercising.
- **LECTURE ATTENDANCE -- bonus credit**
 - To receive credit for this, you must be present in class. No exceptions, whether missing due to doctor's appointment, forgetting to submit a paper, or failing to clearly write your name on the attendance sheet, etc.
 - **ANY QUIZ, PAPER, OR ATTENDANCE ISSUE MUST BE ADDRESSED WITHIN 1 WEEK OF THE ASSIGNMENT OR ATTENDANCE CHECK.** Due to time constraints, we will NOT be able to address such issues at the end of the semester, aside from the most recent quiz, paper, or attendance check which took place.
 - **STUDYING TIPS**
 - Carolina can be challenging but everyone can do well IF they know how to study and IF they take time to study. The goal is not to study 24-7 but to study efficiently. Detailed study tips are posted on Sakai. Below is an overview.
 - Take excellent notes in class (or combine notes with classmates). You can never take "too many" notes. Pay attention to what we talk about in class--this is one way in which I draw your attention to important concepts.

- Expect to take time to study. The rule of thumb is to study 2 hours for every hour that you spend in class per week. SO...for a 3-credit hour course, 6 hours of study per week is expected outside of class.
- Read through materials one time--thoroughly. Thereafter, you need to use active methods of study (e.g. self-test, self-lecture from outlines without notes).
- Go to the Learning Center (<http://learningcenter.unc.edu/>)
 - expert advice on how to study, how to take exams, etc.
 - free to you
- Go to Disability Services if you suspect you have a learning disorder (it takes a while to be tested & diagnosed) (<http://disabilityservices.unc.edu/welcome/>)

- **COMING TO CLASS**

- It is very important that you READ THE CHAPTERS before coming to class.
- Print out and read through the lecture outline.
- Bring outline to class, to make note-taking more efficient.
- Be aware that there will not be enough class time to discuss all the concepts in the chapter. You are responsible for those concepts as well so if you do not understand something, be sure to ask questions in class and/or talk with me.

- **GRADING**

- Course grade = (exam avg. * .90) + (quiz avg. * .05) + (paper avg. * .05) + any other bonus

A = 93 - 100%

C+ = 77 - 79%

A- = 90 - 92%

C = 73 - 76%

B+ = 87 - 89%

C- = 70 - 72%

B = 83 - 86%

D+ = 67 - 69%

B- = 80 - 82%

D = 60 - 66%

F = below 60%

Schedule	Topic	Assignment
R - 1/10	Introducing Health Psychology	Chapter 1 <i>Receive .1% bonus by viewing this Voicethread and completing/submitting the "Class Policies" assignment by today, Thurs., 1/10, 7:30 AM.</i>
T - 1/15		Chapter 1 <i>Chapter 1 Quiz due</i>
R - 1/17	Seeking Health Care	Chapter 3 <i>Chapter 3 Quiz due</i>
T - 1/22		Chapter 3 <i>Chapter 3 paper due</i>
R - 1/24	Adhering to Medical Advice	Chapter 4 <i>Chapter 4 Quiz due</i>
T - 1/29		Chapter 4 <i>Chapter 4 paper due</i> <i>Personal Health Paper Parts 1 & 2 due</i>
R - 1/31	Defining, Measuring, & Managing Stress	Chapter 5 <i>Chapter 5 Quiz due</i>
T - 2/5		Chapter 5 <i>Chapter 5 paper due</i>
R - 2/7	EXAM I	Chapters 1, 3, 4, & 5
T - 2/12	Understanding Stress & Disease	Chapter 6 Chapter 6 Quiz due <i>Receive .1% bonus by viewing this Voicethread and completing/submitting the "Class Policies 2" assignment by today, Tuesday, 2/12, 7:30 am.</i>
R - 2/14		Chapter 6

		<i>Chapter 6 paper due</i>
T - 2/19	Understanding & Managing Pain	Chapter 7 <i>Chapter 7 Quiz due</i>
R - 2/21		Chapter 7 <i>Chapter 7 paper due</i> <i>Personal Health Paper Part 3 due</i>
T - 2/26	Considering Alternative Approaches	Chapter 8 <i>Chapter 8 Quiz due</i>
R - 2/28		Chapter 8 <i>Chapter 8 paper due</i>
T - 3/5	EXAM II	Chapters 6, 7, & 8
R - 3/7	Behavioral Factors in Cardiovascular Disease	Chapter 9 <i>Chapter 9 Quiz due</i>
T - 3/12	<i>Spring Break</i>	****
R - 3/14	<i>Spring Break</i>	****
T - 3/19	Behavioral Factors in Cardiovascular Disease	Chapter 9 <i>Chapter 9 paper due</i>
R - 3/21	Behavioral Factors in Cancer	<i>Chapter 10</i> <i>Chapter 10 Quiz due</i>

T - 3/26		Chapter 10 Chapter 10 paper due
R - 3/28	Living with Chronic Illness	Chapter 11 Chapter 11 Quiz due
T - 4/2		Chapter 11 Chapter 11 paper due Personal Health Paper: Final Paper due
R - 4/4	Using Alcohol & Other Drugs Part 1	Chapter 13 Chapter 13 Quiz due
T - 4/9	EXAM III	Chapters 9, 10, 11, & Part I of Chapter 13
R - 4/11	Using Alcohol & Other Drugs Part 2	Chapter 13 Chapter 13 paper due
T - 4/16	Eating & Weight	Chapter 14 Chapter 14 Quiz due
R - 4/18		Chapter 14 Chapter 14 paper due
T - 4/23	Exercising	Chapter 15 Chapter 15 Quiz due
R - 4/25		Chapter 15 Chapter 15 paper due
T, May 7th, 8 AM in same location	Cumulative Final Exam	All chapters & lectures listed on syllabus