



ABILENE CHRISTIAN UNIVERSITY

DEPARTMENT OF PSYCHOLOGY

Health Psychology PSYC 356 Syllabus – Spring 2016

Professor: L.A. Norsworthy, Ph.D.

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Office Hours: TBA

Time and Location TBA

Mission: The mission of Abilene Christian University is to educate students for Christian leadership and service throughout the world.

Course description: Psychological study of the impact of behavior on health and the influence of health and disease states on quality of life. Includes biopsychosocial study of the behavioral correlates of health, illness and disability, the improvement of health care, and the development of healthy habits and reduction of unhealthy behaviors.

Course goal: The overarching course goal is to demonstrate understanding of the biopsychosocial and spiritual concepts for exploring the interaction between biology, social, cognitions, emotional, behavioral, and spiritual factors in understanding health and illness.

Course objectives:

- To explain the importance of the biopsychosocial model and spiritual factors in health psychology [Assessed by exams; reflection paper]
- To comprehend research on the psychological variables associated with the causes and correlates of maintaining, contributing to, preventing, and treating chronic conditions or illnesses [Assessed by exams; wellness paper and presentation]
- To develop awareness, sensitivity, and understanding of various diversity topics – racial, religious, sexual orientation, cultural, and ethnic groups – that impact the field of health psychology [Assessed by exams]

- To better understand personal, family health, and community health [Assessed by reflection paper]
- To describe a positive, proactive attitude toward healthy living [Assessed by exams; wellness paper and presentation]
- To describe a practical understanding of the challenges involved in health behavior changes such as with chronic and life-threatening illnesses, the seeking of treatment, and changing harmful illness-related behaviors [Assessed by exams; reflection paper]

Principles of course:

- Active and cooperative learning: Several teaching styles will be used and student involvement will be required to maximize learning. The activities utilized are designed to enhance the student knowledge and ability to use that knowledge. Thus, class attendance and preparation are imperative.
- Quality: Student work is expected to be on time and of good quality. An aspect of the quality of the work is being turned in on the due date of the assignment.
- Critical thinking: This principle is implemented with assignments that require organizing, applying, and synthesizing ideals. The focus of this course is to increase student ability to think and reflect on the ideas and facts that are presented.
- Fulfillment of the University's Mission: This course will acknowledge and be guided by Biblical truths that are relevant to the objectives and principles of this course.

Texts:

Straub, R. O. (2014). *Health Psychology: A biopsychosocial approach* (4th ed.). New York: Worth Publishers.

Rollins, P. (2012). *The Idolatry of God*. New York: Howard Books.

Course format and content: This course will be a lecture-discussion course with emphasis on informed class discussion and group participation. The course has an emphasis on personal development and integration of faith and health.

Assignments and exams: Brief descriptions of assignments are provided below. Specific instructions for each assignment will be provided in class. The weight of each assignment is indicated in the summary assignment table. The due dates are found in the also included in the course calendar. The assignments are:

Assignment	Weight	Length
Exams – 5 exams including final exam; equal weights	75%	1 hour
Reflection paper	10%	3 page
Wellness paper and presentation	15%	5-7 pages and 10 minute presentation

Grading Scale:	Letter Grade
	90-100 = A
	80-89 = B
	70-79 = C
	60-69 = D
	< 60 = F

Reflection paper: Write a 500-750 word paper that conforms to APA writing style that reflects on how health can be an idol based on Rollins' *The Idolatry of God*. Consider the problem of theodicy (specifically the justice of God in light of chronic pain and suffering) in the Book of Job. In addition, reflect on how your family, culture, church, has affected your views and expectations of health and satisfaction. This paper does not require any additional resources; consequently a reference page is not necessary. The paper is due at class time February 18th. Late papers will be discounted 50% of the grade.

Wellness paper and presentation: Write a 1000-1250 word paper that conforms to APA writing style that reflects how the person you are today has been influenced by your group affiliations, your health history, family health history, stress, and health behaviors. This assignment will be explained in greater detail, including guidelines for writing about personal information, the first day of class. The information included in your paper is, at least in part, to be presented with an assigned group for a class presentation. The paper should include at least 6 resources including the textbook that are cited in APA format. Late papers will be discounted 50%.

Attendance & Participation: Regular attendance and participation is expected. Students are responsible for all work missed, regardless of the reason. Your absence from class diminishes both your learning and that of your classmates. You should notify me of the reason for all absences, preferably in advance of the absence. You may have two absences for whatever reason you choose to take them. After the two absences your final course grade will be decreased one letter grade per absence.

Academic Integrity: Violations of academic integrity and other forms of cheating, as defined in ACU's Academic Integrity Policy, involve the intention to deceive or mislead or misrepresent, and therefore are a form of lying and represent actions contrary to the behavioral norms that flow from the nature of God. In this course examples of academic dishonesty could include plagiarism or giving or receiving answers on an exam. Violation will be addressed as described in the Policy. While the university enforces the Policy, the most powerful motive for integrity and truthfulness comes from one's desire to imitate God's nature in protecting the integrity of learning, scholarship and research.

The full policy is available for review at the Provost's office website. Everyone should read the ACU policy on academic integrity to review the definitions and University policies. The ACU policy also describes the steps you can take if you believe you have been unfairly accused of academic dishonesty. Failure to know University policy does not mitigate any violation. [<http://www.acu.edu/academics/provost/policies/index.html>]

The minimum consequence for cheating on any assignment or test will be a grade of "0" for that assignment and a minimum reduction of the semester grade by one letter grade. Additional penalties may be imposed including giving an "F" for the course final grade if the circumstances of the dishonesty warrant.

All cases of academic dishonesty will be reported to appropriate university authorities as stated in university policy. Knowing of academic dishonesty and failing to report that dishonesty constitutes dishonesty on the part of the person who fails to report it.

Technology use: Electronic devices should be used only for course-related purposes. Devices may not be used during class discussion or group discussion without specific prior approval of the professor.

Communication: Please ask questions about this course before, during, or after regular class meetings. If you wish to see me in my office, please see me after class

or e-mail me to schedule a time. My office hours are listed in this syllabus and will be announced in class and posted on my office door. Phone calls will be returned one time within 24 hours or one business day when a clear phone number and message are left at 325-674-2282. However, an e-mail is much preferred way of communicating.

Official class information will be sent to students only at their ACU e-mail address. Students are responsible for checking their ACU e-mail or having it forwarded to a preferred address. In addition up-to-date information will be posted in Canvas.

The Disability Services Office: Abilene Christian University is dedicated to removing barriers and opening access for students with disabilities consistent with the ADA and Section 504 of the Rehabilitation Act. The Disability Services Office facilitates disability accommodations in cooperation with professors. In order to receive these accommodations, you must be registered with the Disability Services Office and you must complete a specific request of accommodation.

Course Calendar			
Date		Assignment	Activity
January	Tues 12 th	Introduction, cover syllabus	Read chapter 1, Reflection Paper due Feb. 17 th
	Thurs 14 th	Chapters 1	Read chapter 2
	Tues 19 th	Chapter 2	Read chapter 3
	Thurs 21 st	Chapter 3	Prepare for Test I
	Tues 26 th	Review for Test I, Chapters 1-3	Prepare for Test I
	Thurs 28 th	Test I, chapters 1-3	Read Chapter 4
February	Tues 2 nd	Chapter 4, Return Test I	Read Chapter 4
	Thurs 4 th	Chapter 4	Read Chapter 5
	Tues 9 th	Chapter 5	Prepare for Test II, Chapters 4&5
	Thur 11 th	Review for Test II, Chapters 4&5	Prepare for Test II
	Tues 16 th	Test II, Chapters 4&5	Read chapter 6
	Thur. 18 th	Chapter 6, Return Test II	Read 7
	Tues 23 rd	Chapter 7	Read Chapter 8

March	Thur 25 th	Chapter 8	Read Chapter 9
	Tues 1 st	Chapter 9	Prepare for Test III, Chapter 7-9
	Thurs 8 th	Test III, Chapters 7-9	Return Test III, Read Chapter 10
	Tues 15 th	Spring Break, No Class	
	Thurs 17 th	Spring Break, No Class	Read Chapter 10
	Tue 22 nd	Chapter 10	Read Chapter 11
	Thurs 24 th	Chapter 11	Read Chapter 12
March	Tues 29 th	Chapter 12	Prepare of Test IV, Chapters 10-12
	Thurs 31 st	<i>Review for Test IV, Chapters 10-12</i>	Prepare for Test IV, Chapters 10-12
April	Tues 5 th	Test IV, Chapters 10-12	Wellness Paper and Group Project Outlines Due 4-7
	Thurs 7 th	Return Test IV, Wellness Paper and Group Project Outlines Due, Group I presents Wellness Project	Group II prepare for Presentation
	Tues 12 th	Group II Presents Wellness Project	Group III Prepare for Presentation
	Thurs 14 th	Group III Presentation on Wellness	Read Chapter 13
	Tues 19 th	Chapter 13	Read Chapter 14

	Thurs 21 st	Chapter 14	Read Chapter 15
	Tues 26 th	Chapter 15	Prepare for Final Exam
	Thurs 28 th	Review for Final Exam, Remember <i>Course Evaluations</i>	Prepare for Final Exam TBA
May	Tues 3 rd	<i>Final Exam Week</i>	