

PSY 492.01W: Health Psychology

Spring 2024

** Cross-listed course with PSY 593; PSY 492 is the undergraduate section

INSTRUCTOR INFORMATION

Instructor: Dr. Lacy Krueger, Associate Professor **Office Location:** Henderson 233

Office Hours: I have virtual office hours Wednesdays 9-11 and 12-3. I provide a Zoom link in our course shell, and you can join that meeting during office hours. I am also available to meet by appointment.

Office Phone: 903-886-5940

Office Fax: 903-886-5510

University Email Address: Lacy.Krueger@tamuc.edu

Preferred Form of Communication: Email

Communication Response Time: Within 48 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Health Psychology (2020) 2nd edition by Leslie D. Frazier.

** Please note that there are various formats including electronic, paperback, and loose-leaf, so you can choose the format you prefer. See the publisher's website at <https://www.macmillanlearning.com/college/us/product/Health-Psychology/p/1319191487> You can also use the first edition if it is more economical.

Course Description:

This class is designed to introduce the basic concepts of health psychology. Students will be introduced to different medical disorders and diseases and the implications for the psychological health and impact on psychological functioning of individuals with these disorders. Students will study physical limitations and adaptations. Topics covered will include depression and illness, traumatic injuries, neuromuscular diseases, cancer, and chronic pain. Also covered will be the use of psychological techniques to improve behaviors for wellness.

Student Learning Outcomes (SLOs)

1. Demonstrate knowledge of major issues in health psychology
2. Relate knowledge learned in this course to the real world

The syllabus/schedule are subject to change.

3. Apply health-related concepts to your own life

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Skills needed include being able to use the learning management system to access the course shell and complete the assignments. Additionally, proficiency in Microsoft Word is needed to complete the final paper.

Instructional Methods

This is an online course. The course is set up by weeks. There is a brief overview in the weekly content in D2L describing the assignments for the week, which will include chapter readings, viewing videos, assignments, and exams.

Student Responsibilities or Tips for Success in the Course

In order to succeed in this course you need to keep up with the weekly readings and assignments. I suggest you log on and complete the assignments at the beginning of the week. Do not wait until the last minute to complete assignments to 1) avoid technological issues, and 2) leave time to email me if you have questions about the assignments.

GRADING

Final grades in this course will be based on the following scale:

- A = 90%-100%
- B = 80%-89%
- C = 70%-79%
- D = 60%-69%
- F = 59% or Below

Assessments

1) Exams – You will be administered three exams. These exams consist of multiple choice questions. The questions will be based on material covered in assigned readings, class discussions, and videos. The best two out of three exam scores will be counted toward your grade. (30% of course grade)

2) Reading Applications – The reading application assignments will provide an opportunity to directly relate information from the readings to your life. You will complete an activity in each of the applications. Specific instructions for each of the applications are located in D2L in the week that they are due. (30% of course grade).

3) Health Promotion Project – You will select a health behavior that you would like to change or enhance. You will keep a detailed diary of the behavior using a log provided by the instructor, note factors that influenced the behavior, and design a plan to change the behavior. The instructions for the assignment can be found on D2L. (30% of course grade)

4) Syllabus Activity and Calendar Scheduling – This is an activity to promote success in the course. During the first week you will be asked to review the syllabus and complete an activity over it (See D2L for more information). In addition, you will be asked to place course assignment dates in your planner. (10% of course grade)

**** Extra Credit:** Three extra credit points toward your final grade can be earned by completing research exposure requirements. See D2L for more information.

This is a cross-listed course that includes undergraduate and graduate students. As you are completing your assignments, be sure to click on the information for the PSY 492 section in D2L. The graduate section (PSY 593) assignments have additional requirements (e.g., inclusion of peer-reviewed articles, longer in length, differences in exam format, etc.).

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements: <https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

The syllabus/schedule are subject to change.

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here: <https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

I do my best to respond within 48 hours of receiving an email. If you do not hear back from me within 48 hours, please email me again in case I did not receive your message. My office hours are also stated at the beginning of this syllabus. Your assignments will be graded and returned to you within two weeks.

When emailing, **be sure to include your course number in the email.** The instructor responds within 48 hours. ***Correspondence with your instructor should be professional.***

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Plagiarism: Texas A&M University-Commerce views plagiarism as a serious offense. Plagiarism occurs when individuals take ideas and/or words from another source and claim these ideas as their own without giving credit to the original author(s). This can include copying words from an Internet website, reading an article and taking the authors ideas without giving them credit, or writing work that is remarkably similar to other written work (e.g., Changing words to synonyms is still plagiarism). If any written work contains ideas that are not your own, you need to give credit to the author(s) by including citations. Instructors are obligated to report instances of plagiarism to university officials. Please refer to the American Psychology Association (APA) manual for instructions on citing materials. When in doubt, ask me. Ignorance will not be tolerated as an excuse for plagiarism. Acts of plagiarism on any written assignment, including discussion postings, will result in severe consequences, including the possibility of receiving a zero in the course. Acts of plagiarism will be reported to the department head.

Scholarly Expectations: All works submitted for credit must be original works created by the scholar uniquely for the class. It is considered inappropriate and unethical to make duplicate submissions of a single work for credit in multiple classes, unless specifically requested by the instructor. Duplication may result in a zero on an assignment.

Late Work: I have a very strict late work policy, and the penalty imposed depends on the course assignment. Exams must be completed on time unless extreme circumstances permit an extension. As a reminder, each student gets to drop one exam, so only under extreme issues with documentation will a make-up exam be permitted.

For written assignments the penalty for late submission are as followed: If the assignment is turned in within 24 hours of the due date, a 10-point penalty will be imposed. If they assignment is turned in between 24-48 hours of the due date, a 20-point penalty will be imposed. If the assignment is submitted more than 48 hours late, it will automatically be scored as a zero (i.e., no credit granted).

Please note that computer issues will not be considered as an excuse for failing to submit any assignment on time. It is the student's responsibility to make sure that assignments are turned in on time. Therefore, do not wait until the very end to complete an assignment. This will help

ensure that you turn in the assignment on time if you are having a technology issue (i.e., you can find another computer, call the Help Desk for support, etc.).

Netiquette: Offensive language and aggressive correspondence online will not be tolerated. Students are expected to be respectful of differing opinions when communicating. See University Codes of Conduct section above.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

Email Correspondence

Emails should be professional. Include PSY 492 in the subject line.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism). Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed. In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Velma K. Waters Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

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The Community Psychology Clinic is also available to students free of charge, and is open Tuesday-Thursday. They also offer reduced prices for family members of students. They offer individual appointments to assess for learning disabilities, anxiety disorders, stress and coping, and other services. See the following website for a list: <https://www.tamuc.edu/dept-of-psychology-and-special-education/community-psychology-clinic/> Call 903.886.5660 for scheduling.

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer. Web url: <http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

TENTATIVE SCHEDULE

Week 1 January 10 – January 21

Required Reading: Chapter 1 (An Introduction to Health Psychology)

Assignment: Syllabus Activity and Calendar Scheduling

Week 2 January 22 – January 28

Required Reading: Chapter 2 (Gathering Information on Health & Illness)

Week 3 January 29 – February 4

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Required Reading: Chapter 3 (Health Beliefs and Health Behaviors)

Assignment: Reading Application - Fast Food Activity

Week 4 February 5 – February 11

Required Reading: Chapter 4 (Health Enhancing Behaviors)

Week 5 February 12 – February 18

Required Reading: Chapter 5 (Health Compromising Behaviors)

Assignment: Exam over Chapters 1-5

Week 6 February 19 – February 25

Required Reading: Chapter 6 (Understanding Stress)

Week 7 February 26 – March 3

Required Reading: Chapter 7 (Coping with Stress)

Assignment: Reading Application – Walking Meditation & Mindfulness

Week 8 March 4 – March 10

Required Reading: Chapter 8 (Symptoms and Pain)

Week 9 March 11 – March 17

Spring Break

Week 10 March 18 – 24

Required Reading: Chapter 9 (Cardiovascular Disorders and Diabetes)

Assignment: Exam over Chapters 6-9

Week 11 March 25 – March 31

Required Reading: Chapter 10 (Psychoneuroimmunology & Related Disorders)

Week 12 April 1 – April 7

Required Reading: Chapter 11 (Chronic & Terminal Illnesses)

Week 13 April 8 – April 14

Required Reading: Chapter 12 (Health Services & Providers)

Assignment: Reading Application - Cochrane Reviews & CAM

Week 14 April 15 – April 21

Required Reading: Chapter 13 (Achieving Emotional Health & Well-Being)

Week 15 April 22 – April 28

Required Reading: Chapter 14 (The Future of Health Psychology)

Assignment: Exam over Chapters 10-14

Part 1 Week 16 April 29 – May 3

Study Days

Part 2 Week 16 May 4 – May 5

Assignment: Health Promotion Project due on May 5 by 11:59 pm