



PSY 492.01W – Health Psychology

COURSE SYLLABUS: Spring 2025

INSTRUCTOR INFORMATION

Instructor: Dr. Krueger

Office Location: Henderson 233

Office Hours: Tuesday 9-2 on Zoom (See course shell for link) and by appointment

Office Phone: (903) 886-5637

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 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

Student Learning Outcomes

1. Demonstrate knowledge of major issues in health psychology
2. Relate knowledge learned in this course to the real world
3. Apply health-related concepts to your own life

The syllabus/schedule are subject to change.

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 or Google Documents is needed to complete the final paper.

Instructional Methods

This is an online course. The course is set up by units. There is a brief overview in each unit in D2L describing the assignments for the unit, 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 unit readings and assignments. I suggest you log on and complete the assignments at the beginning of the unit. 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).

The syllabus/schedule are subject to change.

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) 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 a calendar 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 East Texas A&M University 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

Zoom Video Conferencing Tool

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

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.

The syllabus/schedule are subject to change.

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 East Texas A&M University campus open computer lab, etc.

Technical Support

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>

COMMUNICATION AND SUPPORT

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

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: East Texas A&M University 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

The syllabus/schedule are subject to change.

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.).

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.

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 can be found at <https://www.tamuc.edu/student-code-of-conduct/>.

If you believe someone has engaged in behaviors that do not align with the Code of Student Conduct or you have other concerns, please visit the File a Report page at <https://www.tamuc.edu/office-of-student-rights-and-responsibilities/concerns-incident-reporting/>

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>

The syllabus/schedule are subject to change.

Academic Integrity

Students at East Texas A&M University 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 student academic dishonesty policy
[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

Undergraduate student academic dishonesty policy
[Undergraduate Student Academic Dishonesty Form](#)

Graduate student academic dishonesty policy:
<https://inside.tamuc.edu/aboutus/policiesproceduresstandardsstatements/rulesProcedures/13students/graduate/13.99.99.R0.10.pdf>

Graduate student academic dishonesty form:
<https://inside.tamuc.edu/academics/graduateSchool/faculty/GraduateStudentAcademicDishonestyForm.pdf>

East Texas A&M University Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage.

Artificial Intelligence

East Texas A&M University 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.

The syllabus/schedule are subject to change.

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 Services
Velma K. Waters Library- Room 162

Phone (903) 886-5930

Fax (903) 468-8148

Email: StudentDisabilityServices@tamuc.edu

Website: <http://inside.tamuc.edu/campuslife/campusServices/StudentDisabilityServices/default.aspx>

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



East Texas A&M University Supports Students' Mental Health

The Counseling Center at East Texas A&M University, 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

The syllabus/schedule are subject to change.

Nondiscrimination Notice

East Texas A&M University 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 East Texas A&M University 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 East Texas A&M University 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 East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

COURSE OUTLINE / CALENDAR

Unit 1 January 13 – January 19

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

Unit 2 January 20 – January 26

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

Unit 3 January 27 – February 2

Required Reading: Chapter 3 (Health Beliefs and Health Behaviors)
Assignment: Reading Application - Fast Food Activity

Unit 4 February 3 – February 9

Required Reading: Chapter 4 (Health Enhancing Behaviors)

The syllabus/schedule are subject to change.

Unit 5 February 10 – February 16

Required Reading: Chapter 5 (Health Compromising Behaviors)

Assignment: Exam over Chapters 1-5

Unit 6 February 17 – February 23

Required Reading: Chapter 6 (Understanding Stress)

Unit 7 February 24 – March 2

Required Reading: Chapter 7 (Coping with Stress)

Assignment: Reading Application –Meditation & Mindfulness

Unit 8 March 3 – March 9

Required Reading: Chapter 8 (Symptoms and Pain)

Unit 9 March 10 – March 16

Spring Break

Unit 10 March 17 – 23

Required Reading: Chapter 9 (Cardiovascular Disorders and Diabetes)

Assignment: Exam over Chapters 6-9

Unit 11 March 24 – March 30

Required Reading: Chapter 10 (Psychoneuroimmunology & Related Disorders)

Unit 12 March 31 – April 6

Required Reading: Chapter 11 (Chronic & Terminal Illnesses)

Unit 13 April 7 – April 13

Required Reading: Chapter 12 (Health Services & Providers)

Unit 14 April 14 – April 20

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

Assignment: Reading Application – Gratitude Exercise

Unit 15 April 21 – April 27

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

Assignment: Exam over Chapters 10-14

Final Unit -- Part 1 April 28 – April 30

Study Days

Final Unit -- Part 2 May 1 – May 4

Assignment: Health Promotion Project due on May 4 by 11:59 pm

The syllabus/schedule are subject to change.