



PSY 492.01 W – Health Psychology

COURSE SYLLABUS: Spring 2026

INSTRUCTOR INFORMATION

Instructor: Leah Phillips, Ph.D., LSSP

Office Location: Virtual

Office Hours: By Appointment

University Email Address: leah.phillips@etamu.edu

Preferred Form of Communication: Email

Communication Response Time: Within 48 hours (excluding weekends). If you have not heard back from me after 48 hours, feel free to send another email.

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 Amazon link below.*

<https://www.amazon.com/Health-Psychology-Leslie-D-Frazier/dp/1319191487>

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

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 Docs 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

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. (100 Points Each)
- 2. Reading Applications/ Discussions** – 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

The syllabus/schedule are subject to change.

each of the applications are located in D2L in the week that they are due. (50 Points Each)

- 3. Health Promotion Project** - Students will select a health behavior to change or enhance and complete a multi-step digital project. This assignment includes choosing a target behavior, tracking it digitally for two weeks, identifying factors that influence the behavior, reviewing online research, and designing a realistic behavior-change plan. Students may submit their final project in various digital formats (paper, slides, video, or infographic). Detailed instructions and templates are provided in D2L. (100 Points) See the end of this syllabus for details.

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 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 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 author's 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

The syllabus/schedule are subject to change.

including citations. Instructors are obligated to report instances of plagiarism to university officials. Please refer to the American Psychological 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 Assignments: Late assignments will NOT be accepted unless you have provided adequate documentation allowing your absence to be excused (doctor's note in case of illness or copy of a funeral program in case of a death of a loved one). In the event your absence is excused, the missing assignment or exam must be completed within 1 week of your return to class or the student will receive a grade of 0.

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/>

The syllabus/schedule are subject to change.

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>

Academic Integrity

Students at East Texas A&M 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 Attendance

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

Artificial Intelligence

East Texas A&M 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

The syllabus/schedule are subject to change.

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 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 Supports Students' Mental Health

The Counseling Center at East Texas A&M, 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

The syllabus/schedule are subject to change.

regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Nondiscrimination Notice

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

Department or Accrediting Agency Required Content

The syllabus/schedule are subject to change.

COURSE OUTLINE / CALENDAR

All assignments are due on the Sunday of the week assigned by 11:59 pm.

Week	Dates	Readings/ Chapters	Assignment
1	1/12 - 1/18	Chapter 1 (An Introduction to Health Psychology)	Introduction Post
2	1/19 – 1/25	Chapter 2 (Gathering Information on Health & Illness)	
3	1/26 – 2/1	Chapter 3 (Health Beliefs and Health Behaviors)	Reading Application - Fast Food Activity
4	2/2 – 2/8	Chapter 4 (Health Enhancing Behaviors)	
5	2/9 – 2/15	Chapter 5 (Health Compromising Behaviors)	Exam over Chapters 1-5
6	2/16- 2/22	Chapter 6 (Understanding Stress)	
7	2/23 – 3/1	Chapter 7 (Coping with Stress)	Reading Application –Meditation & Mindfulness
8	3/2 – 3/8	Chapter 8 (Symptoms and Pain)	
9	3/9 – 3/15	SPRING	BREAK
10	3/16 – 3/22	Chapter 9 (Cardiovascular Disorders and Diabetes)	Exam over Chapters 6-9
11	3/23 – 3-29	Chapter 10 (Psychoneuroimmunology & Related Disorders)	
12	3/30 – 4/5	Chapter 11 (Chronic & Terminal Illnesses)	

The syllabus/schedule are subject to change.

13	4/6 – 4/12	Chapter 12 (Health Services & Providers)	
14	4/13 – 4/19	Chapter 13 (Achieving Emotional Health & Well-Being)	Reading Application – Gratitude Exercise
15	4/20 – 4/26	Chapter 14 (The Future of Health Psychology)	Health Promotion Project due
16	4/27 – 5/3		Final Exam over Chapters 10-14

Health Promotion Project

The syllabus/schedule are subject to change.

Students will choose one health behavior they want to improve (for example: sleep, hydration, exercise, screen time, or stress).

Students will:

1. Pick a health behavior and explain why they chose it.
2. Track the behavior digitally for two weeks using any online tool (Google Sheets, Notes app, habit app, fitness app, etc.). A template will be provided on D2L.
3. Reflect on what helped or made it difficult to stay consistent (mood, schedule, environment, people around them, etc.).
4. Find two research articles online and explain what they learned from the research, and make sure they are referenced using APA 7th edition format.
5. Create a behavior change plan using a clear goal, strategies, barriers, and a tracking method.
6. Submit the final project in *any* format: written paper, PowerPoint presentation, infographic, or short video. (Be Creative)

Category	What Students Must Do	Points Total - 100
1. Behavior Selection & Explanation	Student clearly chooses a behavior and explains why it matters to them	10 points
2. Digital Tracking (2 Weeks)	Shows consistent tracking of the behavior using a digital tool	20 points
3. Reflection on Influencing Factors	Describes what helped or made it harder (stress, mood, environment, schedule, etc.)	15 points
4. Research Connection (2 Articles)	Summarizes two peer-reviewed articles and connects them to their behavior	15 points
5. Behavior Change Plan	Includes a simple SMART goal, strategies to try, possible barriers, and plan to monitor progress	25 points
6. Final Project Format	Final submission is clear, organized, and uploaded correctly. APA formatting is used. (paper, slides, video, or infographic)	15 points

The syllabus/schedule are subject to change.