GENERAL INFORMATION

PROFESSOR INFORMATION

Instructor: Dr. Leslie D. Frazier

Phone: (305) 348-2045

Office: DM 260 MMC

Office Hours: By Appointment

E-mail: Please use Blackboard messages only

COURSE DESCRIPTION AND PURPOSE

Recent reports from the office of the Surgeon General indicate that the leading causes of death in the U. S. today have substantial behavioral components. These reports recommend that behavioral and lifestyle risk factors (e.g., drug and alcohol use, high risk sexual behavior, smoking, diet, a sedentary lifestyle, stress) become the main focus of efforts in the area of health promotion and disease prevention.

Health psychology is a field within Psychology that focuses on the behavioral, cognitive, psychosocial, and physiological factors that influence individual responses to health and illness. Its aims are: the promotion of good health, the prevention of poor health, and the maintenance of quality of life and well-being within the context of illness. This is an upper-level survey course that will focus on the theoretical, scientific, and applied aspects of the field of health psychology. We will cover topics such as health-enhancing and health-compromising behaviors, risk factors for leading causes of death, stress and coping, the interplay among patients, their health-care providers, and health care settings, pain and chronic illness, and specific illnesses ranging from heart disease, cancer, and HIV/AIDS to neurological and age-related disorders. We will explore the roles of personality, gender, interpersonal relations, and ethnic, and sociocultural influences and their linkages to risk, prevention, illness, and wellness. We will draw on many related disciplines such as medicine, biology, experimental psychology, neuropsychology, developmental, social, and clinical psychology, behavioral medicine, pharmacology, nutrition, and ethics and thus this course will have a wide appeal to psychology majors and non-majors alike.

This course is a Global Learning course: As such the goals of the course are to:

Enhance Students’ Global Awareness, Perspective, and Engagement so that all students in this course have knowledge of the inter-relationships among; the ability to develop a multi-perspective analysis of; and the willingness to engage in -- local, global, international and intercultural issues, trends, and systems within the context of health & illness

COURSE OBJECTIVES

Students will be able to:

Understand the major theories that guide the field of health psychology. The course is based on the biopsychosocial model of health and illness.

Demonstrate knowledge of the seminal empirical foundations for our current knowledge of health psychology. Be able to assess and critically evaluate claims made in popular and empirical media for their scientific merit. Understand and be able to articulate the role of psychological factors in health and illness.

Apply the practical information gained in the course to personal lifestyle choices.

Specific Global Learning Outcomes:

- **Global Perspective** - Students will be able to construct a multi-perspective analysis of a global health issue using the biopsychosocial model.
- **Global Engagement** - All students will demonstrate a willingness to engage prevention/intervention using the biopsychosocial model to address individual or global health problems.
- **Global Awareness** - Students will be able to demonstrate knowledge of the interrelated influences on individuals’ health issues by applying the biopsychosocial model.

IMPORTANT INFORMATION

TEXTBOOK

This Syllabus cannot be copied without the express consent of the instructor.
Our textbook comes with free students materials to help you study. You will access them via this link: [http://www.mhhe.com/taylorhealth9e](http://www.mhhe.com/taylorhealth9e) and select “student edition” on the left hand side. This will allow you to access practice quizzes, exercises, learning objectives, etc. to help you study and learn.

This is our textbook:

Health Psychology, 9/e
Shelley E. Taylor, University of California-Los Angeles

ISBN: 0077861817
Copyright year: 2015

Please Note: This textbook is required (either in hard copy or eBook format). You will not pass the course without it. Do not use any other edition of this book. All the test questions are based on the new edition and you will fail your assessments if you use the wrong version.

EXPECTATIONS OF THIS COURSE

This is an online course, which means most (if not all) of the course work will be conducted online. Expectations for performance in an online course are the same for a traditional course. In fact, online courses require a degree of self-motivation, self-discipline, and technology skills that can make these courses more demanding for some students.

Online courses are not independent study courses. You will be expected to interact online with instructors and peers and keep up with all assignments.

Doing well in this course:

- All students are REQUIRED to regularly utilize the online pages for this course. Assignments will be turned in via the Blackboard course format.
- Utilize the power point lectures (found on Blackboard) to focus your readings and studying.
- Utilize the CourseMate materials to help you study.
- Handing in the assignment on time and taking exams during the allotted period is essential. Failure to do so will result in an automatic zero (0) for that assignment or exam.
- There are no make-ups on any missed work (assignments, quizzes or exams).
COURSE DETAIL

COURSE COMMUNICATION

Communication in this course will take place via Messages.

Messages is a private and secure text-based communication system which occurs within a course among its Course members. Users must log on to Blackboard to send, receive, or read messages. The Messages tool is located on the Course Menu, on the left side of the course webpage. It is recommended that students check their messages routinely to ensure up-to-date communication.

Visit our Writing Resources webpage for more information on professional writing and technical communication skills.

GETTING STARTED IN THE COURSE

All students are required to do the following things on the first day of class, before any course content will be released to them:

1. Read Dr. Frazier’s Welcome Letter
2. Read the syllabus carefully and thoroughly
3. Download the lockdown browser and take the online practice quiz and get 10/10 correct
4. Take the course contract quiz and get 13/13 correct. *Taking this quiz indicates that you have read and understand all the course policies and agree to abide by them.

*IMPORTANT* In order to mitigate any issues with your computer and online assessments (exams/quizzes), it is very important that you take the “Online Learning Practice Quiz” from each computer you will be using to take your graded exams. It is your responsibility to make sure your computer is compatible with Blackboard tuneup. All Students Must take this practice quiz within the first week of class, the course content will not be released to you until you have successfully taken this practice test and gotten 10/10 correct. In order to take your assessments in Blackboard Learn, you will have to download our Lockdown Browser. You will still login to your courses as you would normally, however in order for you to access your quizzes or exams
you will need to login in to the browser. Once you have successfully taken the assessment in the browser, logout and login to Learn 9 to view your scores. It is strongly suggested that you take the available practice quiz before you take any assessments in order avoid any problems in the future. Please read the instructions in your course content regarding the lockdown browser.

**Important** Please be aware that if you do have a technical problem - DO NOT CONTACT DR. FRAZIER - I cannot help you with technical issues. YOU MUST CONTACT ONLINE@FIU.EDU (305-348-3630) IMMEDIATELY. They will issue a claim ticket and try to resolve your problem.

All students must be aware that it is their responsibility to make absolutely sure that they are technologically prepared for this online course.

Technical difficulties are not accepted as an excuse for problems with quizzes, exams or assignments.

There are no make-ups, extensions, or exceptions made for any missed assignments due to technical problems.

**Quizzes**

In order to mitigate any issues with your computer and online assessments, it is very important that you take the ‘Practice Quiz’ from each computer you will be using to take your graded quizzes and exams. It is your responsibility to make sure your computer meets the minimum hardware requirements.

Assessments in this course are not compatible with mobile devices and should not be taken through a mobile phone or a tablet. If you need further assistance please contact FIU Online Support Services.

These quizzes will assess your knowledge and comprehension of that week's lecture and chapter. The overarching goal of the quizzes is to help you learn the material and assess your mastery of the material so that you can better prepare for exams. In fact, research shows that if you test your knowledge through quizzes your performances on later tests on the same materials will be better because it helps you identify what you need to focus more time on learning (Roediger, 2011). Taking these quizzes will also significantly reduce test-anxiety through prior knowledge of content and prior preparation through advanced studying. After studying the materials thoroughly you may take the quiz. It is to your benefit to use the CourseMart resources in each chapter and re-read the chapter sufficiently to score well on the quiz.

Weekly quizzes are worth 10% of your final grade. Each week the quizzes associated with the chapters assigned will become available at 8:00a.m. on Monday morning. The latest you may take a weekly chapter quiz is Sunday at 11:55pm. The quiz window closes at 11:55pm on Sunday. After the quiz window closes you will have access to your quiz to see which questions you answered correctly or not.

- There are 14 weekly quizzes, your 4 lowest quiz grades will be dropped. Thus, the quiz total used in the calculation of your final grade will be the average of the 10 highest grades.
- Weekly quizzes must be taken with the Lockdown Browser Enabled.
- Each quiz will be 10 questions randomly drawn to survey the entire chapter/lecture.
- Once you begin the quiz you have 13 minutes to complete it.
- Questions are delivered one at a time, each time a question is answered (saved) a new question will appear. You may not go back to previously answered questions.
- Students’ quiz scores will be available after the quiz window closes for the week.
- Quizzes are only available from Monday morning at 8:00am until the following Sunday at 11:55p.m. NO EXTENSIONS OR MAKE-UPS ARE GIVEN. Thus, there is no need to explain to Dr. Frazier why you missed a quiz or to request a make-up. I WILL NOT RESPOND TO EMAILS ABOUT MISSED QUIZZES/MAKE-UPS.
- Students may miss up to 4 weekly quizzes without it affecting their quiz score.

Quizzes are designed to help you determine your level of mastery of the material and what you may need to study more before the exam. This process works best if you study the material and then take the quiz based on your knowledge/memory. However, you will not be penalized for using your textbook during the quiz. Just keep in mind: the quizzes are timed and if you spend all your time trying to look up the correct answers, you will run out of time, get a bad grade, and NOT LEARN ANYTHING.

This course requires the use of the Respondus LockDown Browser to take assessments. Please read:

- Review the Respondus LockDown Browser Instructions on how to install, access your assessments and view your grades.
- After installing the browser, please take the Practice Quiz to familiarize yourself with the testing environment and to ensure that you have downloaded the Respondus LockDown Browser correctly.

**Exams**

There are 3 exams, however, the lowest grade will be dropped. Your final grade is based on the average of the 2 highest grades and represents 20% of your final grade.
Exams are intended to assess your comprehension, retention, and knowledge of the materials covered in lectures and the textbook for a designated unit.

- There are three (3) exams.
- Each exam is non-cumulative, and covers the chapters in that unit.
- Each exam is comprised of 50 multiple-choice questions. Each exam is available for 72 hours.
- The Exam Can Only Be Taken With The Lockdown Browser Enabled.
- Students have 50 minutes from the time they start the exam to complete 50 questions.
- After 50 minutes you are automatically logged out of the system.
- You have only 1 opportunity to take each exam.
- Questions appear one-by-one, and proceed forward.
- Questions are timed, once a question is answered (saved), the next question is presented.
- Questions are randomized across students so no two students will have the same questions.
- Exam grades will not be available until every student has completed the exam.
- Failure to take the exam in the allotted time period will result in a zero (0).

Exams are designed to help you determine your level of mastery of the material. This works best if you study the material and then take the exam based on your knowledge/memory. However, you will not be penalized for using your textbook during the exam. Just keep in mind: the exams are timed and if you spend all your time trying to look up the correct answers, you will run out of time, get a bad grade, and NOT LEARN ANYTHING.

The dates for the exams are as follows:

EXAM #1: Chapters 1 – 5 -- Available from 8:00AM Friday, September 25 – 8:00AM Monday, September 28
EXAM #2: Chapters 6 – 10 -- Available from 8:00AM Friday, October 29 – 8:00AM Monday, November 2
EXAM #3: Chapters 11 – 14 --Available from 8:00AM Monday, November 30 – 8:00AM Thursday, December 3

Exam policy:

1. There will be NO makeups whatsoever! **DO NOT ask me about make-ups.** I will not give them. There are no exceptions to this policy. There will also be no exams given before the regular exam dates. Exams MUST be taken during the scheduled exam windows.
2. If you take all 3 exams, the best 2 will count.
3. If you take 2 exams, your grade will be the arithmetic average of the 2.
4. This policy negates the need to explain to your professor why you missed an exam. Any exam missed will be the grade dropped. I WILL NOT RESPOND TO EMAILS ABOUT MISSED EXAMS/MAKE-UPS.
5. If technical issues arise during an exam DO NOT EMAIL DR. FRAZIER (I cannot help you) – CONTACT ONLINE@FIU.EDU (305-348-3630) IMMEDIATELY.

WRITTEN ASSIGNMENT

There will be one major written assignment that each student must complete, worth 70% of the final grade.

*This assignment will require you to rent or download a movie to watch and answer the required questions. Please make sure you will be able to rent/download the movie to complete the assignment. If you are unable to complete this assignment you will not be able to pass the course.

The assignment has a very detailed and specific format which is described in Blackboard under course menu, Assignment Dropbox Instructions. Failure to follow these explicit instructions will result in lower grades.

Assignment expectations:

- The assignment will require written work and research and certain parts of the assignment must be in APA format, as specified in the instructions.
- No late assignments are accepted under any circumstances. I WILL NOT RESPOND TO EMAILS ABOUT LATE ASSIGNMENTS.
- The assignment is not a group assignment. You must do your own work. ALL STUDENTS MUST COMPLETE THE ACADEMIC HONESTY COVER PAGE (https://online.fiu.edu/html/wct_files/Policy/individual_cover_page.html) AND INCLUDE IT AS THE COVER PAGE OF THEIR ASSIGNMENT
- Assignments must be submitted to the course drop box linked to www.turnitin.com by the designated deadline. Failure to submit by the deadline will result in a zero (0) on the assignment. INSTRUCTIONS FOR SUBMITTING TO THE ASSIGNMENT DROP BOX LINK TO TURNITIN.COM can be found under ASSIGNMENT DROPBOX INSTRUCTIONS under course menu. Any document that generates a plagiarism report of 30% unoriginal work will be docked points, and the student will be contacted. Any document with a plagiarism report higher than 40% will be given a zero and the student will be bought up on charges of Academic Misconduct. Therefore, make sure to reference anything that is not your original words in APA format. Information on APA format can be viewed at Useful Links under course menu.

Be aware that charges of Academic Misconduct become a permanent part of your student record. Sanctions may range from receiving an F for the course to being expelled from the University.

The due date for the assignment is (time absolute) on Friday, December 4, 2015 by 11:55p.m. The assignment must be submitted to turnitin.com through assignment drop box by that deadline. Also - pay attention to the due date of the assignment and make sure you allow time to rent the movie and view (several times) it prior to thinking about and writing the paper.

THERE WILL BE NO EXCUSE FOR NOT BEING ABLE TO VIEW THE MOVIE. THIS IS THE ONLY ASSIGNMENT FOR THE COURSE AND IT MUST BE COMPLETED EXACTLY AS REQUIRED. NO MAKE-UPS OR ALTERNATE ASSIGNMENTS ARE GIVEN. I WILL NOT RESPOND TO EMAILS ABOUT LATE ASSIGNMENTS.

THIS IS AN INDIVIDUAL ASSIGNMENT. YOU ARE NOT TO WORK TOGETHER ON THIS ASSIGNMENT.

GRADING

<table>
<thead>
<tr>
<th>Course Requirements</th>
<th>Weight</th>
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<tr>
<td>Assignment</td>
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<td>Exams</td>
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<td>B+</td>
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<td>B</td>
<td>83 - 86</td>
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### WEEKLY SCHEDULE

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<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Assignments</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>August 24 - 30</td>
<td>Introduction to health psychology Health Around the World Chapter 1</td>
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<tr>
<td>Week 2</td>
<td>August 31 - September 6</td>
<td>Systems of the body Chapter 2</td>
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<td>Week 3</td>
<td>September 7 –13</td>
<td>Health Behaviors Chapter 3</td>
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<td>Week 4</td>
<td>September 14 - 20</td>
<td>Health enhancing behaviors how where you live influences your health Chapter 4</td>
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<td>Week 5</td>
<td>September 21 - 27</td>
<td>Health compromising behaviors Global and cultural differences Chapter 5</td>
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<td><strong>EXAM #1</strong>&lt;br&gt;Covers Chapters 1 – 5&lt;br&gt;Available from 8:00AM Friday, September 25 – 8:00AM Monday, September 28</td>
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<tr>
<td>Week 6</td>
<td>September 28 – October 4</td>
<td>Stress&lt;br&gt;A global comparison: Hurricane Katrina and the 2004 Indian Ocean earthquake and tsunami Chapter 6</td>
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<td>Week 7</td>
<td>October 5 - 11</td>
<td>Coping Chapter 7</td>
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<td>Week 8</td>
<td>October 12 - 18</td>
<td>Health Services&lt;br&gt;Global health systems and services Chapter 8</td>
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<td>Week 9</td>
<td>October 19 - 25</td>
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<td>Week</td>
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| 10   | October 26 – November 1 | Patient-provider Relations  
                                   | Chapter 9  
                                   | Pain  
                                   | Cultural influences on pain and pain treatment  
                                   | Chapter 10 |
|      | EXAM #2      | Covers Chapters 6 – 10  
                                   | Available from 8:00AM Friday, October 29 – 8:00AM Monday, November 2 |
| 11   | November 2 – 8 | Chronic Illness  
                                   | Global influences on chronic illness  
                                   | Chapter 11 |
| 12   | November 9 – 15 | Terminal Illness  
                                   | How we die, around the world  
                                   | Chapter 12 |
|      | EXAM #3      | Covers Chapters 11 – 14  
                                   | Available from 8:00AM Monday, November 30 – 8:00AM Thursday, December 3 |
|      | Written Assignment Due | Time certain: 11:55pm Friday, December 4, 2015  
                                   | No Late Papers will be accepted under any circumstances |