


**COURSE SYLLABUS
PSYCHOLOGY OF HEALTH & ILLNESS
CLP 4314**

GENERAL INFORMATION

PROFESSOR INFORMATION

	Instructor:	Prof. Jessica Saunders	
	Office:	DM 192 MMC	
	Office Hours:	By appointment	Email:

COURSE DESCRIPTION AND PURPOSE

Psychology of Health and Illness is an undergraduate course covering the behavioral, cognitive, psychosocial, and physiological factors that influence individual responses to health and 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 role 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 others and thus this course will have a wide appeal to psychology majors and non-majors alike.

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.
- 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.

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Each objective will be evaluated by discussion participation, weekly quizzes, and cumulative exams

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.

MAJOR & CURRICULUM OBJECTIVES TARGETED

There are no listed Major & Curriculum Objectives targeted by this particular course. Should you have any questions, please contact the professor.

TEACHING METHODOLOGY

This is a fully online course in which all of the instructional materials and activities are delivered through Blackboard, and/or other internet-based media. Should you have any questions, please contact the professor.

IMPORTANT INFORMATION

POLICIES

Please review [FIU's Policies webpage](#). The policies webpage contains essential information regarding guidelines relevant to all courses at FIU, as well as additional information about acceptable netiquette for online courses.

TECHNICAL REQUIREMENTS/SKILLS

One of the greatest barriers to taking an online course is a lack of basic computer literacy. By computer literacy we mean being able to manage and organize computer files efficiently, and learning to use your computer's operating system and software quickly and easily. Keep in mind that this is not a computer literacy course; but students enrolled in online courses are expected to have moderate proficiency using a computer. Please go to the [What's Required](#) page to find out more information on this subject.

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

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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 PROF. SAUNDERS - I cannot help you with technical issues. YOU MUST CONTACT [FIU ONLINE SUPPORT SERVICES](#) 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.

Please visit our [Technical Requirements](#) webpage for additional information.

ACCESSIBILITY AND ACCOMMODATION

Please visit our [ADA Compliance](#) webpage for information about accessibility involving the tools used in this course.

Please visit [Blackboard's Commitment to Accessibility](#) webpage for more information.

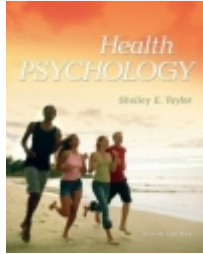
For additional assistance please contact FIU's [Disability Resource Center](#).

COURSE PREREQUISITES

This course has at least one prerequisite, PSY 2012. Review the [Course Catalog webpage](#) for prerequisites information.

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TEXTBOOK



Health Psychology (Required)

Shelley E. Taylor

McGraw Hill Publishers, 9th Edition, 2014

ISBN 10: 0077861817

ISBN 13: 9780077861810

You may purchase your textbook online at the [FIU Bookstore](#).

Our textbook comes with free student materials to help you study. Go to [Health Psychology](#) and select “student edition” on the left hand side. This will allow you access to practice quizzes, exercises, learning objectives, etc. to help you study and learn.

Please Note: This textbook is required (either in hard copy or eBook form). 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.

Textbook readings will be supplemented with empirical research and review papers. These must also be read in order to succeed in this course.

SUPPLEMENTAL READINGS

Will be posted each week on Blackboard. These are not optional, and are required for success in this course.

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 which can make these courses more demanding for some students.

Students are expected to:

- **Review the how to get started information** located in the course content
- **Take the practice quiz** to ensure that your computer is compatible with Blackboard and score 10/10
- **Review** and follow the course calendar
- Log in to the course **4x** per week
- Respond to discussion boards, blogs, and journal postings 4 out of 6 weeks.

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- Submit assignments by the corresponding deadline

The instructor will:

- Log in to the course **daily**.
- Respond to discussion boards, blogs, and journal postings within **48 hours**.
- Respond to **messages** within **48 hours**.
- Grade assignments within **7 days** of the assignment deadline

COURSE DETAILS

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.

DISCUSSION FORUMS (20%)

Keep in mind that your discussion forum postings will likely be seen by other members of the course. Care should be taken when determining what to post.

Class participation includes participation in the weekly online discussions. You must participate in **4/6 online discussions**. Each discussion will be worth up to **5 points**, for a total of up to **20 points**.

Weekly Discussion Participation Instructions: Discussion participation is a very important component of this course. Your grade will be assessed by reviewing your responses to the weekly discussion questions for each week. **There are 6 weekly discussions and you must complete at least 4 of them.** Each discussion will be worth up to 5 points, for a total of up to 20 points.

The deadline for responses is Sunday at 12:00pm (noon) of the same week. **Late responses will not be graded.** More instructions and an example of a good post can be found in the "Assignment Instructions" folder under "Assignment Dropbox".

Your weekly postings will be graded based on your ability to answer the discussion question in a thoughtful and intelligent way. Keep in mind that these posts are meant to flow as dialogue between all students enrolled in the class. It is very important that you reference your readings in these weekly posts as just making a post does not guarantee points. **Your grade for each post will be based on the QUALITY of your response.** Hence, giving blanket "I agree/I disagree" answers will not be accepted. It is also important that you read at least some of the other student postings as the discussion forum is meant to serve as an open discussion between all students. I highly recommend reading previous posts so that you don't write similar ideas. Part of the grading criteria includes the student's ability to add value to the ongoing discussion via personal experiences or outside sources. Weekly postings should show your understanding and critical analysis of the week's readings and concepts- a task that cannot

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be accomplished in one or two sentences. **Again, simply posting your opinion will not guarantee you any points for the week so please make connections to the readings!**

Please be respectful of other students. Keep in mind that some of the information discussed in a course on women and gender may be sensitive to some students. You are free to express any opinions you have but please do so in a respectful, intelligible manner. Students who abuse this forum by making harassing, inappropriate or abusive comments will be removed and receive a zero (0) for the class. Likewise, if you notice any abuse on the forums please let me know.

Grading Criteria for Discussion Posts:

- a) Clarity (1pts) - ideas are presented clearly and are easily understood
- b) References (1pt)- ties discussion posting to course readings
- c) Substance (2pts)-answers are presented in a thoughtful and intelligent manner; answers show that the student has read the course material and has tied the material to his or her own previous experiences/knowledge
- d) Thoroughness (1pt)- answers are complete; responses address all parts of the discussion question

QUIZZES (20% OF FINAL GRADE)

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](#). Please note that this course requires the use of the Respondus LockDown Browser to take assessments.

- 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.

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 supplemental resources in each chapter and re-read the chapters sufficiently to score well on the quiz.

Weekly quizzes are worth 20% of your final grade. Each quiz is only available the week that material is covered. **NO MAKE-UPS WILL BE GIVEN.** After you take each quiz you will have access to your quiz to see which questions you answered correctly or not.

- **There are 6 weekly quizzes, your 2 lowest quiz grades will be dropped. Thus, the quiz total used in the calculation of your final grade will be the average of the 4 highest grades.**

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- **Weekly quizzes must be taken with the Lockdown Browser Enabled.**
- Each quiz will be 10 questions randomly drawn to survey the entire chapter/lecture/supplements. Once you begin the quiz you have 15 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.
- **NO EXTENSIONS OR MAKE-UPS ARE GIVEN. Thus, there is no need to explain to Professor Saunders 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 2 weekly quizzes without it impacting their semester quiz score.

Please note that the following information only applies if your course requires the use of the Respondus LockDown Browser to take assessments.

1. Review the [Respondus LockDown Browser Instructions](#) on how to install, access your assessments and view your grades.
2. 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 (60% OF FINAL GRADE)

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 60% 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 and supplemental readings 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 60 minutes from the time they start the exam to complete 50 questions. After 60 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.

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The dates for the exams are as follows:

Exam #1: Weeks 1-4 -- Available from 8:00AM Wednesday, September 14th- 8:00AM Saturday, September 17th.

EXAM #2: Weeks 5-8 -- Available from 8:00AM Wednesday, October 12th- 8:00AM Saturday, October 15th.

EXAM #3: Weeks 9-14 --Available from 8:00AM Wednesday, November 30th - 8:00AM Saturday, December 3rd.

Exam policy:

- There will be NO makeups whatsoever! DO NOT ask me about make-ups. 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
- If you take all 3 exams, the best 2 will count.
- If you take 2 exams, your grade will be the arithmetic average of the 2.
- This policy negates the need to explain to your professor why you missed an exam. Any exam missed will be the grade dropped.
- If technical issues arise during an exam DO NOT EMAIL PROF. SAUNDERS (I cannot help you) - CONTACT ONLINE@FIU.EDU (305-348-3630) IMMEDIATELY.

GRADING

COURSE REQUIREMENTS	WEIGHT
Exams (Average of Best 2 out of 3 Grades)	60%
Quizzes (Average of Best 4 out of 6 Grades)	20%
Discussion Board Participation (Average of Best 4 out of 6 Grades)	20%
Total	100%

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LETTER	RANGE (%)	LETTER	RANGE (%)	LETTER	RANGE (%)
A	Above 93	B-	80 - 82	F	< 60
A-	90 - 92	C+	77 - 79		
B+	87 - 89	C	70-76		
B	83 - 86	D	60-70		

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COURSE CALENDAR

WEEK	TOPIC	CHAPTER OR REQUIRED PAPER
Week 1 Monday, August 22 – Sunday, August 28	Introduction to Health Psychology	Chapter 1 & 3 Quiz 1 Available
Week 2 Monday, August 29 – Sunday, September 4	Introduction to Health Psychology	Miller, Chen, & Cole (2009)
Week 3 Monday, September 5 – Sunday, September 11	Health Enhancing Behaviors and Health Compromising Behaviors	Chapter 4 & 5 Quiz 2 Available

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Week 4 Monday, September 12 – Sunday, September 18	Health Enhancing and Health Compromising Behaviors	Campbell et al. (2010)
Week 5 Monday, September 19 – Sunday, September 25	Stress and Coping	Chapter 6 & 7 Quiz 3 Available
Week 6 Monday, September 26- Sunday, October 2	Stress and Coping	Ng & Jeffery (2003)
Week 7 Monday, October 3- Sunday, October 9	Pain and Chronic Illness	Chapter 10 & 11 Quiz 4 Available
Week 8 Monday, October 10- Sunday, October 16	Pain and Chronic Illness	August & Sorkin (2010)
Week 9 Monday, October 17- Sunday, October 23	Terminal Illness	Chapter 12 Quiz 5 Available

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Week 10 Monday, October 24- Sunday, October 30	Terminal Illness	Sachs et al. (2013)
Week 11 Monday, October 31- Sunday, November 6	Major Causes of Illness, Disability, and Death	Chapter 13 & 14 Quiz 6 Available
Week 12 Monday, November 7- Sunday, November 13	Major Causes of Illness, Disability, and Death	Wittouck et al. (2011)
Week 13 Monday, November 14- Sunday, November 20	Future of Health Psychology	Chapter 15
Week 14 Monday, November 21- Sunday, November 27	HAPPY THANKSGIVING	
Week 15 Monday, November 28- Sunday, December 4	Future of Health Psychology	Free et al. (2013)
