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Fall 2017 - COURSE SYLLABUS  
PSYCHOLOGY OF HEALTH & ILLNESS  
CLP 4314

GENERAL INFORMATION

PROFESSOR INFORMATION

<b>Instructor:</b>	Prof. Jessica Saunders	<b>Email:</b>	Please use Blackboard course messages
<b>Office:</b>	By appointment		
<b>Office Hours:</b>			

COURSE DESCRIPTION AND PURPOSE

Psychology of Health and Illness is an undergraduate course covering the cultural, 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 interaction 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 psychiatric-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.

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

Specific Global Learning Outcomes:

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- *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](#). This policies webpage contains essential information regarding guidelines relevant to all courses as well as additional information about acceptable netiquette for online courses.

## TECHNICAL REQUIREMENTS/SKILLS

One of the greater 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; all 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 computer is compatible with Blackboard [tuneup](#). 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.

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**\*\*\*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 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

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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

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

## TEXTBOOK

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**Health Psychology: A Cultural Approach (Required)**

Regan A.R. Gurung

Cengage Learning, 3rd Edition, 2014

ISBN 10: 1-285-06211-2

ISBN 13: 978-1-285-06211-2

You may purchase your textbook online at the FIU BOOKSTORE.

**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 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.

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## SUPPLEMENTAL READINGS AND VIDEOS

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. The same standards of academic integrity that apply to all university courses apply to this one. **Any form of plagiarism or cheating constitutes academic misconduct and will be handled accordingly. Please see your Student Handbook or <http://undergrad.fiu.edu/academic-integrity/> for more information.**

**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 **at least** two weeks.
- 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 **72 hours** of 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 all 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 the [Writing Resources webpage](#) for more information on professional writing and technical communication skills.

## DISCUSSION FORUMS (20% OF FINAL GRADE)

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.

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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 11:59pm 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.** 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. 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 be accomplished in three or four sentences. Please proofread your responses. Although this is not a formal paper, grammar counts. **Again, simply posting your opinion will not guarantee you any points for the week. You are required to make connections to assigned weekly readings for full credit.**

Please be respectful of other students. Keep in mind that some of the information discussed in a course on health and illness 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.

**I reserve the right to check any discussion post for plagiarism via Turnitin.**

**Submission of a discussion post containing plagiarized material is an act of academic misconduct and will be handled accordingly.**

#### SEMESTER BEHAVIOR CHANGE PROJECT (40%)

You will complete a "behavior change" project over the course of the semester. More detail will be provided during week 2. As an overview, you will pick a small health-related behavior of your own to change and submit written reflections on your attempts at changing it, based on writing prompts that I will provide, five times during the

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semester. These written responses will be graded based on your ability to tie your experience to the theories we discuss in class, and on your ability to clearly articulate your thoughts and experiences.

Your written assignments will be submitted via Blackboard/Turnitin.

## EXAMS (40%)

There are 3 exams. Your lowest grade will be dropped. Your final grade is based on the average of the 2 highest grades and represents 40% 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 cumulative, and covers the chapters, videos, and supplemental readings in that unit and the prior units. Each exam will be comprised of 20% older material and 80% newer material.
- 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 90 minutes from the time they start the exam to complete 50 questions. After 90 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.

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.

The dates for the exams are as follows:

Exam #1: Available from 12AM on Thursday, September 14<sup>th</sup> - 11:59PM on Saturday, February 5<sup>th</sup>.

EXAM #2: Available from 12am on Thursday, October 26<sup>th</sup> - 11:59PM on Saturday, October 28<sup>th</sup>.

EXAM #3: Available from 12am on Monday, December 4<sup>th</sup> - 11:59PM on Thursday, December 7<sup>th</sup>.

Exam policy:

- 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.

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- 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](mailto:ONLINE@FIU.EDU) (305-348-3630) IMMEDIATELY.

## GRADING

COURSE REQUIREMENTS	WEIGHT
Exams (Average of Best 2 out of 3 Grades)	40%
Discussion Board Participation (Average of Best 4 out of 6 Grades)	20%
Semester Long Behavior Change Project and 5 Written Assignments	40%
<b>Total</b>	<b>100%</b>

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

**COURSE CALENDAR**

WEEK	TOPIC	CHAPTER OR REQUIRED PAPER
Week 1 Monday, August 21 – Sunday, August 27	Introduction to Health Psychology	Chapter 1 Miller, Chen, & Cole (2008)
Week 2 Monday, August 28 – Sunday, September 3	Cultural Approaches to Health	Chapter 2 Yammarino & Revenson (2004) Discussion Post 1 for Weeks 1 & 2 due at 11:59PM on Saturday
Week 3 Monday, September 4 – Sunday, September 10	Health Enhancing Behaviors and Health Compromising Behaviors	Chapter 6 & 7 Behavior Change Assignment 1 due at 11:59PM on Saturday
Week 4 Monday, September 11 – Sunday, September 17	Health Enhancing and Health Compromising Behaviors	Campbell et al. (2010) Discussion Post 2 for Weeks 3 & 4 due at 11:59PM on Saturday

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Week 5 Monday, September 18 – Sunday, September 24	Stress and Coping	Chapter 4 Ng & Jeffery (2003) Behavior Change Assignment 2 due at 11:59PM on Saturday
Week 6 Monday, September 25- Sunday, October 1	Stress and Coping	Chapter 5 Discussion Post 3 for Weeks 5 & 6 due at 11:59PM on Saturday
Week 7 Monday, October 2- Sunday, October 8	Pain and Chronic Illness	Chapters 9 & 10 Behavior Change Assignment 3 due at 11:59PM on Saturday
Week 8 Monday, October 16- Sunday, October 22	Pain and Chronic Illness	August & Sorkin (2010) Discussion Post 4 for Weeks 7 & 8 Discussion Post due at 11:59PM on Saturday
Week 9 Monday, October 23 - Sunday, October 29	Psychoneuroimmunology and HIV	Chapter 11
Week 10 Monday, October 30- Sunday, November 5	Culture and Cancer	Chapter 12 Behavior Change Assignment 4 due at 11:59PM on Saturday

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Week 11 Monday,  
November 6- Sunday,  
November 12

Culture and Cardiovascular Disease

Kai, Beavan, & Faull (2011)

Discussion Post 5 for Weeks 9-12 due at 11:59PM  
on Saturday

Week 12 Monday,  
November 13- Sunday,  
November 19

Future of Health Psychology

Chapter 14

Behavior Change Assignment due at 11:59PM on  
Saturday

Week 13 Monday,  
November 20- Sunday,  
November 26

THANKSGIVING WEEK

Bevan & O'Donnell for Final Exam/ Catch up on  
material

Week 14 Monday,  
November 27- Sunday,  
December 3

Future of Health Psychology

Free et al. (2013)

Discussion Post 6 for Weeks 13-14 due at 11:59PM  
on Saturday

Week 15 Monday,  
December 4- Saturday,  
December 9

FINALS WEEK

EXAM 3 Closes at 11:59PM on Thursday, 12/7

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