MASTER SYLLABUS

PSYC 320 – Health Psychology

Prepared by: Janet Parcell Mitchell, PT, DPT, ATC, CSCS
Updated by: Barat Wolfe, PhD
A. TITLE: Health Psychology

B. COURSE NUMBER: PSYC 320

C. CREDIT HOURS: 3 lecture hour(s) per week for 15 weeks

D. WRITING INTENSIVE COURSE: No

E. GER CATEGORY: None

F. SEMESTER(S) OFFERED: Fall

G. COURSE DESCRIPTION:
In this course, students will examine the theories, research, and practice of health psychology. Students will explore the role of social determinants of health and wellness; the application of social and psychological factors to understand health promotion and prevention; and the interaction of psychological and biological factors through various topics including stress and coping, the placebo effect, chronic illness, and pain. Students will investigate how health-related theory and research can be applied for the benefit of both personal behavior change, and the health of communities.

H. PRE-REQUISITES/CO-REQUISITES: None ☐ Yes☒ If yes, list below:
Pre-requisite(s): Introductory Psychology (PSYC 101) and 60 credits or permission of instructor

I. STUDENT LEARNING OUTCOMES:
By the end of this course, students will be able to:

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<tr>
<th>Course Student Learning Outcome [SLO]</th>
<th>PSLO</th>
<th>ISLO</th>
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<tbody>
<tr>
<td>a. Describe key concepts, principles, theories, and methods in health psychology</td>
<td>1. Knowledge Base in Psychology</td>
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<td>b. Interpret, analyze, synthesize health psychology research</td>
<td>2. Scientific Inquiry and Critical Thinking</td>
<td>2 [IA]</td>
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<td>c. Evaluate health psychology issues of global concern with cultural competence</td>
<td>3. Ethical and Social Responsibility in a Diverse World</td>
<td>4 [ER, IK]</td>
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<td>d. Demonstrate effective written and oral presentation skills to make evaluative and persuasive arguments</td>
<td>4. Communication</td>
<td>1 [O,W]</td>
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<tr>
<td>e. Apply health psychology content and skills to complete course tasks using APA guidelines</td>
<td>5. Professional Development</td>
<td>5</td>
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KEY

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<thead>
<tr>
<th>ISLO #</th>
<th>Institutional Student Learning Outcomes [ISLO 1 – 5]</th>
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<tbody>
<tr>
<td>1</td>
<td>Communication Skills</td>
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<tr>
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<td>Oral [O], Written [W]</td>
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<td>2</td>
<td>Critical Thinking</td>
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<td></td>
<td>Critical Analysis [CA], Inquiry &amp; Analysis [IA], Problem Solving [PS]</td>
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<td>3</td>
<td>Foundational Skills</td>
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<td>Information Management [IM], Quantitative Lit./Reasoning [QTR]</td>
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<td>4</td>
<td>Social Responsibility</td>
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<td>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</td>
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<td>5</td>
<td>Industry, Professional, Discipline Specific Knowledge and Skills</td>
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J. APPLIED LEARNING COMPONENT: Yes ☐ No ☒

K. TEXTS:
Suggested text:

L. REFERENCES: To be determined by the instructor

M. EQUIPMENT: None ☐ Needed: Technology enhanced classroom

N. GRADING METHOD: A-F

O. SUGGESTED MEASUREMENT CRITERIA/METHODS:
Exams, quizzes, essays, student presentations, writing assignments, and discussion

P. DETAILED COURSE OUTLINE:

I. Foundations of Health Psychology
   A. Health and Wellness
   B. History of the Field
   C. The Biopsychosocial Perspective vs. The Biomedical Perspective
   D. Careers

II. Research in Psychology of Health and Fitness
   A. Evidence-Based Practice
   B. Epidemiological Research
   C. Research Design

III. Biological Foundations
   A. Nervous System
   B. Endocrine System
   C. Immune System
   D. Homeostasis
   E. Psychoneuroimmunology

IV. Sociocultural Foundations
   A. Health inequalities and inequities
   B. Stigma and Social Justice
   C. Culture and Health
   D. Social Justice
V. Stress and Health
   A. The Nature of Stress: Physiology
   B. Other Models of Stress and Illness
   C. Psychosocial Sources of Stress
   D. Personality Types and Stress

VI. Coping with Stress
   A. Psychological Skills Training
   B. Self-Awareness
   C. Imagery
   D. Self-confidence
   E. Goal Setting
   F. Concentration

VII. Theories, Models, and Interventions for Health Behavior Change
    A. Social Cognition
    B. Sexual Health
    C. Food, Eating, and Obesity
    D. Alcohol and Drinking
    E. Smoking and Drug Use
    F. Physical Activity and Exercise

VIII. Health Promotion and Disease Prevention
    A. Health Information and Literacy
    B. Lay Representations of Health and Illness
    C. Health Promotion Theories and Practice

IX. Illness and Experience and Health Care
    A. Illness and Personality
    B. Adherence and Resistance
    C. Pain
    D. Cancer and other Chronic Illnesses
    E. End of Life Care, Dying, and Death

Q. **LABORATORY OUTLINE:** N/A