

Syllabus
Health Psychology – PSY 367
Section 01: Fall 2022
Course Credits: 3.0

This is a General Education Course in Issues-Health

Time: Tuesday and Thursday 8:30-9:45 a.m.
Location: 2302 Au Stable Hall (ASH)
Final Exam: December 15th, 2022 at 8:00 a.m.
Instructor: Sylvia Malcore, Ph.D.
Office Phone: (616) 331-2378 (preferred method of contact is by email).
E-Mail: malcores@gvsu.edu
Office Hours: Tuesday 10:00 a.m. -12:00 p.m., Wednesday 1:00-3:00 p.m. or by appointment. I am also able to meet virtually by request.
Office: Au Sable Hall (ASH) 2137

Required Text

Taylor, S., & Stanton, A. L. (2021). Health Psychology (11th Edition). McGraw Hill. ISBN: 978-1260253900

Course Description

This is an undergraduate level class. Per GVSU course catalog, “Explores the relationships among psychology, health, and illness and behavioral medicine. Considers important contemporary health issues from biopsychological and psychosocial perspectives and the role of psychology in health promotion. Part of the Health Issue. Offered every academic year. Prerequisites: [PSY 101](#) and junior standing.”

Course Overview

Health Psychology is intended as an overview of Health Psychology for undergraduate students. Health psychology involves the scientific study of behaviors that enhance health, prevent disease and injury, and facilitate coping with health related issues. This course will introduce you to Health Psychology by exploring a range of theories and research studies in the field. We will take a biopsychosocial approach to the course, as biological, psychological, and social factors must all be considered in understanding contemporary health-related issues. Upon completion of the course, you will understand how knowledge of health psychology can be used to facilitate wellness, reduce risky behaviors, and treat individuals dealing with medical conditions.

Course Objectives:

Every course at Grand Valley State University has certain core learning objectives, described in the “Syllabus of Record” for the course. Upon successful completion of this course, students will be able to:

1. Describe what health psychology is and how it can be applied to prevent risky behavior.
2. Describe how to treat health problems and promote wellness.
3. Explain how health psychology can shape health care policy and reform.

Students are expected to complete the assigned readings in the text before class, attend class, and participate in class discussions. Grades will be based on:

- 1) Three noncumulative examinations (100 points each). These exams will include multiple choice and potential short essay items that can be drawn from the text, lecture, and class discussion.
- 2) Class exercises (80 points total). There will be approximately 12 in class exercises. Only your top 10 scores will be included for grading purposes. Most of these will take place during class, but there may be times you are asked to complete them as homework. Each exercise will be worth 8 points. The purpose of these exercises is to engage you more fully with the class material. While students can often get full-credit for completion of these exercises, points can be reduced per judgment of instructor (e.g., not completing all question prompts).

Credit for these exercises cannot be made up. If you are not present in class the day of the exercise is assigned, you will not be able to earn credit for the activity. Question prompts will be given in class and are not to be completed if you did not attend class that day. That said, all students will be able to drop missed exercises outside of the 10 required for scoring. Thus, if you miss only 2 exercises, you can still obtain a perfect score. If you miss three exercises, and only 12 are done in class you will lose points for one exercise, etc. These 2 (maybe more) “freebies” account for all excuses for missed exercises.

- 3) Collaborative Exercises (75 points total). There will be three collaborative exercises over the course of the semester. While time will be given in class, you will also need to take time outside of class to complete work as a group and individually. You will be given advance notice of when they are to occur, and they will require you to collaborate with group members to solve a problem. Each exercise will be worth 15-45 points. The purpose of these exercises is to engage you in problem solving and working with others while integrating different perspectives. If you miss these exercises, they cannot be made up unless you have extenuating circumstances and the instructor will determine this, in which case another assignment may be substituted. Please remember this is a general education course. More information on scoring rubric will be provided in-class.

Safe Assign

This class uses SafeAssign. For more information, please review [SafeAssign Help for Students | Blackboard Help](#). I recommend removing any personally identifying information before submitting work to SafeAssign.

Late Policy

All assignments and exams are expected to be completed by the due date. Some assignments “build” onto each other and deadlines support successful progress. Late papers can be subject to receiving a zero or 5 point per day reduction in points. I recognize there may be special circumstances and students should reach out to me as soon as possible if this is the case. That

said it should not be the expected that extensions or late assignments will be accepted and final determination will be made by instructor.

Course Grades

Your final grade for the course will be based upon exams and the assignments above.

Exams are not cumulative.

1. Exam 1: 100 points
2. Exam 2: 100 points
3. Exam 3: 100 points
4. Class exercises: 80 points
5. Collaborative exercises: 75 points

Grading Policy

93 – 100	A
90 – 92	A-
87 – 89	B+
83 – 86	B
80 – 82	B-
77 – 79	C+
73 – 76	C
70 – 72	C-
65 – 69	D+
60 – 64	D
0 – 59	F

Final grades at the .5 mark (e.g., 85.5) will be rounded up.

Absences/Attendance:

It is strongly recommend that you attend all classes, take notes, and participate in class. While I will not formally take attendance as a grade, the classroom experience will cover important topics and provide for additional learning opportunities. You are responsible for all material covered in class. If you miss a lecture, I recommend you to obtain notes from at least two different classmates. In case of illness and/or special circumstances (e.g., COVID), please talk to me. I want everyone to be successful in the class and will support you to help that happen, but I do expect regular attendance in class and participation with course material throughout the semester.

Participation

Please come to all classes ready to engage as an active learner in class discussions and activities. Please treat everyone in the classroom with respect. Please limit electronic devices to classroom needs unless absolutely necessary.

Course Communication

1. Communication regarding the course will occur through Blackboard and GVSU email or in class. You are expected to **regularly (i.e., every day)** check your

GVSU email and Blackboard account for important course materials, information, and updates.

2. My policy is to try to respond to your email within **2 business days**, which means within 48 hours on weekdays and by 5pm on Tuesday if you send me an email on Friday or over the weekend. I may not check or respond to emails after 5pm or on weekends.
3. For questions best answered face to face, I will ask you to attend my office hours or set up an alternate time to meet with me.
4. Please draft emails to me carefully and considerately, keeping in mind that you are speaking with an instructor and not a friend and therefore should be professional in your communication. I will also respond professionally, as I believe these exchanges are important for professional development.
5. In the spaces below, please take down two students' contact information in your class. Please contact the other students **FIRST** if you have a question about the course (e.g., finding a particular assignment, not understanding a specific direction, venting about class, etc.). If they can't answer your question, then reach out to me.

Name: _____ Email/Phone:

Name: _____ Email/Phone:

6. If conflicts for the class occur, please communicate with this me as soon as possible.

Exams

1. Please plan to take exams as scheduled in the syllabus. In the event of extreme circumstances that you prevent you from attending you should contact the instructor as soon as possible. Make-up exams final determination will be made by your instructor.
2. The exams are not cumulative and may be based on information from the text and any information covered in the classroom.
3. Efforts will be made to have time in class before the exam to review. I also welcome any questions from students to assist in preparing for the exam.

Registrar - Last Day to Drop

Last day to drop with a “W” is October 28th, 2022 before 5:00 p.m. through myBanner. With additional approval it is December 9th before 5 p.m. Students can find additional information in academic policies of GVSU.

Changes to the Syllabus

The instructor reserves the right to change the contents of this syllabus. Students will be given notice of relevant changes in class, through a Blackboard announcement, or through GVSU e-mail.

PYC 367 Course Schedule

Date	Week	Lecture Topic/Activity/Assignments	Chapter
30-August	1	Introduction Review of syllabus Chapter 1: What is Health Psychology	1
1-September	1	Chapter 1: What is Health Psychology Continued In class activity Introduction to Collaborative Activities and Groups Selected Chapter 3: Health Behaviors start	1
6-September	2	Chapter 3: Health Behaviors	3
8-September	2	Chapter 3: Health Behaviors Health Behavior Change Plans In class activity Chapter Two: The Systems of the Body start	3
13-September	3	<i>Health and Wealth video</i> In class activity Chapter Two: The Systems of the Body	2
15-September	3	Chapter Four: Health-Promoting Behaviors In class activity	4
20-September	4	Guest Speaker: Library Chapter Five: Health-Compromising Behaviors	5
22-September	4	Wrap-up from above <i>Secrets to Longevity video</i> Discuss Collaborative Activities In class activity Exam Review	
27-September	5	Collaborative One	
29-	5	Exam 1 (chapters 1, 2, 3, 4, 5)	

September			
4-October	6	Chapter 6: Stress	6
6-October	6	ACES and trauma/resilience Guest Speaker: Gwenden Dueker, PhD*	
11- October	7	Movie: Portrait of a Killer In class activity	
13- October	7	Collaborative #2*	
18- October	8	Chapter 7: Coping, Resilience, and Social Support	7
20- October	8	Chapter 8: Using Health Services In class activity	8
25- October	9	Fall Recess-No Class	
27- October	9	Chapter 9: Patients, Providers, and Treatments Collaborative #3 Chapter 10: The management of Pain and Discomfort start	9
1- November	10	Chapter 10: The management of Pain and Discomfort In class activity Exam review	10
3- November	10	Exam 2 (Chapters 6, 7, 8, 9, and 10)	
8- November	11	Collaborative #3 continue Chapter 11: Management of Chronic Health Disorders (<i>Becoming American</i>) In class activity	11
10- November	11	Chapter 11: Management of Chronic Health Disorders	11
15- November	12	Chapter 12: Psychological Issues in Advancing and Terminal Illness	12
17- November	12	Chapter 12: Psychological Issues in Advancing and Terminal Illness (<i>The truth about cancer</i>) In class activity	12
22- November	13	Chapter 13: Heart Disease, Hypertension, Stroke, and Type II Diabetes	13
24- November	13	Thanksgiving Day Recess-No Class	

29- November	14	Group meeting for collaborative #3 Chapter 14: Psychoneuroimmunology and Immune-Related Disorders	14
1- December	14	Guest Speaker: Grant Heller, PhD, BCB Topic: Wellness In class activity	
6- December	15	Chapter 14: Psychoneuroimmunology and Immune-Related Disorders <i>(This emotional life)</i> Collaborative #3 Due	14
8- December	15	Chapter 15: Health Psychology Challenges for the Future In class activity Exam review	15
15- December	16	Final Exam (Chapters 11, 12, 13, 14, 15) 8:00-9:50 a.m.	

*There may be some changes in dates with regards to the Guest speaker presently scheduled on October 6th and collaborative #2.

The General Education Program prepares students for informed citizenship, leading to responsible participation in local, national, and global communities.

PSY 367 Health Psychology
Issues – Health

Knowledge Student Learning Outcomes

1. Explain how complementary and competing perspectives contribute to the ongoing discussion about health.

Skills Student Learning Outcomes:

1. Collaboration: Effectively work on a team. (Students must participate in a group project conducted over a significant portion of the semester.)
 - Helps the team move forward by articulating the merits of alternative ideas or proposals.
 - Engages team members in ways that facilitate their contributions to meetings by both constructively building upon or synthesizing the contributions of others as well as noticing when someone is not participating and inviting them to engage.
 - Completes all assigned tasks by the deadline; work accomplished is thorough, comprehensive, and advances the project; proactively helps other team members complete their assigned tasks.
 - Actively promotes a constructive team climate.

2. Integration: Apply knowledge from experiences and multiple disciplines to new, complex situation.

- Connects examples, facts, or theories from multiple disciplines and applies them to new, complex situations.
3. Problem Solving: Design and evaluate an approach to answer an open-ended question or achieve a desired goal.
- Constructs a clear and insightful problem statement that includes all relevant contextual factors.
 - Identifies multiple approaches for solving the problem that applies to a specific context. • Proposes one or more solutions/hypotheses that are sensitive to contextual factors and the ethical, logical, and cultural dimensions of the problem.
 - Evaluates solution(s) thoroughly and insightfully and does all of the following: considers the history of the problem, reviews logic/reasoning, examines feasibility of the solution, and weighs impacts of the solution.

Copyright Information

Please follow all rules regarding any copyrighted material used in the class.

Student Resources

GVSU has a number of student resources available. Including, but not limited to academic support and wellness. <https://www.gvsu.edu/studentaffairs/student-resources-29.htm>

University Policies

"This course is subject to the GVSU policies listed at <https://www.gvsu.edu/coursepolicies/>." (See *University Policies* SG 3.04.C for more details.). Some of the syllabus information has been taken from GVSU resources.

Disability Support Resources

If you are in need of accommodations due to a learning, physical, or other disability you must present a memo to me from Disability Support Resources (DSR), indicating the existence of a disability and the suggested reasonable accommodations. If you have not already done so, please contact the Disability Support Resources office (215 CON) by calling 331-2490 or email to dsrgvsu@gvsu.edu. Please note that I cannot provide accommodations based upon disability until I have received a copy of the DSR issued memo. All discussions will remain confidential.

Furthermore, if you have a physical disability and think you will need assistance evacuating this classroom and/or building in an emergency situation, please make me aware so I can develop a plan to assist you.

Standards of conduct ([gvsu.edu/studentcode](https://www.gvsu.edu/studentcode)) are established in order to generate an atmosphere in which the goals and objectives of the institution can flourish. Please review.

Academic Integrity

Integrity of Scholarship and Grades

Truth and honesty: The principles of truth and honesty are recognized as fundamental to a community of teachers and scholars. The university expects that both faculty members and students will honor these principles and in so doing protect the validity of university grades. This means that all academic work will be done by the student to whom it is

assigned without unauthorized aid of any kind. Instructors, for their part, will exercise care in the planning and supervision of academic work, so that honest effort will be positively encouraged. Compliance shall include compliance with the following specific rules:

1. No student shall knowingly, without authorization, procure, provide, or accept any materials which contain questions or answers to any examination or assignment.
2. No student shall, without authorization, complete, in part or in total, any examination or assignment for another person.
3. No student shall, without authorization, allow any examination or assignment to be completed, in part or in total, by another person.
4. No student shall knowingly plagiarize or copy the work of another person and submit it as his or her own.
5. No student shall submit work that has been previously graded or is being submitted concurrently to more than one course without authorization from the instructor(s) of the class(es) to which the student wishes to submit it.

Plagiarism

Any ideas or material taken from another source for either written or oral presentation must be fully acknowledged. Offering the work of someone else as one's own is plagiarism. The language or ideas taken from another may range from isolated formulas, sentences, or paragraphs to entire articles copied from books, periodicals, speeches, or the writing of other students. The offering of materials assembled or collected by others in the form of projects or collections without acknowledgment also is considered plagiarism. Any student who fails to give credit in written or oral work for the ideas or materials that have been taken from another is guilty of plagiarism.

Such activity may result in failure of a specific assignment, an entire course, or, if flagrant, dismissal from Grand Valley. For further information see the Student Code.

Campus Emergencies

In case of fire, immediately proceed to the nearest exit during a fire alarm. Use a staircase, not an elevator. To sign up for campus emergency alerts and to access more information, please visit the [GVSU Emergency website](http://gvsu.edu/emergency) (gvsu.edu/emergency).

Financial Hardships

GVSU remains committed to supporting you because of the impacts of the COVID-19 pandemic and is here to help you in times of financial need, including technology requirements. Financial hardship funds are available to help student's meet their basic needs, and help cover educational costs (such as housing, food, and textbooks) that a student could not otherwise pay out of pocket. Please visit the GVSU [Special Circumstance & Financial Hardship Requests](#) webpage for more information.

Library

Each department has a designated librarian to support your research needs. Christine Malmsten is our liaison librarian for Psychology. Her email is malmstec@gvsu.edu and she is available for online consultations via Google Meet, Zoom, or email. You can also check out the [Psychology Subject Guide](#), which is a great place to start your library research.

A university link to COVID relevant information

<https://www.gvsu.edu/lakerstogether/>

Psych Friends

If you feel you could use some extra help/guidance/support in any academic domain or for your well-being, please consider scheduling an appointment with a mentor through Psych Friends. Psych Friends mentors are upper-level undergraduate peer mentors who are trained to provide support in many areas including: effective study and time management techniques, exam preparation and reflection skills, comprehension of the psychology and behavioral neuroscience major requirements, tips for engaging in the field, strategies for education continuation, methods for maintaining physical and mental health. Schedule an appointment here: <https://www.gvsu.edu/navigate> and Questions? Email psychfriends@gvsu.edu

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