Fayetteville State University  
College of Arts and Sciences  
Department of Psychology  
PSY 365 Health Psychology  
Spring/2015

I. Locator Information:  
Instructor: Dr. Tim Moore  
Course # and Name: PSY 365  
Office Location: 203 NERC  
Semester Credit Hours: 3  
Day and Time Class Meets: 11-11:50 AM  
Office hours: M 2-4; Th. 1-4; F 9:30-11 AM  
Office Phone: 910 672-1922  
Email address: tmoore40@uncfsu.edu

FSU Policy on Electronic Mail: Fayetteville State University provides to each student, free of charge, an electronic mail account (username@broncos.uncfsu.edu) that is easily accessible via the Internet. The university has established FSU email as the primary mode of correspondence between university officials and enrolled students. Information from FSU or FSU students pertaining to academic records, grades, bills, financial aid, and other matters of a confidential nature must be submitted via FSU email. The student is responsible for ensuring the mailbox remains available to receive notifications. FSU is not responsible for issues related to notifications that are not deliverable due to full mailboxes. Inquiries or requests from personal email accounts are not assured a response. Rules and regulations governing the use of FSU email may be found at http://www.uncfsu.edu/PDFs/EmailPolicyFinal.pdf

II. Course Description: Briefly, this course offers an examination of the links between medicine and psychology, including the relevance of biological, personal, cognitive, developmental, social, environmental, and cultural variables to health and illness.

Objectives: The purpose of this course is to provide undergraduate students with a comprehensive understanding of health psychology. The course will address four general subject areas: 1) prevalence of diseases; 2) attitudes, behavior, and lifestyle factors affecting disease prevention and development; 3) psychological and social processes associated with disease risk, development and progression; and 4) social and psychological factors involved in the illness experience.

III. Disabled Student Services: In accordance with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act (ACA) of 1990, if you have a disability or think you have a disability to please contact the Center for Personal Development in the Spaulding Building, Room 155 (1st Floor); 910-672-1203.

IV. Title IX – Sexual Misconduct  
Fayetteville State University (University) is committed to fostering a safe campus environment where sexual misconduct — including sexual harassment, domestic and dating violence, sexual assault, and stalking - is unacceptable and is not tolerated. The University encourages students who may have experienced sexual misconduct to speak with someone at the University so that the University can provide the support that is needed and respond appropriately. The Sexual Misconduct policy can be found at the following link: http://www.uncfsu.edu/Documents/Policy/students/SexualMisconduct.pdf

Consulting with a Health Care Professional - A student who wishes to confidentially speak about an incident of sexual misconduct should contact either of the following individuals who are required to maintain confidentiality:

Ms. Pamela C. Fisher  
Licensed Professional Counselor  
Spaulding Building, Room 165  
(910) 672-1387  
psmith@uncfsu.edu

Ms. Linda Melvin  
Director, Student Health Services  
Spaulding Building, Room 121  
(910) 672-1454  
lmelvi10@uncfsu.edu

Reporting an Incident of Sexual Misconduct - The University encourages students to report incidents of sexual misconduct. A student who wishes to report sexual misconduct or has questions about University policies and procedures regarding sexual misconduct should contact the following individual:
Unlike the Licensed Professional Counselor or the Director of Student Health Services, the Deputy Title IX Coordinator is legally obligated to investigate reports of sexual misconduct, and therefore cannot guarantee confidentiality, but a request for confidentiality will be considered and respected to the extent possible.

Students are also encouraged to report incidents of sexual misconduct to the University’s Police and Public Safety Department at (910) 672-1911.


VI. Student Learning Outcomes – Upon completion of this course, students will be able to:
- understand health issues intimately involved with the problems of our times;
- understand the basic principles and concepts of health psychology;
- understand and interpret research findings highlighting health; and
- identify and discuss the interplay of psychological, biological, behavioral, and social factors in the study of health issues.

VII. Course Requirements and Evaluation Criteria - Attendance is required and all missed assignments are the responsibility of the student who may miss a class. The grading assignments will consist of four major exams. There will be no make-up assignments without an excused absence on the assignment due date. Any late assignments will receive a deduction of 10% or greater for each late assignment.

GRADING SYSTEM
Exams: Four exams - (max. 100 points each)  
A - 360 or more  
B - 359 - 320  
C - 319 -280  
D - 279 - 240  
F - 239 and below

Please note: If these evaluation criteria must be revised because of extraordinary circumstances, the instructor will distribute a written amendment to the syllabus.

VIII. Academic Support Resources – University College Learning Center

IX. Course Outline and Assignment Schedule

January
Week 1 - Ch. 1 – Introducing Health Psychology  
Week 2 - Ch. 2 – Research in Health Psychology  
Week 3 - Ch. 3 – Biological Foundations of Health and Illness  
Review and Exam #1 (2/2/15)

February
Week 4 - Ch. 4 – Stress (Video)  
Week 5 - Ch. 4 – Stress continued (Video)  
Week 6 - Ch. 5 – Coping with Stress  
Week 7 – Ch. 6 – Staying Healthy  
Review and Exam #2 (2/23/15)

March
Week 8 - Ch. 8 – Nutrition, Obesity, and Eating Disorders  
Week 9 – Spring BREAK  
Week 10 - Ch. 8 – Nutrition, Obesity, and Eating Disorders  
Week 11 - Ch. 9 – Substance Use, Abuse, and Addiction (Video)  
Review and Exam #3 (3/27/15)

April
X. Teaching Strategies - The class will be taught using a combination of the lecture and seminar formats to facilitate active learning. Active learning involves you taking responsibility for your learning and effectively sharing that information with others in the class. You are requested to be ready and committed to participate in discussions and to complete assignments on time.

XI. Supplemental Readings/Additional Bibliography:
More Than an Apple a Day: Preventing Our Most Common Diseases

www.youtube.com/results?search_query=more+than+an+apple+a+day

https://www.youtube.com/watch?v=B-8ovk81nNM

DVD/Videos – What the Bleep Do We Know; Unnatural Causes; Genetics of Alcoholism, Food, Inc. Fast Food Nation