

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



MASTER SYLLABUS

PSYC 320 – Health Psychology

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**SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
FALL 2019**

- 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:

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

KEY	Institutional Student Learning Outcomes [ISLO 1 – 5]
ISLO #	ISLO & Subset
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking <i>Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]</i>
3	Foundational Skills <i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>
4	Social Responsibility <i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
5	Industry, Professional, Discipline Specific Knowledge and Skills

J. APPLIED LEARNING COMPONENT: Yes No

K. TEXTS:

Suggested text:

Marks, D.F., Murray, M., & Estacio, E.V. (2018). Health Psychology: Theory, Research, & Practice (5th ed.). Sage: Thousand Oaks, CA.

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