

## PCO4930: Health Psychology (Section 05GH) Spring 2018

**Instructor:** Nwakaego Nmezi, M.A., M.S.  
**Email:** aukonu@ufl.edu  
**Office:** Psychology Building, Room 235-B

**Classroom:** Leigh Hall (LEI), Rm 0242  
**Class Time:** Thursday 4:05 pm – 7:05 pm  
**Office Hours:** Monday 5:00 pm – 7:00 pm  
or by appointment

<b>Teaching Assistants:</b>	<b>Email:</b>
Lisbetty Lugo	Lisbetty24@ufl.edu
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\*\*TA's may be reached via email and are available to answer course related questions.

**Note:** Unless you need to discuss a personal issue (e.g., missing an exam or a class) please email the TA and/or email the instructor and copy both TAs on the email for issues concerning the course (e.g., class assignment). When contacting the instructor and/or the TAs please do the following: (a) ensure that the answer to your question is not in the syllabus or on e---Learning, (b) always include the course number (PCO4930) in the subject line, (c) always include your first and last name in the body of the email, and (d) allow at least 24-48 hours for a response from the instructor or the TA's.

### **REQUIRED COURSE MATERIALS:**

Straub, R.O. (2017). Health Psychology: A Biopsychosocial Approach, Fifth Edition. New York: Worth Publishers.

### **COURSE DESCRIPTION:**

Health psychology explores the interaction between psychological and behavioral aspects of physical and mental health. Health is defined as the product of biological processes but also of psychological, behavioral, and social processes. Health psychology/psychologists are interested in: (a) understanding the etiology and promotion and maintenance of health in the prevention, diagnosis, treatment and rehabilitation of physical and mental illness, (b) studying psychological, social, emotional, and behavior factors in physical and mental illness, (c) contributing to improving the health care system, and (d) formulating health policy (Information adapted from the APA Division 38 Website).

### **CLASS ATTENDANCE AND DISCUSSION GROUP PARTICIPATION:**

It is the expectation of the faculty in Psychology that all students attend all classes. Attendance means arriving to class on time (or early), being "present" in class, and engaging in class discussions, demonstrations, and other exercises as directed. If you know that you will miss class, arrive late, or need to leave early, let your TA and the instructor know in advance. The course structure is such that about an hour half will be spent on lecture and an hour will be spent in small groups discussion based on assigned articles. In order to obtain participation points, you must be present for your small group. Don't be afraid to be wrong; take the risk by speaking up! In order to fully participate, you must complete the readings BEFORE class. In order to engage in deeper level processing of the material, having a basic foundation of the knowledge is necessary prior to entering class that day. There will be 10 small group discussions. Each discussion will be worth 10 points (100 points in total). Please see the Small Group Discussion Rubric for details. There will be NO way to make up participation points for unexcused absences. You will earn a 0.

It is also expected that you will be respectful in your behavior and comments. Disruptions, including those produced by electronics, will not be tolerated. Cell phones must be stowed, off or on silent mode, and out of sight. Computers may be used during class. You are also expected to visit e---Learning on a regular basis, the primary medium the instructor will convey pertinent class materials and announcements. Excellent class attendance will increase your chance of getting an excellent grade in the course. Announcements such as schedule adjustments and which areas to focus on for the exams may be made in class without being posted online.

### **READINGS:**

An important skill for graduate school and your future careers is to be able to integrate and synthesize information. In contrast to many of the courses you may have taken, class time is NOT intended to teach you material that is in the book, but rather to give you time to integrate, discuss, think critically about, and apply information presented in the textbook and in lecture. You are responsible for knowing all of the material in each assigned reading/chapter even if it is not covered in class.

**LECTURE:**

Additionally, you are responsible for learning all the material that you miss if you are late to or absent from class. It is your responsibility to talk with me or your TAs if you feel confused or uncertain about any material covered in the text or during lecture. We are here to help you. If you are having problems in the course, do not wait to talk with me; come early in the semester while there is still time to improve. If you are not having difficulties, you are also welcome to come speak with me, even if it is just about material in which you are interested and would like to learn more. If you cannot make my office hours, I will be glad to make an appointment for another time. To make an appointment, please send me an email.

**GRADING PROCEDURES AND SCALES:**

Grading depends on your mastery of course materials as measured by two exams, four behavioral change journal entries, a community---based participatory research (CBPR) group project presentation, and the small group discussions. Grading rubrics may be provided to the students in order to clarify grading procedures. Your final grade is based on the total accumulation of points you acquire throughout the semester. You will not be graded on a curve. Percentage grades in this class are earned on the basis of points (described below), which are then converted to letter grades and grade point equivalents (as shown in the chart below).

A	93% --- 100%	465 – 500 pts
A---	90% --- 92%	450 – 460 pts
B+	87% --- 89%	435 – 445 pts
B	83% --- 86%	415 – 430 pts
B---	80% --- 82%	400 – 410 pts
C+	77% --- 79%	385 – 395 pts
C	73% --- 76%	365 – 380 pts
C---	70% --- 72%	350 – 360 pts
D+	67% --- 69%	335 – 345 pts
D	63% --- 66%	315 – 330 pts
D---	60% --- 62%	300 – 310 pts
F	≤ 59%	≤ 295 pts

If you have questions or concerns about a grade on any assignment, you will have one week from the date you receive the grade to discuss your concerns with the course instructor. After that week, the grade will remain final. If you are unable to meet with the instructor during that week due to reasonable circumstances, you must communicate this to the instructor during the one-week window and schedule a meeting time.

**GRADED ITEMS:**

Your grade in this course will be based on your performance of the following items:

Graded Item	Points
Two exams (100 points each)	200
Four Behavior Change Journal Entries (25 points each)	100
CBPR Group Project Presentation	100
Ten Small Group Discussions (10 points each)	100
<b>Total points available</b>	<b>500</b>

**EXAMS:**

There will be two multiple-choice exams. Exams will require the comprehension, application, and integration of course materials. Questions on the exam will come from the textbook or other assigned readings and material covered within the course (e.g., class lectures, guest presentation). There is no final exam for this class. Please be on time for exams. Class policy states that after the first person has completed and turned in their exam, you will not be able to start the exam. You will be awarded a zero for the exam. Missing an exam is something to be avoided at all costs. In the event of a medical or personal emergency that forces you to miss an exam, you will be given an opportunity to make up the missed exam. In order to maintain fairness in grading, you may be asked to provide documentation that ensures the exam was missed for an adequate reason. Adequate reasons for an excused absence include: documented illness, deaths in the immediate family and other documented crises, call to active military duty or jury duty, religious holy days, and official University activities.

There is a procedure in place in order to make-up an exam missed due to an excused absence. First, contact the instructor as soon as possible via email. Upon deeming your make-up request as acceptable, the instructor will then arrange a special exam for you. Make-up exams may require essay answers, though they will cover the same material at the same level of difficulty as the exam missed. Make-up exams must take place within one week of the original exam unless there are extenuating circumstances. It is your responsibility as the student to work in conjunction with the instructor to determine a time for and location of the make-up exam.

### **BEHAVIOR CHANGE JOURNAL ENTRIES:**

Over the course of the semester, you will be asked to select one health behavior that you would like to change and you will monitor your behavior, strategize about how to improve it, and reflect on and document your progress. Health behavior goals must be S.M.A.R.T., an acronym that stands for Specific, Measurable, Achievable, Realistic, and Time-bound. You will also need to cite at least one reputable and/or scholarly source in each entry. There will be four, 2 page, journal entries. These assignments are to be done in 12-point font, double spaced, with 1" margins. More detailed descriptions of the journal entry requirements will be available on e-Learning.

**Late journal entries:** You are always welcome to submit journal entries either early or on time. Any work that is handed in late will suffer a **2.5-point deduction within the first 24 hours and an additional 5-point deduction for journal entries submitted up to 48-hours late.** **Journal entries more than 48 hours late will not be accepted.** Late journal entries must be submitted to the instructor via email (aukonu@ufl.edu).

### **COMMUNITY BASED PARTICIPATORY RESEARCH GROUP PROJECT PRESENTATION:**

Students will be divided into groups on the first day of class. Each group will create a mental or physical health-based intervention using the tenets of community-based participatory research (CBPR). Information about CPBR can be found on the course's Canvas website. Example topics include: decreasing stress among LGBTQ+ students, increasing physical activity among low-income youth, and increasing healthy eating among college students. Each presentation is expected to be about 20-25 minutes in duration. After the presentation, the group should expect questions from the instructor, the teaching assistants, and classmates. A sample presentation will be given during the second week of class.

### **SMALL GROUP DISCUSSIONS:**

It is important to stay updated on the field of health psychology. Hence, each week, you will be assigned an article from sources such as The Atlantic-Health Section that talks about current health issues. Throughout the entire semester you will have group discussions on questions related to the assigned article. The link to access the article will be sent to you a week early. You need to upload 2 discussion questions to e-Learning by Wednesday 12:00 pm (prior to the class meeting day) to get 3 points. There is no partial credit awarded for discussion questions, thus if you upload less than 2 discussion questions you will receive 0/3 points for this portion of the assignment. You will have the opportunity to earn a total of 100 points throughout the semester through attendance and active participation in small group discussions. It is ESSENTIAL to the success of the course that everybody has the assigned article(s) read before class!

At the beginning of class, students will be divided into groups and will discuss one of the questions that the instructor assigns. The groups will then tell the class what their question was and what they discussed, and the topic will be opened up to the whole class to discuss. Discussion questions should be relevant and interesting. Creativity is encouraged and you may go beyond the textbook to generate questions related to the information in the textbook.

### **Grading Rubric for Small Group Discussion:**

1. How do I earn full 100 points for participation?
  - a. First, to earn 3 points upload 2 discussion questions to e-Learning by Wednesday 12:00 pm before the class on Thursday;
  - b. Second, to earn 7 points (see break down table below) for active participation in discussion; total points possible per group discussion = 10 points and there will be a total of 10 discussion sessions throughout the semester. (10\*10 = 100);
  - c. In order for verbal participation to count, all comments must be relevant, respectful, and contribute to the discussion.

Points	Attendance (max points = 3)	Participation (max points = 4)
0	Absent	No verbal participation
2	Present for part of the group	1 verbal comment
3	Present for all of the group	2 verbal comments
4	N/A	3 or more verbal comments

If you cannot attend a discussion group due to an approved reason (e.g., illness, religious reasons, emergency, etc.), you may earn points for the day by writing a 1-2-page paper on your reactions to the assigned article. Please keep the following guidelines in mind:

1. This may only be done for university approved EXCUSED absences.
2. You may do this a maximum of two times only, and you must present approved documentation of your absence.
3. You must submit the paper via e-mail to me by 5:00 pm on Friday of the week you missed the discussion group

Disrespectful behavior, lack of participation, and lack of attendance could potentially hurt your participation grade. There will be NO way to make up group points for unexcused absences. You will earn a 0.

#### **EXTRA CREDIT:**

For student evaluations of teaching (<https://evaluations.ufl.edu>), all members of the class will be awarded one (1) bonus point if 70% of the enrolled class completes evaluations, and two (2) bonus points if 100% of the enrolled class completes evaluations.

#### **ACCOMODATION FOR STUDENTS WITH DISABILITIES:**

If you require classroom accommodation because of a disability, you must first register with the Dean of Students Office (<http://www.dso.ufl.edu>). The Dean of Students Office will provide documentation to you, which you then give to the instructor when requesting accommodation. The College is committed to providing reasonable accommodations to assist students in their coursework.

#### **COUNSELING AND STUDENT HEALTH:**

Students may occasionally have personal issues that arise in the course of pursuing higher education or that may interfere with their academic performance. If you find yourself facing problems affecting your coursework, you are encouraged to talk with an instructor and to seek confidential assistance at the University of Florida Counseling and Wellness Center, 352-392-1575, or Student Mental Health Services, 352-392-1171. Visit their web sites for more information:

<http://www.counseling.ufl.edu/> or <http://shcc.ufl.edu/smhs/>

The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services, including primary care, women's health care, immunizations, mental health care, and pharmacy services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at:

[www.health.ufl.edu/shcc](http://www.health.ufl.edu/shcc)

Crisis intervention is always available 24/7 from The Alachua County Crisis Center: 352-264-6789.

**ACADEMIC HONESTY:**

Students are expected to act in accordance with the University of Florida policy on academic integrity. For more details visit: [www.dso.ufl.edu/judicial/procedures/academicguide.php](http://www.dso.ufl.edu/judicial/procedures/academicguide.php). Any student who cheats or helps another student cheat will receive a failing grade in the course. It is vital to remember that all out of class activities are individual assignments. Do not collaborate with others in the class.

**RELIGIOUS OBSERVATIONS:**

Please check your calendars with the course syllabus. Any student anticipating a conflict in the exam schedule or course schedule due to a religious observance must contact the instructor as soon as possible so that appropriate arrangements can be coordinated.

**SYLLABUS CHANGE POLICY:**

Except for changes that substantially affect implementation of the evaluation (grading) statement, this syllabus is a guide for the course and is subject to change with advance notice.

**CLASS ATMOSPHERE\*:**

I believe that students learn best when there is a class atmosphere of safety and respect for all. As the Instructor, I will make every effort to create a safe class atmosphere, where debate and discussion can take place and students feel free to express their reactions, viewpoints, and experiences. I will treat each and every student enrolled in the course with respect. I will never demean or belittle a student, nor chastise students for asking questions or raising concerns regarding the course material.

Likewise, I ask that students treat me, the teaching assistants, and one another with respect. You are free to disagree with each other or with the Instructor or the teaching assistants—but you are required to keep your disagreement professional and respectful.

\*Adapted from Dr. Laurie Mintz's SOP4777 Syllabus

**TENTATIVE COURSE CALENDAR:**

DATE	TOPIC	ASSIGNMENT DUE
Jan. 10	Overview of Syllabus Introducing Health Psychology	Chapter 1
Jan. 17	Research in Health Psychology Stress CBPR Research	Chapter 2 (skim this one!); Chapter 4; assigned article A; assigned article B; Health Behavior Change Journal Topic <b>Due by 4:00pm</b>
Jan. 24	Coping with Stress	Chapter 5; assigned article
Jan. 31	Staying Healthy: Primary Prevention and Positive Psychology	Chapter 6; assigned article; Health Behavior Change Journal Entry #1 <b>Due by 4:00pm</b>
Feb. 7	Exercise, Sleep, and Injury Control	Chapter 7; assigned article
Feb. 14	Nutrition, Obesity, and Eating Disorders	Chapter 8; assigned article; Health Behavior Change Journal Entry #2 <b>Due by 4:00pm</b>
Feb. 21	Exam I	
Feb. 28	Substance Use, Abuse, and Addiction	Chapter 9; assigned article
Mar. 7	Spring Break! No school!	Enjoy!
Mar. 14	Cardiovascular Disease and Diabetes	Chapter 10; assigned article; Health Behavior Change Journal Entry #3 <b>Due by 4:00pm</b>
Mar. 21	Cancer	Chapter 11; assigned article
Mar. 28	HIV/AIDS and Other Communicable Diseases	Chapter 12; assigned article
Apr. 4	CBPR Presentations	
Apr. 11	Managing Pain Complementary and Alternative Medicine Semester Wrap Up	Chapter 14 & 15; assigned article; Health Behavior Change Journal Entry #4 <b>Due by 4:00pm</b>
Apr. 18	Exam II	

\*NOTE: DISCUSSION QUESTIONS ARE DUE BY WEDNESDAY 12:00 PM (PRIOR TO THE CLASS MEETING DAY)

