

**Course Syllabus for PSCH 3311: Health Psychology**

Professor: Dr. Culver  
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Office hours:  
MW 1:45-3:30  
TTH 12-2 p.m.

Office: Uvalde Rm A106

**Contacting the Professor**

The most effective way to contact the instructor is by email at [tculver@sulross.edu](mailto:tculver@sulross.edu). On weekdays, reply will be swift, usually within the day. To protect student privacy, send from your Sul Ross or Blackboard-registered email account.

Email etiquette requires that you sign your name in *every* email you send and specify the particular course or issue to which you are referring. Do not open your email by saying "Hey." Do not expect to get a response unless you extend this courtesy.

**Contacting Technical Support**

If you have a problem with technical issues such as downloading a file or taking an exam, contact an Office of Information Technology (OIT) staff for assistance or call the OIT Helpdesk. The Helpdesk is available seven days of the week.

- From on-campus, call 8765.
- From off-campus, call (888) 691-5071.

**Required Texts**

(1) Brannon & Feist. Health Psychology, 7<sup>th</sup> ed. Belmont, CA: Wadsworth.

Good deals on textbooks are often found on the websites of Internet booksellers. Amazon.com and other major online vendors accept major credit cards, checks, and money orders.

Illegal copies of textbooks are not allowed at any time in class or the testing labs.

**Program Student Learning Outcomes**

The graduating student will demonstrate the capacity to:

1. Recognize the central concepts, theories, and empirical findings in the department's main areas of focus: abnormal psychology; social & personality psychology, and developmental psychology.
2. Recognize and apply basic psychological research methods, including: the experiment; the case study; the survey; and correlation.
3. Communicate effectively in written assignments and oral presentations.

4. Demonstrate insight into the behavior and psychological processes of oneself and others.

### Learning Objectives

The objectives of this course are to:

- Acquire a basic understanding of the nature and scope of health psychology
- Understand the importance of and the connection between psychology and health
- Become aware of the relationship between one's lifestyle, behavior, and health
- Know the parts and systems of the body that are associated with health and illness
- Become aware of theories of pain, and investigate many acute and chronic illnesses
- Learn about the causes of and prevention of diseases and accidents
- Discuss stress; discover why stress is dangerous to one, and become acquainted with stress management strategies
- Discover the importance of social support in physical and psychological illnesses
- Investigate the relationship between obesity and health
- Be able to distinguish among personal experience, the popular press, and scholarly literature

### Assessment Mechanisms

#### *Regular Exams*

Each exam will span material from the chapter indicated on the evaluation schedule, as well as any additional lecture or supplementary print material. Exams will be administered online through Blackboard. One exam grade will be dropped—this should be used if you have a bboard issue. Don't assume you will not and purposely skip a test. This could have a profound impact on your course grade. A limited amount of time will be allowed for test completion. **Penalties will be assessed for going overtime on Blackboard exams (the value of 1 item per minute or fraction of a minute). If you exceed your time limit by five minutes, you will receive an automatic 0 on your exam.**

**There will be NO resets on the bboard tests. This is why I am dropping one test grade.**

#### *Wellness Paper Plan*

You will need to complete a FULL 2 to 4 page paper reflecting a personal wellness plan. This paper should include ways to increase your own overall health using the textbook and the Relaxation and Stress workbook as a guide (I will supply exercises throughout the semester through bboard).

Please discuss positive changes you can make in the following areas including (but not limited to):

Nutrition

Stress Reduction

Exercise

Education

Family History/wellness screenings

This paper must be written in APA paper and include at least three sources (your textbook, workbook, and additional information (articles, newspaper, books, etc.)). APA requires a cover page, in text citations, and a reference page. There are videos on bboard to help you with APA. You must complete this paper to pass this course (regardless of your grade in the class).

You may write in first person due to the nature of this assignment.

### *The Final Exam*

The final exam will cover all of the material in the course and will consist of multiple choice items. The final exam will begin promptly. The final exam will cover all material in the course.

The final exam is mandatory, and it must take precedence over all other affairs. Clear the entire period from your schedule. Please do not schedule doctors' appointments or other appointments of any kind that afternoon that might conflict with your final exam. If any such appointment has already been made, you should cancel it now if you wish to remain in this course.

### Assessment

Grades for each assignment, and for the course itself, are calculated as follows:

- A: 90% or above
- B: 80% - 89%
- C: 70% - 79%
- D: 60% - 69%
- F : 0% - 59%

Exams (100 points each/drop one exam):	300
Wellness Plan:	100
Final exam:	100
Total:	500

### Course Policies

#### *Concerning Missed Exams*

No make-up exams should need to be given in this course. The instructor has found that the number of personal and family emergencies suffered by students inevitably skyrockets whenever they are accepted as legitimate excuses for missing exams and deadlines. It seems as if recognition of such emergencies leads to an increase in their frequency. Therefore the instructor will no longer accept them as legitimate excuses except under the most rigorously documented and verifiable circumstances.

A full excuse will be granted only when the instructor is notified of the situation on or before the day the student returns to class. If a full excuse is not granted, a partial excuse may be granted, so that a student will may be allowed to make up an exam, but with some number of points deducted. Car accidents and verifiable medical emergencies would result in a full excuse. Oversleeping and missing an exam due to a stressful work and school schedule might result in a partial excuse if the student otherwise had a strong record of participation in class.

A missed exam that is excused may be made up on the day of the final exam, after the final exam is taken. Make up exams will consist of a series of essay questions. The exams may be given orally if the professor chooses. Although the material covered on make-up exams is the same as what is covered on the regular exams, students taking make-up exams often perform poorly and frequently find the experience frustrating.

What to do in order to obtain an excused make-up for a missed exam:

1. Make every effort to notify the instructor ahead of time. Send a message to [tculver@sulross.edu](mailto:tculver@sulross.edu) as soon as possible, and absolutely no later than the day you first return to class.
2. In the message, fully explain the nature of the emergency and why it prevented you from taking the exam.
3. Provide a source or sources that will allow the professor to verify your story.
4. Expect further questioning from the professor before an excuse is granted.

#### Late Work

No late work is allowed in this course.

#### Schedule

<u>Date</u>	<u>Assignment</u>	<u>Assignments Due</u>
Jan. 31	Chapter 1 Exam	
Feb. 14	Chapter 2 Exam	
Feb. 28	Chapter 5 Exam	
March 21	Chapter 6 Exam	
April 4	Chapter 7 Exam	
April 18	Chapter 8 Exam	
April 25	Wellness Plan Due	
May 2	Chapter 9 Exam	
May 8	<b>Final Exam</b> (all chapters)	