

KES 5373 – Health and Human Behavior - Fall II 2021
Department of Kinesiology & Human Performance
Sul Ross State University

Instructor Information:

Instructor: Dr. Shanna U. Moody
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Email: shanna.moody@sulross.edu
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Please use GroupMe to communicate with the instructor for faster response.50

Required Textbooks:

Title: Health Psychology, 10th ed.	Title: Mind Gym:An Athlete's Guide to Inner Excellence
Author: Taylor	Author: Gary Mack w/ David Casstevens
Publisher: McGraw-Hill Education	Publisher: McGraw-Hill Education
ISBN: 9781259982972	ISBN: 0071395970

Important Note: For this course you will be required to purchase McGraw-Hill Education Connect® access to the required textbook. Please note that Connect works best on Google Chrome or Firefox.

Get Connect when registering for your course section here:

https://connect.mheducation.com/class/s-moody-fa-ii-2021_srsu_kes-5373

Go to Blackboard (BB) week 1,
LearnSmart Chapter 1 to get started.

A print-upgrade option is available via Connect if you would like a print companion for the semester. This will be a full color binder-ready version of the text and can be mailed directly to you for an additional \$25.00 (including shipping and handling).

You will also need to access the SRSU Library (in person or online) to locate and download peer-review, scholarly articles. For assistance you may Ask the Library or contact the Graduate Student Center for help.

COURSE DESCRIPTION

This course will review behavioral and biomedical theory and research with regard to the contributions of psychological factors to the prevention, diagnosis, and treatment of disease and illness. This course presents both research design and the role of research in health behavior. Students will consider the effect of activity and exercise as they relate to illness and disease. The course also defines and explores adherence and psychoneuroimmunology, which examines behavior related to the diseases of cancer and hypertension, explores treatment recommendations, and reviews coping strategies for the patient and family. Prevention and wellness is presented in the context(s) of intentional and unintentional injuries. A discussion of health, life expectancy, and quality of life will conclude the course.

EXPECTATION OF STUDENTS

Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings on a weekly basis in order to contribute to online discussion. Handouts distributed through Blackboard should be kept in a notebook in order to be referred to as necessary.

Being a successful student requires a balance in life. If you are dealing with an issue that affects your academic performance, please contact me so that we can figure out what you need in order to be successful in this class.

IMPORTANT: Please note that online courses require individual students' self-discipline to a significant degree. In many ways, taking online courses are more challenging than taking in-class courses! You need to be organized, motivated, and ready to self-teach and work. Only those who can manage these can be successful in this course.

ACADEMIC DISHONESTY OR MISCONDUCT

Sul Ross State University is committed to the highest standards of integrity and ethical conduct. Participating in behavior that violates academic integrity (plagiarism, etc.) will result in disciplinary action and may include: receiving a failing grade for the assignment, failing the course, and suspension and/or dismissal from the University.

DROP POLICY

Students are responsible to register and withdrawal from courses themselves, either through Banner (LoboOnline) or by contacting the University Registrar by published deadlines. For information regarding enrollment/registration changes please review the website at: <http://www.sulross.edu/page/967/schedule-changes-withdrawals>

LATE WORK POLICY

All coursework must be submitted by the provided due dates in Blackboard or Connect. LearnSmart readings must be completed by the due date for credit – late work will be Accepted with a 5% deduction per day late. Discussions/Responses/Assignments/Quizzes/Final Projects carry a 5% deduction per day late; up to 30% maximum deduction. If you have not turned in an assignment within 7 days of the due date, you must email the professor for grading consideration.

ALL COURSE REQUIREMENTS DEADLINE

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of Wednesday in Week 8 at 11:59pm to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per above policy.

STUDENT LEARNING OUTCOMES

- A. Understand the role, responsibilities, and working environment of individuals who work in the health field.
- B. Appreciate research designs used to study issues related to health behavior.
- C. Understand the concepts of adherence and wellness.
- D. Examine the role of behavior as it relates to chronic illness.
- E. Comprehend the importance of health and quality of life in light of the increase in life expectancy.
- F. Apply the concepts presented in this course in your current or future profession.

Note: Satisfactory progress in the HHP program means a cumulative GPA of 3.0 in all core classes (e.g. everything leading up to the final practicum course). In most cases, this means a 'B' or better in each class is considered satisfactory progress.

COURSE REQUIREMENTS

Connect LearnSmart -150 points total; 10 points per chapter

LearnSmart is an interactive reading program provided through McGraw-Hill Connect. These modules will guide you through each individual chapter asking questions to assess your knowledge along the way. These assignments will cover information that will be on each of the chapter quizzes, as well as, information contained within your labs.

Connect Quizzes -150 points total; 50 points per quiz

There will be three quizzes throughout the semester that will assess your knowledge of the corresponding LearnSmart assignments. Each quiz contains a mixture of information from the various chapters assigned. The quizzes will consist of multiple choice and true/false questions.

Discussions – 200pts total -50 points each; 40 points for post / 10 points for 'response'

There will be a set of discussion prompts to choose from within the week in which an assignment is due. To create a thread, you click on the hyperlink to the discussion and then click on "create new thread". Put a short title and the week number in the subject line (e.g. Macronutrient aspects to sports nutrition-Week 3). 'Response' = "Applied"

Under each discussion post you must read and respond to one of your classmate's original discussion post. Each response is worth up to 10 points. Responses are due 48hrs after the original discussion due date. The response must be at least 100 words and more than "good job", "I like what you said", etc., it must be a substantial response that would be as if you were having a discussion on the topic in class. Specifically, an "applied" response would discuss the content in a new way – including but not limited to: adding to the discussion with further information you find (cite your source), describing application to sports, health or performance, as well as providing constructive criticism / a different viewpoint. Responses should be professional/academic responses and not chat room or informal language. To respond to another's post, click on their post and then choose "reply". Title the subject of your

response with your “Last name” and “response to Authors Last Name Week 3 post”

Assignments-400 points total; 100 points per assignment

The assignments assigned will provide a real-world / practical application of the course content. There will be assignments throughout the semester that will focus on specific topics covered in the text. Assignments will be provided through the McGraw Hill Connect platform.

Final Project-100 points total

This Final Project will require in depth application of knowledge gained throughout the course in relation to the Student Learn Outcomes stated previously in the syllabus. For detailed instructions on this assignment refer to Week 5 in Blackboard.

HHP Virtual Classroom - Blackboard Collaborate.

Blackboard Collaborate is a virtual classroom that may be used during this course. Attendance is not required but it will provide students with an opportunity to interact in real-time with the professor and possibly other students in the program and HHP instructors. The topics in each sessions are not assigned but will be related to the coursework of that week. All session times are CST and noted in Blackboard using ‘Virtual Classroom – Collaborate Ultra’ link.

Notes:

- Although not necessary please try to email me prior to session if you would like to discuss a certain topic pertaining to the course.
- Dress code for these session; just like in class- prepared for professional conversation
- Contact SRSU Blackboard support should you need technical assistance. See syllabus for contact info.

LEARNER SUPPORT

SRSU GRADUATE CENTER

The Graduate Student Center, located in BAB 104, provides resources and services for all SRSU graduate students. There is a computer lab with desktop computers and a networked printer/copier/scanner; laptop computers which can be checked out; a projector and screen for rehearsing student presentations; and a conference room for group study. Both Alpine and distance education students can receive writing and other assistance by calling 432-837-8524.

BLACKBOARD

Navigating Blackboard and this course is essential to your success as a student. If you have problems submitting assignments, contact the support staff listed below.

Mon-Fri 9:00 am - 6:00 pm

Sandy Bogus: sbogus@sulross.edu

Phone: 432-837-8523

Sat-Sun 11:00 am - 6:00 pm

Rusty Klein: rklein@sulross.edu

Phone: 432-837-8595

MCGRAW HILL CONNECT

If you have any technical issues or questions, please contact McGraw-Hill's Customer Experience Group at 1-800-331-5094.

SRSU DISABILITY SERVICES

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services and activities. Students seeking disability services need to contact the Disability Services Coordinator located in the University Center Room 211. The mailing address is PO Box C-171, Sul Ross State University, Alpine, Texas 79832. The telephone is 432- 837-8178; fax is 432-837-8724.

GRADING INFORMATION:

Course Requirement	#	Points each	Points Possible	% of Total
Connect LearnSmart	15	10	150	15%
Connect Quizzes	3	50	150	15%
Discussions	4	50	200	20%
Assignments	4	100	400	40%
Final Project	1	100	100	10%
Total Points			1000	100%

Course Schedule

Fall II 2021

Week	Date	Topic	Due
1	10/18-10/24	<ul style="list-style-type: none"> ● Ch 1 - What is Health Psychology? ● Ch 2 - The Systems of the Body ● Ch 15-Health Psychology: Challenges for the Future 	LS - 1, 2, 15 Disc. #1 Assign. #1
2	10/25-10/31	<ul style="list-style-type: none"> ● Ch 3 - Health Behaviors ● Ch 4 - Health Promoting Behaviors ● Ch 5 - Health Compromising Behaviors 	LS - 3, 4, 5 Connect Quiz #1
3	11/1-11/7	<ul style="list-style-type: none"> ● Ch 6 - Stress ● Ch 7 - Coping, Resilience & Social Support 	LS 6, 7 Disc. #2 Assign. #2
4	11/8-11/14	<ul style="list-style-type: none"> ● Ch 8 - Using Health Services ● Ch 9 - Patients, Providers, & Treatments ● Ch 10 - The Management of Pain & Discomfort 	LS 8, 9, 10 Connect Quiz #2
5	11/15-11/21	<ul style="list-style-type: none"> ● Ch 11 - Management of Chronic Health Disorders ● Ch 12 - Psychological Issues in Advancing and Terminal Illness ● Ch 13 - Heart Disease Hypertension Stroke and Diabetes ● Ch 14 - Psychoneuroimmunology and Immune-related Disorders 	LS 11, 12, 13, 14 Disc. #3 Assign. #3
6	11/22-11/28 (Thanksgiving)	Catch up week	Connect Quiz #3
7	11/29-12/5	Wrap up week - Start working on your final project	Disc #4 Assign #4
8	12/6-12/8 (Final Exams)	Final Week	Final Project