



KINE 5373 – Health & Human Behavior – FALL 2026

Class Meeting: None / Asynchronous Web Course

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*****Please include you're a# and KINE 373 in subject of ALL emails)**

Office Hours: By Virtual APPT – email to schedule

Required Textbook:

Title: Health Psychology, 11th ed.

Author: Taylor

Publisher: McGraw-Hill Education

ISBN: 9781260834253

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. To gain access of Connect - Go to Blackboard (BB) week 1, LearnSmart Chapter 1 and you'll be prompted to sign in / create username; then pay for the text. If you use the SRSU bookstore they will give you a code that you can enter instead of paying. 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 fee (including shipping and handling).

You may will also need to access the SRSU Library (in person or online) to locate and download peer-reviewed, 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.

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.

PROGRAM LEARNING OUTCOMES & MARKETABLE SKILLS – HEALTH AND HUMAN PERFORMANCE (HHP)

This course is aligned with the following program learning outcomes & marketable skills:

Critical Thinking/Problem Solving: Exercise sound reasoning to analyze issues, make decisions, and overcome problems in fiscal management.

Communications: Articulate thoughts and ideas clearly and effectively in written and oral forms to persons inside and outside of the organization. The individual has public speaking skills; is able to express ideas to others; and can write/edit memos, letters, and complex technical reports clearly and effectively.

METHODS OF EVALUATION

(SEE BELOW 'COURSE REQUIREMENTS' FOR MORE DETAILS)

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 Requirement	Points Possible	% of Total
Welcome Discussion & Syllabus Acknowledgement	0 – unlocks class !	0
Reflective Journals	60pts (4x15pts each)	6%
Connect SmartBooks	200	20%
Discussions	240 (4x60)	24%
Assignments	400 (4x100)	40%
Final Project	100	10%
Total Points	1000	100%

TENTATIVE COURSE CALENDAR

Unit	Dates	SmartBook Reading Chapters	Assessments
"Welcome"	Aug 24	NA	• Intro Discussion • Syllabus Acknowledgement
1	Aug 24-30 Aug 31-Sep 6	Part 1 & 2: Chapters 1-5	• Discussion 1 • Assignment #1 • Journal 1
2	Sep 7-13 Sep 14-20	Part 1 & 2: Chapters 6-10	• Discussion 2 • Assignment #2 • Journal 2
3	Sep 21-27 Sep 28-4 Oct	Chapter 11-15	• Discussion 3 • Assignment #3 • Journal #3
4	Oct 5-11	<i>Review / Start Final Project</i>	• Discussion 3 • Assignment #3 • Journal #4
Final	Oct 12-16	<i>Turn-In Final Project</i> <i>***Recommend copy/save all discussions from yourself and others, and all submitted work so you can have this material for your COMP exam at the end of the program.</i>	• Final Project

COURSE REQUIREMENTS

Welcome Discussion & Syllabus Acknowledgement – no points

Answer discussion prompts; and complete syllabus 'quiz' to provide students opportunity to review and acknowledge syllabus content, including University policies.

Journals – 4x15pts each; 60pts in total

Written activity for students to provide self-reflection of course learning objectives, gradable items, and career applications. **Journals may also serve as a trigger to release subsequent unit course content.**

Connect SmartBook -200 points total; points vary per chapter

SmartBook 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.

Discussions – 240pts total -60 points each; 50 points for post / 10 points for 'responses'

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). Please only respond directly in the message area, no attachments unless requested. '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" (eg. Smith's response to William's 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 8 in Blackboard.

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 prior to class 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 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. SmartBooks readings must be completed by the due date for credit – no late work will be accepted. 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 **Friday of Finals Week** 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.

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.

UNIVERSITY POLICIES

Required Statement Regarding Generative Artificial Intelligence (AI)

The University does not recommend or endorse any specific AI tools or resources. Students should be aware that many generative AI tools (e.g., ChatGPT, Google Gemini, Microsoft Copilot) store user input and may use this data to train future models. For this reason, students should never upload or share personal, confidential, or identifiable information—such as names, ID numbers, health data, or assignment submissions containing such details—into any generative AI platform. When using AI tools, students should verify whether the tool complies with student privacy standards as indicated by the University. Faculty may recommend specific tools that better align with institutional data privacy policies, but ultimate responsibility for data protection rests with users. Students are encouraged to use faculty-recommended platforms when engaging in coursework involving generative AI. The University is not liable for any adverse experience or impact when students interact with these tools.

Academic Integrity

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. Students should submit work that is their own and avoid the temptation to engage in behaviors that violate academic integrity, such as turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden. Students should also avoid using open AI sources ***unless permission is expressly given*** for an assignment or course. Violations of academic integrity can result in failing assignments, failing a class, and/or more serious university consequences. These behaviors also erode the value of college degrees and higher education overall.

SRSU Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website.

Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires a secure login. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website. Directions for filing a student complaint are located in the student handbook.

[SRSU Library Info](#)

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU

community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

ADA Statement

SRSU Accessibility Services. Sul Ross State University (SRSU) is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. To help protect confidentiality, students seeking accessibility/accommodation(s) services must submit the **Accommodation Request Form** located on our **website**. Students are welcome to call the Office of Accessibility Services at 432-837-8203 or stop by Ferguson Hall Room 112 if they have any additional questions regarding the process. Our mailing address is PO Box C-122; Alpine, TX; 79832.

Classroom Climate of Respect

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still, we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

Counseling

Sul Ross has partnered with TimelyCare where all SR students will have access to nine free counseling sessions. You can learn more about this 24/7/365 support by visiting Timelycare/SRSU. The SR Counseling and Accessibility Services office will continue to offer in-person counseling in Ferguson Hall room 112 (Alpine campus), and telehealth Zoom sessions for remote students and RGC students.

Libraries

The Bryan Wildenthal Memorial Library and Archives of the Big Bend in Alpine offer FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu/. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or by phone (432-837-8123).

No matter where you are based, public libraries and many academic and special libraries welcome the general public into their spaces for study. SRSU TexShare Cardholders can access additional services and resources at various libraries across Texas. Learn more about the TexShare program by visiting library.sulross.edu/find-and-borrow/texshare/ or ask a librarian by emailing srsulibrary@sulross.edu.

Mike Fernandez, SRSU Librarian, is based in Eagle Pass (Building D-129) to offer specialized library services to students, faculty, and staff. Utilize free services such as InterLibrary Loan (ILL), ScanIt, and Direct Mail to get materials delivered to you at home or via email.

Supportive Statement

I aim to create a learning environment for my students that supports various perspectives and experiences. I understand that the recent pandemic, economic disparity, and health concerns, or even unexpected life events may impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create a supportive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

Tutoring Center

The Lobo Den Tutoring Center offers FREE tutoring support to help you excel in your courses. Whether you need assistance in Writing, Math, Science, or other subjects, we're here to help!

Important Information:

Drop-in and Scheduled Appointments: Flexible options to fit your needs.

Hours of Operation: Monday–Friday, 8:00 AM – 5:00 PM.

Workshops: Attend our regularly hosted academic workshops on STEM topics and professional development, often in collaboration with specialized faculty.

Location: BWML Room 128.

Contact Us: For more information or to book an appointment, email tutoring@sulross.edu or call (432) 837-8726.

Looking for additional support?

Tutor.com offers FREE 24/7 online tutoring in over 200 subjects, including specialized support for ESL and ELL learners with native Spanish-speaking tutors.

Access Tutor.com via Blackboard: Log in to your Blackboard account to get started anytime, anywhere.

Take advantage of these valuable resources to boost your confidence and performance in your classes. We look forward to helping you succeed!