BIOL/HEED/PSYC 4357: Health Psychology
Fall 2019

Instructor Information

Instructor(s):
Dr. Liegey Dougall

Office Number:
Life Science 523

Office Telephone Number:
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Faculty Profile:
https://www.uta.edu/profiles/angela-liegey-dougall

Office Hours:
Tuesday & Thursday 11:00 AM-12:00 PM and by appointment

Course Information

Section Information:
BIOL/HEED/PSYC 4357-001 Health Psychology 3 hours credit

Time and Place of Class Meetings:
LS119, Tuesday & Thursday 9:30-10:50 AM

Description of Course Content:
This course provides a broad introduction to health psychology and its interface with the medical world. The course provides a balanced presentation of the important issues in the field, as well as specific content topics that are especially relevant today to better understand health and illness. Offered as BIOL 4357, HEED 4357, and PSYC 4357. Students seeking science requirement credit must enroll in BIOL 4357; students seeking Certification in Health must enroll in HEED 4357. Prerequisite: PSYC 1315 or BIOL 1333 or BIOL 1441 or BIOL 2457; junior standing recommended.

Student Learning Outcomes:
- The student will be able to summarize the theory and research of the field of Health Psychology by reviewing and discussing the fundamental and more recent contributions to the science.
- The student will be able to describe the science of the field of Health Psychology by identifying and discussing the interplay of psychological, biological, behavioral, and social factors in the study of health issues including mechanisms and pathways in disease processes such as the initiation, promotion, and management of disease.
- The student will be able to apply the basic tenets of Health Psychology to common health issues including both acute conditions and chronic concerns such as HIV disease, cancer, heart disease, arthritis, and diabetes.

Required Textbooks and Other Course Materials:
- Brannon, L., Feist, J., & Updegraff, J. A. (2018). Health psychology: An introduction to behavior and health (9th ed.). Belmont, CA: Wadsworth. (ISBN: 978-1337094641)
- Free Echo 360 account

- Personal smart device (laptop, smartphone, tablet, etc.)
- Access to a personal computer or UT Arlington computer lab with Lockdown Browser and Monitor and webcam
- Textbook is available as an eBook and as a rental at https://www.cengage.com/student
- Reserved readings will be available on the Canvas site for the course.

In class this semester, I will be using the student response portion of the Echo360 software available for free through the University of Texas at Arlington. This will help me understand what you know, give everyone a chance to participate in class, and allow you to review the material after class. I'd like to share with you the steps you'll need to take to be ready to participate in class. Please go to the Canvas site for this course, find "Echo360" on the left toolbar, and open the software. You will be directed to set up an account. Your username will be your email address and the password will be whatever you prefer (this account is not the same as your UTA account). You should also enter your cellphone number into your account information if you would like the option of texting responses to in-class polls. Please note: you MUST set up the initial connection between the course's Canvas site and your Echo360 account on a desktop or laptop computer through Canvas (NOT through an app). This is true even if you already have an Echo360 account. After you set up the Echo360 account, you will be able to download and use the Echo360 app on tablets or smartphones with iOS or android operating systems.

I will only be allowing the use of computers or smart devices to participate in polls. You will need to activate an Echo360 account for this course. For questions regarding Echo360, please visit the support website (http://echo360.com). If you do not have access to a smart device or laptop, you may check out at the library (http://library.uta.edu/technology/computers-tablets).

Descriptions of major assignments and examinations:

In-class exams: There will be four (4) cumulative in-class exams. The format for exams will be multiple choice. You are required to take all four exams. Exam questions will be drawn from required reading, lecture material, assignments, and class activities. **If you are tardy on the day of the exam, you will not be permitted to take the exam if any class member has completed the exam and left the room.** (See the **tentative course schedule** for exam dates.)

Exams require the use of Scantron Form No. 4521 General Purpose Answer Sheet (Blue Form).

Assignments: You will need to read a research article or complete a short activity, take a quiz on Canvas, and participate in discussion and activities in class. Information covered in these assignments will be tested on the exams. You will be required to take the online quizzes on Canvas using the Lockdown Browser and Monitor. The Lockdown Browser locks down the testing environment in Canvas and requires use of a webcam for students to record the quizzing session. The webcam can be the type that is built into your computer or one that plugs in with a USB cable.

Therefore, you will need a webcam and the Lockdown Browser software downloaded on your computer or use of a computer lab on campus that has the Lockdown Browser and a webcam. Before you start your quiz, please hold up your student ID for identification purposes. Please stay seated and remain appropriately attired the entire time. Your face (eyes, nose, mouth, etc.) must remain visible in the video recording during the entire quiz. You are prohibited from accessing other resources while taking the quiz (such as phone, tablet, notes, books, other people, etc.). You should not discuss the quiz questions with other class members or other people (in-person or on social media). **If you do not adhere to these requirements for taking the quiz, you will receive a grade of zero (0) on the quiz.** If you engage in any activities that violate the UT Arlington Honor Code, you also will receive a referral for scholastic dishonesty. Finally, please remember not to exit the exam until all questions are completed and submitted for grading. Once you hit submit, your responses are final.

Watch this brief video to get a basic understanding of LockDown Browser and the webcam feature.
https://www.respondus.com/products/lockdown-browser/student-movie.shtml

Download Instructions
Download and install LockDown Browser from this link:
https://download.respondus.com/lockdown/download.php?id=163943837

Once Installed
- Start LockDown Browser
- Log into Canvas

The quizzes will be open for at least one week prior to the due date. Please allot enough time to take the quiz prior to the end of this period – do NOT wait until the last hour. If you do not take a quiz, it will be considered a missed quiz and will receive a grade of zero (0). **All assignments will be due at 9:30 AM on the due date (this includes extra credit assignments).** If you desire a midnight deadline, then you can submit the assignment before 11:59 PM the day BEFORE the assignment is due.

I highly recommend that you place all due dates in your calendar and schedule reminders for each. You are responsible for knowing all due dates and times.

Daily class engagement: The Echo360 system will be used to post lecture slides and to record daily class activities, specifically engagement (consisting of 10% for attendance and 90% for activity participation). The tentative schedule of assigned class topics is provided below. I expect you to come to class prepared with knowledge of the topic(s) indicated on the schedule. Therefore, I expect that all students will have read and reviewed the assigned material prior to class. During class, I will ask questions related to your knowledge on the topics, I will present supporting resources for the various topics, and we will engage in directed discussions and activities. Engagement grades will be determined using the Echo360 system, random selection for in-class activities, and periodic sign-in sheets.

Extra credit: Extra credit assignments will be offered during this course and are voluntary. The assignment must be completed correctly and submitted by the due date and time to receive extra credit. **All extra credit assignments will be due at 9:30 AM on the due date. I highly recommend that you place all due dates in your calendar and schedule reminders for each. You are responsible for knowing all due dates and times.**

On-campus service-learning extra credit assignment: As a completely voluntary, extra credit assignment, you may volunteer your time to aid in an event with UT Arlington Health Services for at least one (1) hour and reflect on your service. For one (1) hour of time, up to 10 extra credit points will be available. For two (2) hours or more, an additional 2 extra credit points will be available. Therefore, a maximum of 12 extra credit points is available for the on-campus service-learning extra credit.

This assignment benefits you by allowing you to observe first-hand the application of techniques that we will discuss in this course. If you continue to volunteer hours over the minimum required for extra credit (number of hours determined by Health Services), you also will have the opportunity to earn a certificate for your volunteer work that you can list on your resume or applications. This assignment also benefits the campus community. Your time and effort will help to make the events and programs that Health Services organizes be successful. Links for the online volunteer sign up lists will be posted on Canvas for each event. Please note that some events are limited to 15 volunteers and some events are open to an unlimited number of volunteers. Please sign up early so you can serve at the event of your choice. You are welcome to serve at as many events as you like; however, you will only be given extra credit for serving at two events. A list of currently scheduled events is listed below with additional times available before and after the events for setup and cleanup. Other events may be announced as they occur.

UTA Health Services Open House (15 Max.)
Where: UTA Health Services
When: Thursday, August 29, 2019
Time: 11am-1pm
Service Times: 9:45am-1:15pm

Wellness Expo (15 Max.)
Where: Palo Duro Lounge, UC
When: Wednesday, October 16, 2019
Time: 10am-2pm
Service Times: 8:45am-2:15pm

What's the Buzz (Alcohol Awareness) (15 Max.)
Where: Palo Duro Lounge, UC
When: Monday, September 9, 2019
Time: 11am-1:30pm
Service Times: 9:45am-1:45pm

Halloween Casino Night (Unlimited)
Where: U. C. Bluebonnet Ballroom
When: Friday, October 25, 2019
Time: 8pm-12am
Service Times: 3:00pm-12:15am

Great American Smokeout (15 Max.)
Where: Palo Duro Lounge and UC Mall
When: Monday, November 18, 2019
Time: 10am-3pm
Service Times: 8:45am-3:15pm

World AIDS Day (15 Max.)
Where: Palo Duro Lounge, UC
When: Monday, December 2, 2019
Time: 11am-1:30pm
Service Times: 9:45am-1:45pm

SHAC SPA RETREAT (Unlimited)
Where: Palo Duro Lounge, UC
When: Wednesday, December 4, 2019
Time: 10am-2pm
Service Times: 8:45am-2:15pm

When you attend an event, you must sign in with the time you arrived and sign out with the time you left on the form designated for this class (Dr. Liegey Dougall 4357 Health Psychology). There are other sign-in forms for volunteers across campus and for regular workers so make sure that you are signing in on the correct one. If you do not, we do not have proof of the time you spent volunteering.

No points will be given if all requested materials are not received. A hard copy of the sign in sheets from Health Services shall be kept for verification.

After your volunteer time is complete, you will need to answer a set of reflective questions for each event that you attended, describing your experiences and reflecting on what you learned. These questions are available on Canvas for viewing, and you will be able to upload your responses on Canvas throughout the semester. However, the assignments will not be graded until after the due date and confirmation of service is obtained from Health Services.

If you have questions concerning any of these volunteer opportunities, please contact Latoya Oduniyi who is the Health Promotion and Substance Abuse Coordinator at 817-272-2716 or latoya.oduniyi@uta.edu.

Off-campus service-learning extra credit: This extra credit assignment requires submission of a waiver and a guidelines and limitations form as well as access to personal transportation for events that are located off-campus. Occasionally community organizations have health-related one-day events and need volunteers. As a completely voluntary, extra credit assignment, you may volunteer your time to help with health-related events that occur **OFF-CAMPUS**. It is expected that if you attend and help with one of these events that you will spend **more than** one (1) hour at the event. If you complete service at one (1) off-campus event, you will be eligible to receive a maximum of 10 extra credit points. If you complete service at a second off-campus event, you will be eligible to receive a maximum of 5 additional extra credit points. A total of 15 extra credit points are available (extra credit will only be given for service at two events). Note: these extra credit points are in addition to any extra credit points that are earned for volunteer service learning under the on-campus assignment.

Like the on-campus assignment, this assignment benefits you by allowing you to observe first-hand the application of techniques that we will discuss in this course. It also benefits the greater community outside of UT Arlington. Your time and effort will help to make these events and programs successful.

Off-campus events will be announced on Canvas and in class. Unlike the on-campus events, we will not be managing your time commitments. You will have to sign up to volunteer for the events through the channels that are outlined in the announcements (i.e., you will have to directly contact the organization and register with them). You also will be responsible for your own transportation and completion of any waivers or forms. You will need to submit proof of your attendance, and we will verify your attendance with the event organizers. You can only receive extra credit for off-campus events that I have approved and posted or announced.

After you complete each off-campus volunteer service, you will then need to answer a set of reflective questions for the event that you attended describing your experiences and reflecting on what you learned. You will need to answer and submit reflection questions for each event that you attended. You will upload the reflection statements on Canvas along with the documentation proving your attendance at the event.

Grading Information

Grading:

4 In-class exams 100 points each	400 points
4 Assignments 10 points each	40 points
Daily in-class engagement	100 points
4 Exam extra credit 2 points each	8 points
Off-campus service-learning extra credit up to 15 points	15 points
On-Campus service-learning extra credit up to 12 points	12 points

Final grade based on **540** points (575 points possible)

Missing exams, assignments, and engagement will receive a grade of zero (0) in the grade calculations. **Students are expected to keep track of their performance throughout the semester which Canvas facilitates, and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels;** see "Student Support Services," below. Final course grades will be calculated by adding assignment, exam, and extra credit points together, dividing by the total course points (540), and assigning final letter grades as follows:

Letter Grade	Percentage of Points	Points required
A	89.5-100.0%	483.3-540
B	79.5-89.4%	429.3-483.2
C	69.5-79.4%	375.3-429.2
D	59.5%-69.4%	321.3-375.2
F	0%-59.4%	0-321.2

I receive many questions asking what the best way to study for an exam is. I have learned over the years that each student learns material differently, but that effective studying starts with effective note taking. Many students make the mistake of trying to capture every word and write in full sentences. Your notes should be brief. If you miss information, you should contact a classmate. I recommend the 5 R's of note taking: record, reduce, recite, reflect, and review. There are certainly other strategies that work as well. You need to discover what works best for you. Fortunately, there are many resources available for how to take notes and how to study. Example resources include: http://www.howtostudy.org/

Make-up Exams:
If you miss an exam, assignment quiz, or daily class engagement (attendance and class activities), a grade of zero will be given, respectively. There is no provision for making up daily class engagement (attendance and class activities). I will consider a request for a make-up exam or assignment quiz in this course only if documentation for a University-approved excuse (see current University Catalog), that covers the entire period for which the exam or quiz was available, is received within one week of the exam or assignment quiz date.   Routine scheduled activities, such as work, doctor's appointments, vacations, weddings, or other conflicting appointments, will not be considered excused absences. It is the responsibility of the student to schedule any make-up exams for a time during Final Review Week.

Expectations for Out-of-Class Study:
A general rule of thumb is this: for every credit hour earned, a student should spend 3 hours per week working outside of class. Hence, a 3-credit course might have a minimum expectation of 9 hours of reading, study, etc. Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 9 hours per week of their own time in course-related activities, including reading required materials, completing assignments (including service-learning), preparing for exams, etc.

Grade Grievances:
Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current University Catalog.

Institution Information

UTA students are encouraged to review the below institutional policies and informational sections and reach out to the specific office with any questions. To view this institutional information, please visit the Institutional Information page (http://www.uta.edu/provost/administrative-forms/course-syllabus/index.php) which includes the following policies among others:
- Drop Policy
- Disability Accommodations
- Title IX Policy
- Academic Integrity
- Student Feedback Survey
- Final Exam Schedule

Additional Information

Attendance:
At The University of Texas at Arlington, taking attendance is not required but attendance is a critical indicator of student success. Each faculty member is free to develop his or her own methods of evaluating students' academic performance, which includes establishing course-specific policies on attendance. As the instructor of this section, **I expect that you will attend class, and I will take daily attendance using the Echo360 system, random selection for in-class activities, and periodic sign-in sheets**. By enrolling in this course you have made a commitment to attend at the scheduled meeting times. Research has shown that students who attend class regularly have higher course grades. Furthermore, students who actively listen and participate in lecture have higher course grades than students who attend class but engage in competing activities such texting, surfing the internet, reading, sleeping, etc.

However, while UT Arlington does not require instructors to take attendance in their courses, the U.S. Department of Education requires that the University have a mechanism in place to mark when Federal Student Aid recipients "begin attendance in a course." UT Arlington instructors will report when students begin attendance in a course as part of the final grading process. Specifically, when assigning a student a grade of F, faculty report must the last date a student attended their class based on evidence such as a test, participation in a class project or presentation, or an engagement online via Canvas. This date is reported to the Department of Education for federal financial aid recipients.

Emergency Exit Procedures:
Should we experience an emergency event that requires evacuation of the building, students should exit the room and move toward the nearest exit, which is located to the left or right in the hallway. When exiting the building during an emergency, do not take an elevator but use the stairwells instead. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist individuals with disabilities.

Students also are encouraged to subscribe to the MavAlert system that will send information in case of an emergency to their cell phones or email accounts. Anyone can subscribe at Emergency Communication System.

Student Success Programs:
UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring by appointment, drop-in tutoring, etutoring, supplemental instruction, mentoring (time management, study skills, etc.), success coaching, TRIO Student Support Services, and student success workshops. For additional information, please email resources@uta.edu, or view the Maverick Resources website.

The IDEAS Center (https://www.uta.edu/ideas/) **(**2nd Floor of Central Library) offers **FREE** tutoring and mentoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. Students can drop in or check the schedule of available peer tutors at www.uta.edu/IDEAS, or call (817) 272-6593.

The English Writing Center (411LIBR):
The Writing Center offers **FREE** tutoring in 15-, 30-, 45-, and 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Register and make appointments online at the Writing Center (https://uta.mywconline.com). Classroom visits, workshops, and specialized services for graduate students and faculty are also available. Please see Writing Center: OWL for detailed information on all our programs and services.

The Library's 2nd floor Academic Plaza (http://library.uta.edu/academic-plaza) offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library's hours of operation.

Librarian to Contact:
Each academic unit has access to Librarians by Academic Subject that can assist students with research projects, tutorials on plagiarism and citation references as well as support with databases and course reserves. Library information can be obtained through Andy Herzog, Psychology Librarian. Please contact him by email (amherzog@uta.edu) or phone (817-272-7517). You will find useful information for psychology at http://libguides.uta.edu/psychology.

Emergency Phone Numbers

In case of an on-campus emergency, call the UT Arlington Police Department at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911. Non-emergency number 817-272-3381

Tentative Course Schedule

BIOL/HEED/PSYC 4357　　　　　　**Health Psychology**　　　　　　**Spring 2019**

As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. –Angela Liegey Dougall, PhD

Week	Date	Lecture Topic	Reading Assignments
1	T 8/20		
	R 8/22	Course Introduction/ What Is Health Psychology?	Chapter 1
2	T 8/27	What Is Health Psychology?/ Health Psychology Research	Chapter 1 Chapter 2
	R 8/29	Health Psychology Research	Chapter 2
3	T 9/3	Health Care Use	Chapter 3
	R 9/5	Health Care Use	Chapter 3 **Assignment 1 Quiz**
4	T 9/10	Adherence	Chapter 4
	W 9/11		**Exam 1 Extra Credit Due**
	R 9/12	Adherence	Chapter 4
5	T 9/17	*EXAM 1*	
	R 9/19	Energy Balance	Chapter 15
6	T 9/24	Energy Balance	Chapter 15
	R 9/26	Energy Balance	Chapter 14
7	T 10/1	Energy Balance	Chapter 14
	R 10/3	Substance Use	Chapter 12 **Assignment 2 Quiz**
8	T 10/8	Substance Use	Chapters 12 & 13
	W 10/9		**Exam 2 Extra Credit Due**
	R 10/10	Substance Use	Chapter 13
9	T 10/15	*EXAM 2*	
	R 10/17	Stress	Chapter 5, pp. 85-109
10	T 10/22	Stress	Chapter 5, pp. 85-109
	R 10/24	Stress and Disease	Chapter 6

Week	Date	Lecture Topic	Reading Assignments
11	T 10/29	Stress and Disease	Chapter 6
	R 10/31	Pain	Chapter 7, pp. 143-164 **Assignment 3 Quiz**
12	T 11/5	Pain/ Management of Pain and Stress	Chapter 7 (all) Chapter 5, pp. 109-115 Chapter 8
	W 11/6		**Exam 3 Extra Credit Due**
	R 11/7	Management of Pain and Stress	Chapter 7, pp. 164-170 Chapter 5, pp. 109-115 Chapter 8
13	T 11/12	***EXAM 3***	
	R 11/14	Cardio-Metabolic Diseases	Chapter 9 Chapter 11 pp. 266-270
14	T 11/19	Cardio-Metabolic Diseases	Chapters 9 Chapter 11 pp. 266-270
	R 11/21	Immune-mediated Diseases	Chapter 10 Chapter 11 pp. 270-281
15	T 11/26	Immune-mediated Diseases	Chapter 10 Chapter 11 pp. 270-281 **Assignment 4 Quiz**
	R 11/28	***Thanksgiving Holiday -- NO LECTURE***	
16	T 12/3	Management of Chronic & Terminal Illnesses	Chapter 11 pp. 258-266; 281-283
	W 12/4		**Exam 4 Extra Credit Due**
	R 12/5	***Finals Week – NO LECTURE***	**On-Campus S-L Extra Credit Due Off-campus S-L Extra Credit Due**
17	T 12/10	***Final Exam 4: 8:00-10:30 AM Tuesday, 12/10/2019***	
	R 12/12		