

**Health Psychology (PSY-3740-903)
Spring 2021**

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Course Description

The objective of this course is to provide an overview of the scientific field of Health Psychology, which explores the behavioral, psychological, social, and biological factors that affect stress and illness. More specifically, this area of study applies psychological science to the understanding of (a) promotion and maintenance of physical health; (b) prevention and treatment of physical illness; (c) identification of causal and diagnostic correlates of physical health and illness; and (d) analysis and improvement of the healthcare system and health policy. Students will be able to explain the effects of stress on the body, and how behavior influences physical disorders. Students will also be able to explain how psychological and behavioral treatments can prevent and treat physical illness.

Course Readings & Text

Required Texts: Brannon, L. Updegraff, J.A. & Feist, J. (2018). *Health Psychology: An Introduction to Behavior and Health* (9th ed.). Belmont CA: Wadsworth.

Selected Readings: In addition to the text, there will be several required empirical journal articles that must be reviewed. These articles will be available through the course website.

Grading Policy

You earn points in the class as follows:

Letter Grades

A	93+% > 221 points	C	73-76%	175-184
A-	90-92% 215-221	C-		

Course Website and Computer Skills Requirements

The course website is on Blackboard (<http://www.dl.utoledo.edu>) and contains assignment informatio

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Academic Policies

All students at the University of Toledo must read, understand, and follow the academic policies that govern their attendance at the University. These policies include, but are not limited to, academic dishonesty, academic forgiveness, adding and dropping a course, grades and grading, and the missed class policy. Please use the following URL to read a comprehensive list of academic policies that pertain to you in this class and throughout your time at UT: <http://www.utoledo.edu/policies/academic/undergraduate/>. If you have any questions after reading through the policies, please let me know.

Collegiate Policies

Policy Statement on Non Discrimination on the Basis of Disability (ADA)

The University is an equal opportunity educational institution. Please read [The University's Policy Statement on Nondiscrimination on the Basis of Disability Americans with Disability Act Compliance](#).

Students can find this policy along with other university policies listed by audience on the [University Policy webpage](http://www.utoledo.edu/policies/audience.html/#students) (<http://www.utoledo.edu/policies/audience.html/#students>).

Academic Accommodations

The University of Toledo embraces the inclusion of students with disabilities. We are committed to ensuring equal opportunity and seamless access for full participation in all courses. For students who have an accommodations memo from Student Disability Services, I invite you to correspond with me as soon as possible so that we can communicate confidentially about implementing accommodations in this course. For students who have not established affiliation with Student Disability Services and are experiencing disability access barriers or are interested in a referral to healthcare resources for a potential disability or would like information regarding eligibility for academic accommodations, please contact the [Student Disability Services Office](http://www.utoledo.edu/offices/student-disability-services/) (<http://www.utoledo.edu/offices/student-disability-services/>) by calling 419.530.4981 or sending an email to StudentDisability@utoledo.edu.

University of Toledo Policy Pertaining to Academic Integrity

Academic dishonesty is not tolerated. Among the aims of education are the acquisition of knowledge and the development of skills necessary for success in any profession. Activities inconsistent with these aims are not permitted. Students are responsible for knowing what constitutes academic dishonesty. If students are uncertain about what constitutes plagiarism or cheating they should seek the instructor's advice. Examples of academic dishonesty include, but are not limited to:

Plagiarizing or representing the words, ideas or information of another person as one's own and not offering proper credit or documentation to the other person;

