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# BIOL/HEED/PSYC 4357 and PSYC 5309: Health Psychology

Fall 2024

*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.*  
–Dr. Angela Liegey Dougall

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## Instructor Information

### Instructor Name

Angela Liegey Dougall, PhD

### Office Location

Life Science 523

[View Campus Map](#)

### Office Phone Number

817-272-0531

### Email Address

adougall@uta.edu

### Faculty Profile

[Dr. Liegey Dougall!](https://www.uta.edu/profiles/angela-liegey-dougall) (<https://www.uta.edu/profiles/angela-liegey-dougall>)

### Office Hours

Office hours will be virtual via MS Teams. You can send an email to me via Canvas to schedule a meeting date and time. Please indicate in which course you are registered and your availability. Then, I will invite you to an online conference using MS Teams.

### Communication Guidelines

My preferred communication method is email. Please indicate in which course you are registered.

I will respond to emails and voice messages within 1-2 business days. If you have not heard from me past that time, then please send a reminder email. My inbox fills quickly, and I do not want to lose track of your email.

## Course Information

### Section Information

BIOL/HEED/PSYC 4357-002 & -003 Health Psychology 3 hours credit

PSYC 5309-001 Health Psychology 3 hours credit

### **Course Delivery Method**

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This course is designated ASYNC ONLINE, which means Asynchronous Online; all course instruction, materials, exams, and projects delivered online and asynchronously. There will be no synchronous meetings, exams, or projects.

For a full definition of the course modalities, please visit the [Course Modalities page](https://www.uta.edu/administration/registrar/students/registration/modalities) (https://www.uta.edu/administration/registrar/students/registration/modalities).

### **Time and Place of Class Meetings**

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The course will be online only. All classes are asynchronous (recorded) with no requirement for students to come to campus on a specific day or time. All instruction and assessment are online to allow flexibility. However, the course content will remain rigorous.

### **Time Zone**

This course operates in Central Time. All times listed for class meeting times, exams, and assignment deadlines are in Central Time.

### **Description of Course Content**

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*BIOL/HEED/PSYC 4357-002 & -003*: 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.

*PSYC 5309-001*: A survey of current theory and research in health psychology, including basic research in health and behavior, biobehavioral contributions to illness and disability, and fundamental relationships among the brain, bodily function, and behavior that may affect health and well-being. It will also include clinical and translational topics including patient interventions in medically ill populations, pain management, and disease prevention.

### **Prerequisites**

*BIOL/HEED/PSYC 4357-002 & -003*: Prerequisite: PSYC 1315 or BIOL 1333 or BIOL 1441 or BIOL 2457; junior standing recommended

*PSYC 5309-001*: Prerequisite: None

### **Student Learning Outcomes**

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By the end of this course, students will be able to demonstrate the following student learning outcomes:

1. After reading assigned material and participating in lectures each week, the student will actively review course content and test their understanding by responding to weekly engagement questions.
2. After reading a scientific article or interacting with online health information as part of the course assignments, the student will critically evaluate the information, relate the information to the course content, generalize the findings, and actively discuss the

application of the findings as measured by passing grades on the assignment quiz, assignment discussion post, and module exam.

3. At the end of each module, the student will summarize relevant theory and research within the field of Health Psychology as measured by weekly engagement questions and passing grades on quizzes and exams.
4. At the end of each module, the student will differentiate relevant factors in the biological, psychological, and social pathways in health and disease as measured by weekly engagement questions and passing grades on quizzes and exams.
5. At the end of each module, the student will apply the basic tenets of Health Psychology to relevant common health issues including both acute and chronic conditions as measured by weekly engagement questions and passing grades on quizzes and exams.
6. If the student chooses to participate in voluntary active learning opportunities throughout the duration of the course, the student will apply health psychology concepts and demonstrate critical thinking, teamwork, and/or communication skills as measured by completing the assigned activity and receiving extra credit.

## **Textbooks and Other Course Materials**

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### **Required Textbooks and Materials**

- Brannon, L., Updegraff, J. A., & Feist, J. (2022). Health psychology: An introduction to behavior and health (10th ed.). Belmont, CA: Wadsworth. (ISBN: 9780357375006)
  - The [UT Arlington Bookstore's](https://www.bkstr.com/texasatarlingtonstore/shop/textbooks-and-course-materials) (<https://www.bkstr.com/texasatarlingtonstore/shop/textbooks-and-course-materials>) list prices start at \$50.99 for rental and \$88.99 for purchase. [Note: to purchase books from the Schedule of Classes and/or Myra, click on the "Buy Books" icon under the course listing. If nothing appears, you need to enable pop-ups.]
  - Please note that I do not control the price. This is the price at the time that I last checked; however, it may change depending on where and when the textbook is purchased and in what format. Used, digital, and rental copies also are available at cheaper rates. I recommend comparing prices, including those from the [publisher](https://www.cengage.com/student) (<https://www.cengage.com/student>) that start from \$50.99.
  - Please note that we are using the 10th edition (the newest edition)
- Reserved readings (free access through UT Arlington) will be available on the Canvas site for the course.

Students: Additional materials for this course may range in cost depending on the project and or topic you choose to work on.

### **Descriptions of major assignments and examinations**

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**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.**

### **Exams**

There will be four (4) cumulative online exams. The exams will be 50 multiple choice questions. You are required to take all four exams. Exam questions will be drawn from required reading, lecture material, assignments, and weekly engagement questions. You will be taking the exams on Canvas using the Lockdown Browser and Monitor (see [Technology Requirements](#)). The exams will be open for one day (12:00 am to 11:59 pm) on the due date. Please allot enough

time to take the exam prior to the end of this period – do NOT wait until the last hour. (See the [Course Schedule](#) for exam dates.)

### **Assignment Quizzes**

You will need to read a research article, read content on webpages, or complete a short activity, take a quiz on Canvas, and participate in a discussion. Information covered in these assignments will be tested on the exams. You will be required to take the quizzes on Canvas using the Lockdown Browser and Monitor. All requirements and rules for using the Lockdown Browser are the same as those for completing Exams (see [Technology Requirements](#)).

The Assignment Quizzes will be open from the start date of the Module in which they occur. Please allot enough time to take the quiz prior to the due date and time – do NOT wait until the last hour. If you do not take a quiz, it will be considered a missed quiz and a grade of zero (0). All assignments will be due at 11:59 PM on the due date (this includes extra credit assignments).

### **Assignment Discussion Postings**

Because we will not be able to have face-to-face discussions, you will be posting a discussion answering questions related to the assignments and then responding to at least one other student's post. Assignment Discussion Postings are required, are meant to be informative, and may cover information that will be presented on the quiz. Discussion Posts will be open the same amount of time as Assignments and will have the same due dates and times. For further [information](#), see <https://guides.instructure.com/m/4212//95580-how-do-i-view-discussions-as-a-student>.

### **Weekly Engagement Questions**

I expect that all students will take notes while they read the assigned material and slide deck and view the recorded lectures. In the weekly engagement questions, I will ask questions related to the information and supporting resources included in the lecture. You must answer all questions correctly to receive full points. Because these questions are a learning tool, you will have unlimited attempts at answering the questions. Only the highest grade will be used in grade calculations.

The points for the weekly engagement questions are easy to achieve and may make the difference between two letter grades. They are not only important because of the points associated with them directly; you also need to interact with the lecture material to be successful in this course (there is material presented in lecture that is not presented in the book). However, weekly engagement questions are only a random sampling of the information that you need to know for the exam. You will need to know lecture content that is not asked in the weekly engagement questions. The weekly engagement questions will be open for the duration of the week in which they are assigned.

### **Graduate Exams (GRADUATE students only)**

There will be four (4) online exams. The format for the exams will be essay and/or short answer. You are required to take all four exams. Exam questions will be drawn from required reading, lecture material, assignments, and weekly engagement questions. You will be taking the exams on Canvas using the Lockdown Browser and Monitor (see [Technology Requirements](#)). Please allot enough time to take the exam prior to the end of this period – do NOT wait until the last hour.

## **Graduate Assignments (GRADUATE students only)**

Graduate students will complete 6 additional assignments similar to the 4 assignments completed by everyone (including graduate students). You will need to read a research article, read content on webpages, or complete a short activity, and then take a quiz on Canvas. Information covered in these additional assignments will be tested on the graduate exams. You are required to take the quizzes on Canvas using the Lockdown Browser and Monitor. All requirements and rules for using the Lockdown Browser are the same as those for completing the Assignments (see [Technology Requirements](#)).

The Graduate Assignment Quizzes will be open from the start date of the Module in which they occur. Please allot enough time to take the quiz prior to the due date and time – 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 11:59 PM on the due date (this includes extra credit assignments).

## **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. I reserve the right to adjust extra credit assignments in any way that serves the educational needs of the students enrolled in this course. All extra credit assignments will be due at 11:59 PM 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.

*Midterm Extra Credit Project.* You will have the opportunity to earn up to 30 extra credit points by creating a short video presentation yourself or in groups of 2 to 6 students. Your group will choose a health behavior and create a short public service announcement (commercial) to promote healthy behavior change. You will have creative license for how to create the video, but there will be guidelines (and a rubric) for what content it must contain, and it must be appropriate for the classroom. All the videos will be made available to the class. This is a completely voluntary activity, and it is meant for you to be able to apply the knowledge that you've learned and hopefully have some fun.

*End of Semester Extra Credit Project.* You will have the opportunity to earn up to 30 extra credit points by creating a meme about a positive way of coping with stress, which may include a hope core meme. You can work individually or in groups of 2 to 3 students. You will have creative license for how to create the meme, and it can range from a static image to a short video. There will be guidelines (and a rubric) for what content it must contain, and it must be appropriate for the classroom. All memes will be made available to the class. This is a completely voluntary activity, and it is meant for you to have some fun while applying what you have learned in this course.

## **Expectations for Out-of-Class Study**

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For every credit hour earned, a student should spend 3 hours per week working outside of class. Hence, a 3-credit hour course would require 9 additional study hours per week. Beyond the time required to attend each class meeting, students enrolled in this 3 credit-hour 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, preparing for exams, etc.

## Technology Requirements

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- You will need access to online teaching tools including Canvas, Teams, Echo360, and Lockdown Browser with Monitor (all available free with your UTA account). Students can access tutorials on these tools by clicking on the “Get Started” Box on their Canvas Homepage.
- Access to a personal device or [UT Arlington computer lab](https://oit.uta.edu/) (https://oit.uta.edu/) with Lockdown Browser and Monitor and webcam. Please check that you have access to a device on which you can access all required software. If you do not have access to a smart device or laptop, you may check one out at the [library](http://library.uta.edu/technology/computers-tablets) (http://library.uta.edu/technology/computers-tablets).

**CANVAS:** Please see available [training](https://uta.instructure.com/courses/17157) (https://uta.instructure.com/courses/17157).

**TEAMS:** Please see available [training](https://support.microsoft.com/en-us/office/video-what-is-microsoft-teams-422bf3aa-9ae8-46f1-83a2-e65720e1a34d) (https://support.microsoft.com/en-us/office/video-what-is-microsoft-teams-422bf3aa-9ae8-46f1-83a2-e65720e1a34d).

**ECHO 360:** In class this semester, I will be recording lectures and posting slide decks using the [Echo360](https://help.echo360.com/hc/en-us/articles/360039793831-Getting-Students-Started) software (https://help.echo360.com/hc/en-us/articles/360039793831-Getting-Students-Started) available for free through the University of Texas at Arlington. You will need to activate an Echo360 account for this course. For questions regarding Echo360, please visit the support [website](http://echo360.com/) (http://echo360.com/). If you do not have access to a smart device or laptop, you may check one out at the [library](http://library.uta.edu/technology/computers-tablets) (http://library.uta.edu/technology/computers-tablets).

Please note that the slide decks are meant to be “skeletons” for which you take notes to fill in the missing information.

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. NOTE: You must set up the initial connection between the course's Canvas site and your Echo360 account using a browser (for example, desktop or laptop computer through Canvas) and NOT through the app. You must establish the connection between ECHO360 and Canvas for your account so you will receive credit for what you do on ECHO360 (it will not know who you are or to what course you belong otherwise). If you choose to use the ECHO360 mobile app, you will be directed to set up an 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.

*NOTICE: Class sessions will be recorded by the instructor for use by students enrolled in this class. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the class and only for educational purposes. Course recordings should not be shared outside of the class in any form without express permission.*

**Lockdown Browser and Monitor:** Your enrollment in this course requires the use of 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 to complete the exams and the assignment quizzes. YOUR ACTIVITIES ARE RECORDED WHILE YOU ARE

LOGGED INTO OR TAKING YOUR ASSESSMENT(S). THE RECORDINGS SERVE AS A PROCTOR AND WILL BE REVIEWED AND USED IN AN EFFORT TO MAINTAIN ACADEMIC INTEGRITY. 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.

Before you start your quiz, please hold up your student ID for identification purposes and conduct an environmental scan of the testing area, which includes:

- Entire testing surface, edge-to-edge
- Entire keyboard and any item that is allowed on the testing surface (including foam ear plugs) as well as underneath each item (lift and show underneath).
- You can narrate or explain what is seen during the environmental scan as needed.
- It is your responsibility to make sure the entire environment can be seen by proctors and faculty.
- Once the environment scan has been completed, you are prohibited from leaving the view of the testing area or moving any items back into the testing area.
- You should start the exam as soon as the environmental scan is completed and reviewed.

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/exam. You are prohibited from accessing other resources while taking the quiz/exam (such as phone, tablet, notes, books, other people, etc.). You should not discuss the quiz/exam 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/exam, you will receive a grade of zero (0) on the quiz/exam. If you engage in any activities that violate the UT Arlington Honor Code, you also will receive a referral for scholastic dishonesty and a grade of zero (0). Finally, please remember not to exit the quiz/exam until all questions are completed and submitted for grading. Once you hit submit, your responses are final.

Watch this brief [video](https://www.respondus.com/products/lockdown-browser/student-movie.shtml) (https://www.respondus.com/products/lockdown-browser/student-movie.shtml) to get a basic understanding of Lockdown Browser and the webcam feature. Download and install [LockDown Browser](https://download.respondus.com/lockdown/download.php?id=163943837) (https://download.respondus.com/lockdown/download.php?id=163943837).

Once Installed

- Start LockDown Browser
- Log into Canvas
- Note: if you do not follow this order, it will not work properly. This is the first thing to check if you experience a problem.

**Technological Difficulties:** Given that we are using online tools, technological issues are possible. It is your responsibility to make sure you have access to a computer or other networked device, the course lectures/assignments/quizzes/exams, and reliable Wi-Fi. Make sure your system is compatible BEFORE you start an assessment- you can use the sample quiz with lockdown browser and monitor that is posted on Canvas to test your system. The university provides access to computers on campus for your use, if needed. Therefore, it is assumed that you have access, and technological difficulties (Wi-Fi connectivity issues, browser issues,

computer problems etc.) are not a valid reason to ask for an extension or ask that the work not be considered late. Additionally, I set assignment quizzes to be open from the start date of the Module in which they occur to allow ample time to assess and correct any technological issues. For connection and other telecommuting technology issues, contact the Help Desk at 817-272-2208, helpdesk@uta.edu, or fill out a request form.

Visit the [UTA Libraries Technology page](https://libraries.uta.edu/services/technology) (https://libraries.uta.edu/services/technology) for a list of items that can be checked out or used at the library.

### **Recording of Classroom and Online Lectures**

Faculty maintain the academic right to determine whether recording of classroom and online lectures is permitted by students. Recordings of classroom lectures, if permitted by the instructor or pursuant to an ADA accommodation, may only be used for academic purposes related to the specific course and may not be used for commercial purposes or shared with non-course participants except in connection with a legal proceeding.

As the instructor of this course, I elect to prohibit recording of classroom or online lectures. I will prerecord all lectures and make them available to all students using ECHO 360.

## **Grading Information**

Final course grades will be calculated by adding engagement, assignment, exam, and extra credit points together and dividing by the total course points (640 for undergraduate and 860 for graduate). No assessment will be dropped in the calculations. Missing exams, assignments, and engagement will receive a grade of zero (0) in the grade calculations. I do NOT bump grades. Instead, I have provided extra credit opportunities for you to raise your grade throughout the semester (there are 60 possible extra credit points).

### **Graded Assignments & Values**

#### **Undergraduate Students**

<b>Assignment Name</b>	<b>SLO #</b>	<b>Value (points)</b>
4 Exams (100 points each)	2,3,4,5	400
4 Assignment Quizzes (20 points each)	2,3,4,5	80
4 Assignment Discussion Posts (10 points each)	2,3,4,5	40
12 Weekly Engagement Question Quizzes (10 points each)	1,3,4,5	120
	<b>Total</b>	<b>640</b>
Midterm Extra Credit Project (30 points)	6	30
End of Semester Extra Credit Project (30 points)	6	30
	<b>Total Extra Credit</b>	<b>60</b>



## Graduate Students

Assignment Name	SLO #	Value (points)
4 Exams (100 points each)	2,3,4,5	400
4 Graduate Exams (25 points each)	2,3,4,5	100
4 Assignment Quizzes (20 points each)	2,3,4,5	80
4 Assignment Discussion Posts (10 points each)	2,3,4,5	40
6 Graduate Assignments (20 points each)	2,3,4,5	120
12 Weekly Engagement Question Quizzes (10 points each)	1,3,4,5	120
	<b>Total</b>	<b>860</b>
Midterm Extra Credit Project (30 points)	6	30
End of Semester Extra Credit Project (30 points)	6	30
	<b>Total Extra Credit</b>	<b>60</b>

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 Grade Calculation

Note: Do not necessarily rely on percentages and letter grades calculated by Canvas.

- Those are largely out of my control and may not reflect all calculations.
- Your grade is based on the following grading.

Final course grades will be calculated by adding engagement, assignment, exam, and extra credit points together, dividing by the total course points (640 for undergraduate and 860 for graduate), and assigning final letter grades as follows:

Letter Grade	Percentage Range	Undergraduate Point Range	Graduate Point Range
A	89.5-100.0%	572.8-640.0	769.7-860.0
B	79.5-89.4%	508.8-572.7	683.7-769.6
C	69.5-79.4%	444.8-508.7	597.7-683.6
D	59.5%-69.4%	380.8-444.7	511.7-597.6
F	0%-59.4%	0-380.7	0-511.6

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 Rs 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. This is one [example](https://lsc.cornell.edu/how-to-study/) (https://lsc.cornell.edu/how-to-study/).

## Make-Up Exams & Late Work Policy

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If you miss an exam, assignment quiz, assignment discussion, or weekly engagement question quiz, a grade of zero will be given, respectively. I will consider a request for a make-up exam or assignment in this course only if documentation for a university-approved excuse (see current University Catalog) or a situation which is entirely out of your control (emergency) is received within one week of the exam or assignment quiz date. The documentation must cover the entire period for which the exam or quiz was available. 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.

## Extra Credit Policy

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I have included 2 extra credit opportunities in this course (see [Descriptions of Major Assignments and Examinations](#)). I choose all extra credit assignments, they are completely voluntary, and they are available to all students enrolled in this course. An extra credit assignment must be completed correctly and submitted by the due date and time to receive extra credit. I reserve the right to adjust extra credit assignments in any way that serves the educational needs of the students enrolled in this course. All extra credit assignments will be due at 11:59 PM 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.

## Grades & Feedback Timeline

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I will post grades to the Canvas Gradebook within 1 week of the due date.

## Grade Grievances

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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 (see [Grading Policies](#): <https://catalog.uta.edu/academicregulations/grades/#text>; [Student Complaints](#): <https://catalog.uta.edu/academicregulations/security/>). Use the following [link](#) to submit a grade grievance to the department: <https://www.uta.edu/academics/schools-colleges/science/departments/psychology/degree-programs/graduate/graduate-resources/student-grievance-form>.

## University & Course Policies

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 (<https://resources.uta.edu/provost/course-related-info/institutional-policies.php>) which includes the following policies among others:

- Drop Policy
- Disability Accommodations
- Title IX Policy
- Academic Integrity
- Student Feedback Survey
- Final Exam Schedule

## Attendance

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Attending class sessions is a critical predictor and indicator of student success. The University of Texas at Arlington does not recognize a single attendance policy but encourages faculty to establish class-specific policies on attendance. As the instructor of this section, I expect you to regularly read assigned materials, interact with the slide decks and videos, and complete assessments. Your grades on the [major assignments and examinations](#) are evidence of your attendance.

The U.S. Department of Education requires that UT Arlington have a mechanism in place to verify Federal Student Aid recipients' attendance in courses. UT Arlington instructors are expected to report the last date of attendance when submitting students' final course grades; specifically, when a student earns a course grade of F, instructors must report the last date a student attended their class. For on-campus classes, last date of attendance can be based on attendance rosters or on academic engagements—a test, participation in a class project or presentation, or Canvas-based activity. Online or distance education courses require regular and substantive online interaction and participation. Students must participate in online course activities in Canvas to demonstrate attendance; logging into an online class is not sufficient by itself to demonstrate attendance. The last date of attendance is reported to the U.S. Department of Education for federal financial aid recipients.

## Generative AI Use in This Course

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The use of Generative AI (GenAI) in course assignments and assessments must align with the guidelines established by the instructor. Unauthorized use of GenAI could result in breaches of academic integrity. Instructors bear the responsibility of clearly delineating the permissible uses of GenAI in their courses, underscoring the importance of responsible and ethical application of these tools.

The [UTA Office of Community Standards](https://www.uta.edu/student-affairs/community-standards) (<https://www.uta.edu/student-affairs/community-standards>) articulates the university's stance on [academic integrity and scholastic dishonesty](https://www.uta.edu/student-affairs/community-standards/academic-integrity) (<https://www.uta.edu/student-affairs/community-standards/academic-integrity>). These standards extend to the use of GenAI. Unauthorized or unapproved use of GenAI in academic work falls within the scope of these policies and will be subject to the same disciplinary procedures.

As the instructor of this course, I have adopted the following policy on Student use of GenAI: **Restricted Use of GenAI** and **Cited Use of GenAI** (restricted to the midterm and end of semester extra credit projects and NOT to any other assessments).

Approach	Description
Restricted Use of GenAI	While this course recognizes the potential benefits of Generative AI (GenAI) as a supplementary tool for certain learning activities, its use is restricted to specific assignments where GenAI's role is clearly defined and aligns with the course's Student Learning Outcomes (SLOs). These assignments will be clearly marked, and students must adhere to the guidelines provided for GenAI use. Unauthorized use of GenAI outside these parameters will be considered a breach of academic integrity.

Approach	Description
Cited Use of GenAI	This course permits the use of Generative AI (GenAI) as a resource for completing specific assignments that will be clearly indicated. However, transparency is crucial, students are required to explicitly cite any GenAI tools they utilize in the creation of their work. This citation requirement allows for the acknowledgment of the collaborative nature of GenAI in the learning process while enabling the assessment of student learning to remain focused on the achievement of the course's Student Learning Outcomes (SLOs).

## Academic & Wellness Resources

### Academic Success Center

The Academic Success Center (ASC) includes a variety of resources and services to help you maximize your learning and succeed as a student at the University of Texas at Arlington. ASC services include supplemental instruction, peer-led team learning, tutoring, mentoring and TRIO SSS. Academic Success Center services are provided at no additional cost to UTA students. For additional information visit: [Academic Success Center](https://www.uta.edu/student-success/course-assistance) (https://www.uta.edu/student-success/course-assistance). To request disability accommodations for tutoring, please complete this [tutoring request form](https://www.uta.edu/student-success/course-assistance/tutoring/request) (https://www.uta.edu/student-success/course-assistance/tutoring/request).

### 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) (https://uta.mywconline.com). Classroom visits, workshops, and specialized services for graduate students and faculty are also available. Please see [Writing Center: OWL](http://www.uta.edu/owl) (http://www.uta.edu/owl) for detailed information on all our programs and services.

### Academic Plaza

The Library's 2<sup>nd</sup> floor [Academic Plaza](http://library.uta.edu/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](https://library.uta.edu/hours) (https://library.uta.edu/hours) of operation.

### UTA CARE Team

UT Arlington is committed to the safety, success, and well-being of our students. To support our community, UTA has created a CARE Team, which is a dedicated group of campus professionals responsible for helping students who could benefit from academic, emotional, or psychological support, as well as those presenting risk to the health or safety of the community. If you know of someone experiencing challenges, appearing distressed, needing resources, or causing a significant disruption to the UTA community, please submit a [CARE Referral](#) by visiting the [Behavior Intervention Team](https://www.uta.edu/student-affairs/dos/behavior-it) (https://www.uta.edu/student-affairs/dos/behavior-it) page. You may also submit a referral for yourself if you would like additional support.

NOTE: If a person's behavior poses an immediate threat to you or someone else, contact UTA Police at 817-272-3303 or dial 911. If you or someone you know needs to speak with a crisis

counselor, please reach out to the [MAVS TALK 24-hour Crisis Line](https://www.uta.edu/student-affairs/caps/crisis) (https://www.uta.edu/student-affairs/caps/crisis) at 817-272-8255 or the [National Suicide and Crisis Lifeline](https://988lifeline.org/) (https://988lifeline.org/) at 988.

## Community Mental Health Resources

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In addition to the excellent resources here at UTA, you may find additional mental health resources in the community. [OpenPath](https://openpathcollective.org/) (https://openpathcollective.org/) is a database of clinicians with sliding scale options. The Texas Society of Psychiatric Physicians has a list of [Mental Health Programs in Tarrant County](https://www.tspsptc.org/mental-health-treatment-resources) (https://www.tspsptc.org/mental-health-treatment-resources). The [Resource Center](https://myresourcecenter.org/) (https://myresourcecenter.org/) supports LGBTQIA+ people in DFW with finding affordable in-person health and mental health services. [AltNarratives](https://www.altnarratives.com/) (https://www.altnarratives.com/) provides mental health services to the broader community including people with personality disorders, people who are neurodivergent, and LGBTQIA+ people.

## Student Services

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Everything you need to make the most of your time as a student (and beyond) is all on campus. Below are a few resources to get you started.

- [Resource Hotline](https://www.uta.edu/studentsuccess/success-programs/programs/resource-hotline.php) (https://www.uta.edu/studentsuccess/success-programs/programs/resource-hotline.php)
- [Student Services Home](https://www.uta.edu/student-life/services) (https://www.uta.edu/student-life/services)
- [Division of Student Success](https://www.uta.edu/student-success) (https://www.uta.edu/student-success)
- [Student Access and Resource \(SAR\) Center](https://www.uta.edu/student-affairs/sarcenter/student-resources) (https://www.uta.edu/student-affairs/sarcenter/student-resources)
- [Military and Veteran Services](https://www.uta.edu/student-affairs/veterans/resources) (https://www.uta.edu/student-affairs/veterans/resources)
- [Health Services](https://www.uta.edu/student-affairs/health-services/services) (https://www.uta.edu/student-affairs/health-services/services)
- [Counseling and Psychological Services \(CAPS\)](https://www.uta.edu/student-affairs/caps/resources) (https://www.uta.edu/student-affairs/caps/resources)
- [Relationship Violence and Sexual Assault Prevention](http://www.uta.edu/rvsp/index.php) (http://www.uta.edu/rvsp/index.php)
- [Activities and Organizations](https://www.uta.edu/student-life/activities-and-organizations) (https://www.uta.edu/student-life/activities-and-organizations)
- [Recreation](https://www.uta.edu/student-life/health-recreation) (https://www.uta.edu/student-life/health-recreation)

## Librarian to Contact

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Each academic unit has access to [Librarians by Academic Subject](http://www.uta.edu/library/help/subject-librarians.php) (http://www.uta.edu/library/help/subject-librarians.php) that can assist students with research projects, tutorials on plagiarism and citation references as well as support with databases and course reserves.

## Safety Information & Resources

### Face Covering Policy

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Face coverings are not mandatory; all students and instructional staff are welcome to wear face coverings while they are on campus or in the classroom.

## **MavAlert System**

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The MavAlert system sends information to cell phones or email accounts of subscribed users in case of an emergency. Anyone can subscribe to MavAlerts at [Emergency Communication System](https://www.uta.edu/uta/emergency.php) (<https://www.uta.edu/uta/emergency.php>).

## **Emergency Phone Numbers**

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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

## Course Schedule

Class Date(s)	Topic(s)	Materials	Assignments Due
		Module 1	
Week 1 08/19-08/25	Course Introduction  What Is Health Psychology?	Read Text Chapters 1	Weekly Engagement Questions due 08/25
Week 2 08/26-09/01	Health Psychology Research  Health Care Use	Read Text Chapters 2 & 3	Weekly Engagement Questions due 09/01  Assignment 1 Quiz due 09/01 Assignment 1 Discussion Post due 09/01
Week 3 09/03-09/08	Adherence	Read Text Chapter 4	Weekly Engagement Questions due 09/08  Graduate Assignment 1 (GRAD only) due 09/08
Week 4 09/09	Exam 1 Graduate Exam 1		Exam 1 due 09/09 Graduate Exam 1 (GRAD only) due 09/09
		Module 2	
Week 4 09/09-09/15	Energy Balance: Physical Activity	Read Text Chapter 15	
Week 5 09/16-09/22	Energy Balance: Physical Activity  Energy Balance: Diet & Weight	Read Text Chapters 15 & 14	Weekly Engagement Questions due 09/22  Graduate Assignment 2 (GRAD only) due 09/22
Week 6 09/23-09/29	Energy Balance: Diet & Weight	Read Text Chapter 14	Weekly Engagement Questions due 09/29  Assignment 2 Quiz due 09/29 Discussion Post Assignment 2 due 09/29
Week 7 09/30-10/06	Substance Use	Read Text Chapters 12 & 13	Weekly Engagement Questions due 10/06  Graduate Assignment 3 (GRAD only) due 10/06

<b>Class Date(s)</b>	<b>Topic(s)</b>	<b>Materials</b>	<b>Assignments Due</b>
Week 8 10/07-10/13	Exam 2 Graduate Exam 2  Finalize Midterm Extra Credit Project		Exam 2 due 10/07 Graduate Exam 2 (GRAD only) due 10/07  Midterm Extra Credit Project due 10/13
		Module 3	
Week 9 10/14-10/20	Stress	Read Text Chapter 5	Weekly Engagement Questions due 10/20  Graduate Assignment 4 (GRAD only) due 10/20
Week 10 10/21-10/27	Stress and Disease  Pain	Read Text Chapters 6 & 7 (Sections 7-1 to 7-5)	Weekly Engagement Questions due 10/27  Assignment 3 Quiz due 10/27 Discussion Post Assignment 3 due 10/27
Week 11 10/28-11/03	Management of Stress and Pain	Read Text Chapters 5 (Section 5-6), 7 (Section 7-6), & 8	Weekly Engagement Questions due 11/3  Graduate Assignment 5 (GRAD only) due 11/3
Week 12 11/04	Exam 3 Graduate Exam 3		Exam 3 due 11/04 Graduate Exam 3 (GRAD only) due 11/04
		Module 4	
Week 12 11/04-11/10	Cardio-Metabolic Diseases	Read Text Chapters 9 & 11 (Section 11-3)	Weekly Engagement Questions due 11/10  Graduate Assignment 6 (GRAD only) due 11/10
Week 13 11/11-11/17	Immune-mediated Diseases	Read Text Chapters 10 & 11 (Section 11-5)	Weekly Engagement Questions due 11/17  Assignment 4 Quiz due 11/17 Discussion Post Assignment 4 due 11/17
Week 14 11/18-11/24	Immune-mediated Diseases  Management of Chronic Illnesses	Read Text Chapter 11 (Sections 11.1, 11.2, & 11.4)	Weekly Engagement Questions due 11/24



<b>Class Date(s)</b>	<b>Topic(s)</b>	<b>Materials</b>	<b>Assignments Due</b>
Week 15 11/25-11/26	Exam 4 Graduate Exam 4		Exam 3 due 11/25 Graduate Exam 3 (GRAD only) due 11/25
Week 16 12/02-12/03	Finalize End of Semester Extra Credit Project		End of Semester Extra Credit Project due 12/08