

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

Spring 2022

Instructor Information

Instructor(s):

Dr. Liegey Dougall

Office Number:

Life Science 523

Office Telephone Number:

817-272-0531

Email Address:

adougall@uta.edu (Please email via Canvas or indicate in which course you are registered)

Faculty Profile:

<https://www.uta.edu/profiles/angela-liegey-dougall>

Office Hours:

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

Office hours will be virtual and/or in person. You can send an email to me via Canvas to schedule a meeting date, time, and preference for virtual or in person. Then, I will invite you to a day and time. Invitations to virtual meetings will use Microsoft Teams, which everyone has access to through UT Arlington.

Course Information

Section Information:

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

PSYC 5309-001 Health Psychology 3 hours credit

Time and Place of Class Meetings:

LS119, Tuesday & Thursday 9:30-10:50 AM

Description of Course Content:

BIOL/HEED/PSYC 4357-001: 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.

Student Learning Outcomes:

- Summarize theory and research within the field of Health Psychology by reviewing and discussing the fundamental and more recent contributions to the science

- Support and critique the scientific methods of the field of Health Psychology by differentiating the effects 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
- 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 by examining prior findings and conjecturing what to do.

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)
 - The UT Arlington Bookstore's list price for a hardcover new textbook is \$240.00.
 - 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](#).
 - Please note that we are using the 9th edition and NOT the 10th edition
- Reserved readings (free access through UT Arlington) will be available on the Canvas site for the course.

Technology Requirements

- 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.
- Personal smart device (laptop, smartphone, tablet, etc.) for answering lecture questions. If you do not have access to a smart device or laptop, you may check one out at the [library](#).
- Access to a personal device or [UT Arlington computer lab](#) with Lockdown Browser and Monitor and webcam. Please check that you have access to a device on which you can access all required software.

CANVAS: Please see available [training](#).

ECHO 360: In class this semester, I will be recording lectures, posting lectures, and 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. 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. You also should enter your cellphone number into your account information if you would like the option of texting responses to in-class polls. 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.*

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](#). If you do not have access to a smart device or laptop, you may check one out at the [library](#).

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 weekly quizzes 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. 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 and a grade of zero (0). 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. Download and install LockDown Browser from this [link](#).

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 assignments/quizzes, 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 as a way 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 for at least one week 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](#).

Descriptions of major assignments and examinations:

Online 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 class activities. You will be taking the exams on Canvas using the Lockdown Browser and Monitor (see above for additional information regarding Lockdown). 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 **tentative course schedule** for exam dates.)

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 quizzes on Canvas using the Lockdown Browser and Monitor (see Lockdown Browser and Monitor for additional information).

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 11:59 PM on the due date (this includes extra credit assignments).**

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: I strongly encourage everyone to be active learners and to ask and answer questions. During lecture, I encourage you to ask a question or answer someone else's question. Therefore, lecture participation is required and will be assessed daily using the Echo360 system. Echo360 will be used to record student participation and post lecture recordings and slides. The Tentative Lecture Schedule of assigned class

topics is provided below. I expect you to be 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 participating in lecture. In the slide decks, I will ask questions related to your knowledge on the topics that will be related to the information and supporting resources that I will include in the lecture. You must answer all questions (you must open the slide deck and answer the questions within the deck using Echo360).

The class engagement points 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 be interacting with the lecture material to be successful in this course (there is material presented in lecture that is not presented in the book). Daily class engagement grades will be determined using the Echo360 system and will be displayed as a percentage (i.e., 0% to 100% for activity participation or answering questions). The lectures, slide decks, and questions will be open for 24 hours; therefore, if you miss lecture you can review the recording and lecture and answer the participation questions within the 24-hour period to receive 100% credit (note that posting of the lecture video may be delayed due to computer processing time). Please note that I will manually close the questions, and the exact time will vary depending on my schedule. I will try to close the question polls by 11 AM the next day. The final Engagement grade will equal the average of all daily engagement grades, allowing four (4) days absent (the four (4) lowest scores dropped).

Graduate Online 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 class activities. You will be taking the exams on Canvas using the Lockdown Browser and Monitor (see above for additional information regarding Lockdown). The exams will be open for at least one week prior to 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.

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 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 the Assignments (see Lockdown Browser and Monitor for additional information).

The Graduate Assignment 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 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. **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.**

First two classes' ECHO360 Engagement grades: Engagement grades through ECHO360 for the first two classes will count as 100% if they are recorded as more than 0 in the ECHO360 system (which equals 4.167 extra credit points each). This will allow time for everyone to get connected to the system. These points will be added to the Daily Class Engagement Grade.

Exam extra credit: Before each exam, you will be given the opportunity to earn 3 extra credit points by writing exam questions. Instructions will be posted on Canvas. The points will be posted to the In-class Exam Grade.

Off-campus service-learning extra credit assignment: 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).

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. You will be responsible for 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.

Extra Credit Presentations. You will have the opportunity to earn up to 15 extra credit points by creating a short video presentation in groups of 2 to 6 students. Your group will sign up for a topic from a list that I generate. 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. All the videos will be made available to the class, and those seeking extra credit will complete ratings of videos created by your peers. 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. These points will be posted in the Online Exam Grade.

Grading Information

Grading:

Undergraduate student grading

4 online exams 100 points each	400 points
4 Assignments 10 points each	40 points
Daily in-class engagement	100 points
First 2 days of ECHO360	8 points
4 Exam extra credit 3 points each	12 points
Off-campus service-learning extra credit up to 15 points	15 points
Group presentation extra credit up to 15 points	15 points
Final grade based on 540 points (590 points possible)	

Graduate student grading

4 online exams 100 points each	400 points
4 Graduate online exams 25 points each	100 points
10 Assignments 10 points each	100 points
Daily in-class engagement	100 points
First 2 days of ECHO360	8 points
4 Exam extra credit 3 points each	12 points
Off-campus service-learning extra credit up to 15 points	15 points
Group presentation extra credit up to 15 points	15 points
Final grade based on 700 points (750 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 for undergraduate and 700 for graduate), and assigning final letter grades as follows:

Letter Grade	Percentage of Points	Undergraduate Points required	Graduate Points required
A	89.5-100.0%	483.3-540	626.5-700.0
B	79.5-89.4%	429.3-483.2	556.5-626.4
C	69.5-79.4%	375.3-429.2	486.5-556.4
D	59.5%-69.4%	321.3-375.2	416.5-486.4
F	0%-59.4%	0-321.2	0-416.4

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. This is one [example](#).

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](http://www.uta.edu/provost/administrative-forms/course-syllabus/index.php) 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

Face Covering Policy

While the use of face coverings on campus is no longer mandatory, all students and instructional staff are strongly encouraged to wear face coverings while they are on campus. This is particularly true inside buildings and within classrooms and labs where social distancing is not possible due to limited space. If a student needs accommodations to ensure social distancing in the classroom due to being at high risk they are encouraged to work directly with the Student Access and Resource Center to assist in these accommodations. If students need masks, they may obtain them at the Central Library, the E.H. Hereford University Center's front desk or in their department.

COVID-19 Reporting and Daily Self-Monitoring

We will follow the rules on [COVID-19 Reporting and Daily Self-Monitoring](#) established by UT Arlington. If you or I develop symptoms, are exposed, and/or test positive for COVID-19, we will report our situation to UT Arlington. Therefore, we will all need to be flexible. I have structured the course so that everything can be completed online, except for the 4 in-person exams. The university will provide documentation as needed. If I am affected or the University moves the course online, we may have class synchronously (live) on Teams, or I may record and post lectures to ECHO 360, depending on my status. I will notify you about any changes as soon as possible.

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 and participation using the Echo360 system.** 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 as 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 verify Federal Student Aid recipients' attendance in courses. UT Arlington instructors should be prepared to report the last date of attendance as part of the final grading process. Specifically, when assigning a student a grade of F, faculty must report the last date a student attended their class based on evidence of academic engagement 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.

Distance education courses require regular and substantive online interaction and participation. Students must participate in online course activities to demonstrate attendance; logging into an online class is not sufficient by itself to demonstrate attendance.

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](#).

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](#). To request disability accommodations for tutoring, please complete this [form](#).

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 Nicole Spoor, Psychology Librarian. Please contact her by email (della.spoor@uta.edu) or phone (817-272-5332). You will find useful information for [psychology](#) on their website.

Respect for Diversity

It is my intent that students from all diverse backgrounds and perspectives be well served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength and benefit. It is my intent to present materials and activities that are respectful of diversity, including but not limited to race, ethnicity, national origin, language, sex, disability, age, sexual orientation, gender identity, religion, creed, ancestry, culture, belief, veteran status, genetic information, or socioeconomic status. Your suggestions are encouraged and appreciated. I invite you to share your perspective during class discussions. Please let me know ways to improve the effectiveness of the course for you personally or for other students or student groups.

Please remember that each of us is responsible for creating a safer, more inclusive environment.

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

Don't Forget About Taking Care of Yourself

Given current events and our own personal hardships, I understand that you may be dealing with things in your personal life that might make it hard to participate in this course. Therefore, I want to highlight some of the resources available through UT Arlington. I highly recommend the Counseling and Psychological Services (CAPS) on campus. I have known many students who have used their services and benefited greatly. You get 6 free sessions a semester. They have virtual sessions and have added online and app-based help resources. We also have other great resources (see above for more), including but not limited to the following:

[Counseling and Psychological Services](#)

[Division of Student Success](#)

[Health Services](#)

[Behavior Intervention Team](#)

[Relationship Violence and Sexual Assault Prevention](#)

Additionally, you can contact the University's [Resource Hotline](#) to determine if there are any services that you can take advantage of to help you be successful. There are many resources out there, but many of us do not know they exist or how to access them. I encourage you to ask.

Tentative Course Schedule

BIOL/HEED/PSYC 4357 & PSYC 5309

Health Psychology

Spring 2022

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
Module 1			
1	T 1/18	Course Introduction/ What Is Health Psychology?	Chapter 1
	R 1/20	What Is Health Psychology?/ Health Psychology Research	Chapter 1 Chapter 2
2	T 1/25	Health Psychology Research	Chapter 2
	R 1/27	Health Care Use	Chapter 3
3	M 1/31		Assignment 1 Quiz
	T 2/1	Health Care Use	Chapter 3
	R 2/3	Adherence	Chapter 4 Exam 1 Extra Credit Due
4	M 2/7		Grad Assignment 1 Due (GRAD only)
	T 2/8	Adherence	Chapter 4
	R 2/10	EXAM 1	Online Exam 1 Due (GRAD only)
Module 2			
5	T 2/15	Energy Balance	Chapters 15
	R 2/17	Energy Balance	Chapters 15
6	M 2/21		Grad Assignment 2 Due (GRAD only)
	T 2/22	Energy Balance	Chapter 14
	R 2/24	Energy Balance	Chapter 14
7	M 2/28		Assignment 2 Quiz
	T 3/1	Substance Use	Chapters 12
	R 3/3	Substance Use	Chapter 12 & 13 Exam 2 Extra Credit Due
8	M 3/7		Grad Assignment 3 Due (GRAD only)
	T 3/8	Substance Use	Chapter 13
	R 3/10	EXAM 2	Online Exam 2 Due (GRAD only)

Week	Date	Lecture Topic	Reading Assignments
9	T 3/15	Spring Vacation	
	R 3/17	Spring Vacation	
Module 3			
10	T 3/22	Stress	Chapter 5, pp. 85-109
	R 3/24	Stress	Chapter 5, pp. 85-109
11	M 3/28		Grad Assignment 4 Due (GRAD only)
	T 3/29	Stress and Disease	Chapter 6
	R 3/31	Stress and Disease	Chapter 6
12	M 4/4		Assignment 3 Quiz
	T 4/5	Pain	Chapter 7, pp. 143-164
	R 4/7	Pain/ Management of Pain and Stress	Chapter 7 (all) Chapter 5, pp. 109-115 Chapter 8 Exam 3 Extra Credit Due
13	M 4/11		Grad Assignment 5 Due (GRAD only)
	T 4/12	Management of Pain and Stress	Chapter 7, pp. 164-170 Chapter 5, pp. 109-115 Chapter 8
	R 4/14	EXAM 3	Online Exam 3 Due (GRAD only)
Module 4			
14	M 4/18		Grad Assignment 6 Due (GRAD only)
	T 4/19	Cardio-Metabolic Diseases	Chapter 9 Chapter 11 pp. 266-270
	R 4/21	Cardio-Metabolic Diseases	Chapters 9 Chapter 11 pp. 266-270
15	M 4/25		Assignment 4 Quiz Extra Credit Presentations Due
	T 4/26	Immune-mediated Diseases	Chapter 10 Chapter 11 pp. 270-281
	R 4/28	Immune-mediated Diseases	Chapter 10 Chapter 11 pp. 270-281 Exam 4 Extra Credit Due
16	T 5/3	Management of Chronic & Terminal Illnesses	Chapter 11 pp. 258-266; 281-283 Off-Campus S-L Extra Credit Due
	R 5/5	Exam 4: 11:00 AM-1:30 PM Thursday, 5/5/2022	Online Exam 4 Due (GRAD only)