

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

Spring 2024

## Instructor Information

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### Instructor(s)

Dr. Liegey Dougall

### Office Number

Life Science 523

### Office Telephone Number

817-272-0531

### Email Address

[adougall@uta.edu](mailto: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

To accommodate all learners, office hours will be virtual (on Teams) or in-person.

To schedule an appointment, please follow the directions below:

- For office hours during Tuesdays and Thursdays 11:00 AM - 12:00 PM, you can sign up [here](#). You have the choice to attend the meeting either using Microsoft Teams (the invite is automatically created), or you can arrive promptly at my office in Life Science 523 for an in-person meeting.
- For office hours outside of this time (by appointment), you can send an email to me via Canvas to schedule a meeting date and time. Then, I will invite you to a day and time. These meetings may be virtual (Microsoft Teams) or in-person.

## Course Information

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### 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

COBA245W, Tuesday & Thursday 9:30-10:50 AM

This is an on-campus course.

### 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**

1. After reading assigned material and participating in lectures, the student will actively discuss course content by responding to polls and asking questions during class (class engagement).
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, and generalize the findings as measured by class engagement and passing grades on the assignment quiz 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 class engagement 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 class engagement 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 class engagement 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.

### **Required Textbooks and Other Course 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 list prices start at \$50.99 for rental and \$89.23 for purchase. [Note: to purchase books from the Schedule of Classes and/or MyMav, 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](#) that start from \$44.49.
  - Please note that we are using the 10<sup>th</sup> edition (the newest 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](#).

**TEAMS:** Please see available [training](#).

**ECHO 360:** In class this semester, I will be recording lectures, posting slide decks, 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. 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. 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.*

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 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. 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 quiz 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 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](mailto: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 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 attendance and to 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 consist of 10% for attendance and 90% for activity participation or answering questions. Daily class engagement will be displayed as a percentage (i.e., 0% to 100%). 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 90% 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). 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 4 extra credit points each if they are recorded as more than 0 in the ECHO360 system. This will allow time for everyone to get connected to the system.

**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.

**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. 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.

## Grading Information

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### Grading

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.

## 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 <b>540</b> 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 <b>700</b> 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 engagement, 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) 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.

### **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. 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>.

### **Institutional Information**

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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](https://resources.uta.edu/provost/course-related-info/institutional-policies.php) 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

### **Additional Information**

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#### **Face Covering Policy**

*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.*

#### **Attendance**

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 that you will attend class, and I will take daily attendance using the Echo360 system 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 as texting, surfing the internet, reading, sleeping, etc.



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.

### **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 are located at the front and back of the room. 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 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](https://www.uta.edu/uta/emergency.php) (<https://www.uta.edu/uta/emergency.php>).

### **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 IDEAS Center** (<https://www.uta.edu/ideas/>) (2<sup>nd</sup> 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](http://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) (<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.

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.

### **Librarian to Contact**

Each academic unit has access to [Librarians by Academic Subject](https://libraries.uta.edu/research/librarians) (<https://libraries.uta.edu/research/librarians>) 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 Yuliana Nguyen, Psychology Librarian at [yuliana.nguyen@uta.edu](mailto:yuliana.nguyen@uta.edu) or 817-272-3139. You will find useful information for [psychology](#) on their website.

## Emergency Phone Numbers

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It is strongly recommended that you enter the UTA Police Department's emergency phone number into your mobile phone. 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

## Library Information

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### Research or General Library Help

Ask for Help

- [Academic Plaza Consultation Services](http://library.uta.edu/academic-plaza) (library.uta.edu/academic-plaza)
- [Ask Us](http://ask.uta.edu/) (ask.uta.edu/)
- [Research Coaches](http://libguides.uta.edu/researchcoach) (http://libguides.uta.edu/researchcoach)

Resources

- [Library Tutorials](http://library.uta.edu/how-to) (library.uta.edu/how-to)
  - [Subject and Course Research Guides](http://libguides.uta.edu) (libguides.uta.edu)
  - [Librarians by Subject](http://library.uta.edu/subject-librarians) (library.uta.edu/subject-librarians)
  - [A to Z List of Library Databases](http://libguides.uta.edu/az.php) (libguides.uta.edu/az.php)
  - [Course Reserves](https://uta.summon.serialssolutions.com/#!/course_reserves) (https://uta.summon.serialssolutions.com/#!/course\_reserves)
  - [Study Room Reservations](http://openroom.uta.edu/) (openroom.uta.edu/)
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## Tentative Course Schedule

BIOL/HEED/PSYC 4357 & PSYC 5309

Health Psychology

Spring 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. –Angela Liegey Dougall, PhD*

Week	Class Meeting	Topic	Assignment	Assessment	Student Learning Outcome #
Module 1					
1	T 1/16	Course Introduction/ What Is Health Psychology?	Read Chapter 1	<ul style="list-style-type: none"> <li>Engagement Extra Credit</li> <li>Exam 1</li> <li>GRAD Exam 1 (GRAD only)</li> </ul>	1,3-5,6
	R 1/18	What Is Health Psychology?/ Health Psychology Research	Read Chapters 1-2	<ul style="list-style-type: none"> <li>Engagement Extra Credit</li> <li>Exam 1</li> <li>GRAD Exam 1 (GRAD only)</li> </ul>	1,3-5,6
2	T 1/23	Health Psychology Research	Read Chapter 2	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 1</li> <li>GRAD Exam 1 (GRAD only)</li> </ul>	1,3-5
	R 1/25	Health Care Use	Read Chapter 3	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 1</li> <li>GRAD Exam 1 (GRAD only)</li> </ul>	1,3-5
3	M 1/29	Assignment 1	<b>Assignment 1</b>	<ul style="list-style-type: none"> <li>Assignment 1 Quiz</li> <li>Exam 1</li> </ul>	2,3-5
	T 1/30	Health Care Use	Read Chapter 3	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 1</li> <li>GRAD Exam 1 (GRAD only)</li> </ul>	1,3-5
	R 2/1	Adherence	Read Chapter 4 <b>Exam 1 Extra Credit</b>	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 1</li> <li>GRAD Exam 1 (GRAD only)</li> <li>Exam 1 Extra Credit</li> </ul>	1,3-5,6

Week	Class Meeting	Topic	Assignment	Assessment	Student Learning Outcome #
4	M 2/5	GRAD Assignment 1 (GRAD only)	<b>GRAD Assignment 1 (GRAD only)</b>	<ul style="list-style-type: none"> <li>GRAD Assignment 1 (GRAD only)</li> <li>GRAD Exam 1 (GRAD only)</li> </ul>	2,3-5
	T 2/6	Adherence	Read Chapter 4	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 1</li> <li>GRAD Exam 1 (GRAD only)</li> </ul>	1,3-5
	R 2/8	EXAM 1 (online) GRAD EXAM 1 (online; GRAD only)	<b>Exam 1</b> <b>GRAD Exam 1 (GRAD only)</b>	<ul style="list-style-type: none"> <li>Exam 1</li> <li>GRAD Exam 1 (GRAD only)</li> </ul>	3-5
Module 2					
5	T 2/13	Energy Balance	Read Chapter 15	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 2</li> <li>GRAD Exam 2 (GRAD only)</li> </ul>	1,3-5
	R 2/15	Energy Balance	Read Chapters 14-15	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 2</li> <li>GRAD Exam 2 (GRAD only)</li> </ul>	1,3-5
6	M 2/19	GRAD Assignment 2 (GRAD only)	<b>GRAD Assignment 2 (GRAD only)</b>	<ul style="list-style-type: none"> <li>GRAD Assignment 2 (GRAD only)</li> <li>GRAD Exam 2 (GRAD only)</li> </ul>	2,3-5
	T 2/20	Energy Balance	Read Chapters 14-15	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 2</li> <li>GRAD Exam 2 (GRAD only)</li> </ul>	1,3-5
	R 2/22	Energy Balance	Read Chapter 14	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 2</li> <li>GRAD Exam 2 (GRAD only)</li> </ul>	1,3-5
7	M 2/26	Assignment 2	<b>Assignment 2</b>	<ul style="list-style-type: none"> <li>Assignment 2 Quiz</li> <li>Exam 2</li> </ul>	2,3-5
	T 2/27	Substance Use	Read Chapter 12	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 2</li> <li>GRAD Exam 2 (GRAD only)</li> </ul>	1,3-5

Week	Class Meeting	Topic	Assignment	Assessment	Student Learning Outcome #
	R 2/29	Substance Use	Read Chapters 12-13 <b>Exam 2 Extra Credit</b>	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 2</li> <li>GRAD Exam 2 (GRAD only)</li> <li>Exam 2 Extra Credit</li> </ul>	1,3-5,6
8	M 3/4	GRAD Assignment 3 (GRAD only)	<b>GRAD Assignment 3 (GRAD only)</b>	<ul style="list-style-type: none"> <li>GRAD Assignment 3 (GRAD only)</li> <li>GRAD Exam 2 (GRAD only)</li> </ul>	2,3-5
	T 3/5	Substance Use	Read Chapter 13	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam2</li> <li>GRAD Exam 2 (GRAD only)</li> </ul>	1,3-5
	R 3/7	EXAM 2 (online) GRAD EXAM 2 (online; GRAD only)	<b>Exam 2</b> <b>GRAD Exam 2 (GRAD only)</b>	<ul style="list-style-type: none"> <li>Exam 2</li> <li>GRAD Exam 2 (GRAD only)</li> </ul>	3-5
9	T 3/12	<i>Spring Break</i>			
	R 3/14	<i>Spring Break</i>			
Module 3					
10	T 3/19	Stress	Read Chapter 5	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 3</li> <li>GRAD Exam 3 (GRAD only)</li> </ul>	1,3-5
	R 3/21	Stress	Read Chapter 5	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 3</li> <li>GRAD Exam 3 (GRAD only)</li> </ul>	1,3-5
11	M 3/25	GRAD Assignment 4 (GRAD only)	GRAD Assignment 4 (GRAD only)	<ul style="list-style-type: none"> <li>GRAD Assignment 4 (GRAD only)</li> <li>GRAD Exam 3 (GRAD only)</li> </ul>	2,3-5
	T 3/26	Stress and Disease	Read Chapter 6	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 3</li> <li>GRAD Exam 3 (GRAD only)</li> </ul>	1,3-5
	R 3/28	Stress and Disease	Read Chapter 6	<ul style="list-style-type: none"> <li>In-Class Engagement</li> <li>Exam 3</li> <li>GRAD Exam 3 (GRAD only)</li> </ul>	1,3-5

Week	Class Meeting	Topic	Assignment	Assessment	Student Learning Outcome #
12	M 4/1	Assignment 3	<b>Assignment 3</b>	<ul style="list-style-type: none"> <li>• Assignment 3</li> <li>• Exam 3</li> </ul>	2,3-5
	T 4/2	Pain	Read Chapter 7: 7-1 to 7-5	<ul style="list-style-type: none"> <li>• In-Class Engagement</li> <li>• Exam 3</li> <li>• GRAD Exam 3 (GRAD only)</li> </ul>	1,3-5
	R 4/4	Pain/ Management of Pain and Stress	Read Chapter 7 (all); Chapter 5: 5-6; Chapter 8  <b>Exam 3 Extra Credit</b>	<ul style="list-style-type: none"> <li>• In-Class Engagement</li> <li>• Exam 3</li> <li>• GRAD Exam 3 (GRAD only)</li> <li>• Exam 3 Extra Credit</li> </ul>	1,3-5,6
13	M 4/8	GRAD Assignment 5 (GRAD only)	<b>GRAD Assignment 5 (GRAD only)</b>	<ul style="list-style-type: none"> <li>• GRAD Assignment 5 (GRAD only)</li> <li>• GRAD Exam 3 (GRAD only)</li> </ul>	2-5
	T 4/9	Management of Pain and Stress	Read Chapter 7: 7-6; Chapter 5, 5-6; Chapter 8	<ul style="list-style-type: none"> <li>• In-Class Engagement</li> <li>• Exam 3</li> <li>• GRAD Exam 3 (GRAD only)</li> </ul>	1,3-5
	R 4/11	EXAM 3 (online) GRAD EXAM 3 (online; GRAD only)	<b>Exam 3</b> <b>GRAD Exam 3 (GRAD only)</b>	<ul style="list-style-type: none"> <li>• Exam 3</li> <li>• GRAD Exam 3 (GRAD only)</li> </ul>	3-5,6
Module 4					
14	T 4/16	Cardio-Metabolic Diseases	Read Chapter 9 Chapter 11: 11-3	<ul style="list-style-type: none"> <li>• In-Class Engagement</li> <li>• Exam 4</li> <li>• GRAD Exam 4 (GRAD only)</li> </ul>	1,3-5
	R 4/18	Cardio-Metabolic Diseases Extra Credit Presentation Sign Up	Read Chapter 9 Chapter 11: 11-3  <b>Extra Credit Presentation Sign Up</b>	<ul style="list-style-type: none"> <li>• In-Class Engagement</li> <li>• Exam 4</li> <li>• GRAD Exam 4 (GRAD only)</li> <li>• Extra Credit Presentation Sign Up</li> </ul>	1,3-5
15	M 4/22	GRAD Assignment 6 (GRAD only)	<b>GRAD Assignment 6 (GRAD only)</b>	<ul style="list-style-type: none"> <li>• GRAD Assignment 6 (GRAD only)</li> <li>• GRAD Exam 4 (GRAD only)</li> </ul>	2,3-5

Week	Class Meeting	Topic	Assignment	Assessment	Student Learning Outcome #
	T 4/23	Cardio-Metabolic Diseases/ Immune-mediated Diseases	Read Chapter 9 Chapter 10 Chapter 11: 11-3, 11-4 & 11-5	<ul style="list-style-type: none"> <li>• In-Class Engagement</li> <li>• Exam 4</li> <li>• GRAD Exam 4 (GRAD only)</li> </ul>	1,3-5
	R 4/25	Immune-mediated Diseases	Read Chapter 10 Chapter 11: 11-4 & 11-5  <b>Extra Credit Presentation</b>	<ul style="list-style-type: none"> <li>• In-Class Engagement</li> <li>• Exam 4</li> <li>• GRAD Exam 4 (GRAD only)</li> <li>• Extra Credit Presentation</li> </ul>	1,3-5,6
16	M 4/29	Assignment 4	Assignment 4	<ul style="list-style-type: none"> <li>• Assignment 4</li> <li>• Exam 4</li> </ul>	2,3-5
	T 4/30	Immuno-mediated Diseases/ Dementia	Chapter 10 Chapter 11: 11-2, 11-4 & 11-5  <b>Off-Campus S-L Extra Credit</b>	<ul style="list-style-type: none"> <li>• In-Class Engagement</li> <li>• Exam 4</li> <li>• GRAD Exam 4 (GRAD only)</li> <li>• Off-Campus S-L Extra Credit</li> </ul>	1,3-5,6
	R 5/2	EXAM 4 (online)  GRAD EXAM 4 (online; GRAD only)	<b>Exam 4</b>  <b>GRAD Exam 4 (GRAD only)</b>	<ul style="list-style-type: none"> <li>• Exam 4</li> <li>• GRAD Exam 4 (GRAD only)</li> </ul>	3-5