

**Rutgers University
Department of Psychology
Summer 2015**

Course Syllabus: 830:377:B2, Health Psychology

Instructor Contact:

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Office	Tillett 409
Class Location	Tillett 258, M-Tr 10:10am - 12:00pm

Office Hours: By appointment

Number of Credits: 3

Required Texts and Supplementary Material (see note below):

Taylor, Shelley E. (2015). Health Psychology. 9th Edition. McGraw Hill.

NOTE:

Using an older edition of the text is permissible. If you do not have the 9th edition, check the chapter topics against the topics covered in each unit to make sure you are reading equivalent material. For example, if I am eating & exercise you want to ensure you are reading the chapter on eating and exercise in an earlier edition.

Not all of my material comes from our textbook. I will often cover topics not included in the text. You are responsible for both what is written in the text, outside assigned reading, what is covered in the slideset and lecture.

COURSE OVERVIEW: This course is designed to give you a broad overview of the field of health psychology. Health psychology is a young and exciting field of study that examines the bi-directional relationship between psychology and physical health. We will try to answer such questions as: Are certain personality types more likely to get sick, or to get certain illnesses? What does stress do to your health? What psychological and social factors cause people to behave in unhealthy ways? What helps people adjust to illness? Does having a lot of friends affect your health? What can psychologists do to help cure illness? Who is healthier, men or women? Are there ethnic variations in health? How can we help people who are in pain without getting them addicted to painkillers? Does it matter how your doctor talks to you? Does being bereaved make you ill? Does dieting work? Can a sugar pill cure back pain?

COURSE WEBSITE Available on Sakai. If you are properly registered you should have access.

READINGS Readings are listed on the last page of the syllabus. Outside readings will be posted on the course website.

GRADING POLICY

1. Participation / Attendance	10%
2. Exams (3)	75%
3. Subject to Vote	15%

A = 90-100%	C = 70-76%
B+ = 87-89%	D+ = 67-69%
B = 80-86%	D = 60-66%
C+ = 77-79%	F = Below 60

PARTICIPATION 10% of your final grade

If you're a NJ resident this is costing you \$50 per class (~\$110 for non-residents); that's a lot of money to waste. You paid to be here, so be here. Missing classes and/ or missing in class activities will negatively affect this portion of your grade.

UNIT TESTS 75% of your final grade. I will give three unit tests. The purpose of these tests is to assess your learning and understanding of the course material. The tests are based on the reading and material covered for each unit.

VOTING 15% of your final grade

We'll vote on this portion of your grade. As a class, we will decide on one of three options.

- (1) Health Behavior Change Paper (1-2 page single space) & Presentation
- (2) Choose a Health Psych Topic Paper (1-2 page single space) & Presentation
- (3) Complete 3 mini presentations (one per unit) and submit 1-2 paragraphs summarizing your presentation for each (5 points each)

EXTRA CREDIT

You may participate in experiments to add points to a test score. You can bring a test grade up one half step with each extra credit completed (max 3). For example, if you have a B+ on a test, an extra credit experiment would bring you an A for that test.

LATE POLICY & MAKE UP POLICY

Late work will not be accepted. I do not allow make-up exams unless an extreme circumstance occurs **and** the student is able to get an excused absence from the Dean of Students office. No exceptions.

CHEATING & PLAGIARISM:

I will not tolerate plagiarism or cheating without exception. **A first offense will be reported on your college record and will result in the failure of the class. Consider this your warning.**

I cannot help you if you make the conscious decision to cheat or plagiarize.

Actual student excuse for plagiarism:

“But the question asked for a definition and an example. I just used the definition or example given in the slideset or textbook. I don’t understand how this is considered plagiarism.”

It is plagiarism when you copy something word for word or if you copy something and only change a few words or take someone else’s idea and act as though it is your own. When I ask you for examples or definitions, they should always be **IN YOUR OWN WORDS**. I’m looking to see if you understand a concept, so I want you to explain it to me. When you simply regurgitate what is written in the text or the slideset or on a website, I have no way to gauge whether or not you understand what we just covered. I periodically check answers of ALL students for plagiarism.

Example:

1. What is the definition of toplofty?
Plagiarized answer from online dictionary: very superior in air or attitude

Answer in your own words for full credit: Someone who is toplofty acts as though they are better than everyone else.

Class Schedule: Subject to change

Date	Topic	Chapter
Tuesday, May 26	Background, Methods & History	1
Wednesday May 27	Physiological Systems	2
Thursday May 28	Health Behavior	3
Monday, June 1	Health Promoting Behaviors	4
Tuesday, June 2	Health Comprising Behaviors	5
Wednesday June 3	Catch-up and/ or special topic	No additional reading
Thursday June 4	In-Class Exam Review (Bring Questions)	
Monday, June 8	EXAM 1	
Tuesday, June 9	Stress	6
Wednesday, June 10	Coping, Resilience and Social Support	7
Thursday, June 11	Health Services	8
Monday, June 15	Doctor-Patient & Treatment	9
Tuesday, June 16	Pain	10
Wednesday, June 17	Catch-up and/ or special topic	No additional reading
Thursday, June 18	In-Class Exam Review (Bring Questions)	
Monday, June 22	EXAM 2	
Thursday, June 23	Chronic Illness	11
Wednesday, June 24	Psychological Issues in Terminal Illness	12
Thursday, June 25	Heart Disease, Hypertension, Stroke & Diabetes	13
Monday June 29	Psychoneuroimmunology	14
Tuesday June 30	Catch-up and/ or special topic	No additional reading
Wednesday July 1	In-Class Exam Review (Bring Questions)	
Thursday July 2	EXAM 3	