

**Rutgers University  
Department of Psychology  
Summer 2016**

**Course Syllabus: 830:377:B2, Health Psychology**

**Instructor Contact:**

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Office	Tillett 409
Class Location	Tillett 258, M-Tr 10:10am - 12:05pm

**Office Hours:** By appointment

**Number of Credits:** 3

**Required Texts and Supplementary Material (see note below):**

Taylor, Shelley E. (2015). Health Psychology. 9<sup>th</sup> Edition. McGraw Hill.

**NOTE:**

Using an older edition of the text is permissible. If you do not have the 9<sup>th</sup> 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 covering 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 class. All of the material is fair game for assessments.

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

**GRADING POLICY**

1. Participation	5%
2. Exams (3)	75%
3. Paper/ Presentation	25%

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

**PARTICIPATION** 5% of your final grade.

If you're a NJ resident this course 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 will negatively impact 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.

**PAPER & PRESENTATION** 20% of your final grade

Your presentation and paper will count for 15% of your grade (Presentation 5%, Paper 15%). You can choose a topic relevant to Health Psychology and write a brief (8-10 page double space) paper about it. You should also prepare a 10-15 minute presentation on the topic.

**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

<b>Date</b>	<b>Topic</b>	<b>Chapter</b>
Tuesday, May 31	Background, Methods & History	1
Wednesday, June 1	Physiological Systems	2
Thursday, June 2	NO CLASS	
Monday, June 6	Health Behavior	3
Tuesday, June 7	Health Promoting Behaviors	4
Wednesday June 8	Health Comprising Behaviors	5
Thursday June 9	In-Class Exam Review (Bring Questions)	
Monday, June 13	<b>EXAM 1</b>	
Tuesday, June 14	Stress	6
Wednesday, June 15	Coping, Resilience and Social Support	7
Thursday, June 16	Health Services	8
Monday, June 19	Doctor-Patient & Treatment	9
Tuesday, June 20	NO CLASS	
Wednesday, June 21	Pain	10
Thursday, June 22	In-Class Exam Review (Bring Questions)	
Monday, June 27	<b>EXAM 2</b>	
Thursday, June 28	Chronic Illness	11
Wednesday, June 29	Psychological Issues in Terminal Illness	12
Thursday, June 30	Heart Disease, Hypertension, Stroke & Diabetes	13
Monday July 4	Psychoneuroimmunology	14
Tuesday July 5	Presentations	No additional reading
Wednesday July 6	In-Class Exam Review (Bring Questions)	
Thursday July 7	<b>EXAM 3</b>	