SMU-IN-TAOS 2017: PSYC 3360

Health Psychology
Classroom location: TBA
Class Time: TBA

Instructor:

Dr. Max Gunther
mlgunther@mail.smu.edu

Topics include causes and correlates of health, illness, and dysfunction, as well as the interplay of emotions, cognition, and behavioral/physical factors. Prerequisites: Waived

In this survey course you will examine the contributions of psychological research to the understanding, prevention, and treatment of a variety of health concerns. The course will emphasize a **biopsychosocial model**, which means we will study how biological, social, emotional and behavioral factors influence health. The specific topics include cultural perspectives of health, stress, coping, pain management, addictions, patient-physician relations, and chronic illnesses such as Alzheimer's, diabetes, and AIDS.

Required Texts:

***Health Psychology*, 5th Edition, Richard O Straub.**

The textbook will be available in the SMU Bookstore. Other brief readings may be distributed in class.

Journal – students are required to keep an informal journal documenting reactions and questions from the reading, lectures and texts, to be turned into the instructor daily.

Grading procedure:
Daily journal entries = 20%
Class participation = 10%
Take home exams = 70%

Late assignments or exams are deducted 10% per day late.

Of note: Part of all take home will require the construction of an annotated bibliography as part of the “Information Literacy” requirement.

SCHEDULE:

Pre-class arrival and orientation
– meet class after dinner.
- Read Straub Chapter 1
- Read Straub, Chapter 3. - Biological foundation.

DAY 1
- *Field trip to Taos Pueblo* with discussion. Introduction to Native American health and healing and comparison with modern western models.
Lecture - Biological Foundations
- Read Straub, Chapter 2. - Research Methods
- Read Straub, Chapter 4. - Stress.

DAY 2
- Read Straub, Chapter 5. – Coping.
- Joining WAYS OF KNOWING trip to Taos Mountain Energy Bar facility. Guest speaker lecture in the great room at 12:30 (nutrition) and depart for Taos Mountain Energy Bar at 1:45.
- Read Straub, Chapter 6. – Health Behaviors and Prevention.
- Take-home exam will be passed out
- EVENING PROGRAM - Attend Colloquium - 6:30 in the dining hall

DAY 3
- *Field Trip - Vietnam Veteran's Memorial*
www.vietnamveteransmemorial.org/
- Read Straub, Chapter 8. – Substance Abuse.

DAY 4
- NO CLASS - ALL DAY WAYS OF KNOWING SERVICE DAY (TBA based ways of knowing class)

DAY 5
Lecture and roundtable discussion on stress. Lecture on cognitive and behavioral techniques for coping and stress management, worksheets, mood tracking, cognitive distortions and behavioral activation.
- Read Straub, Chapter 11. – Infectious Disease.

DAY 6
- Read Straub, Chapter 14 - Alternative Medicine
Guest lecture by Dr. Pruijssers - infectious disease and immunology

DAY 7
- Field trip to 10,000 waves - Tour at 1:00, therapeutics and alternative and complementary medicine lecture lecture. Pack a lunch. Return to campus by dinner time.

DAY 8
Lecture - a biopsychosocial perspective on romantic relationships and their effects on physical and psychological health across the lifespan.
- Read Straub Chapters 7. – Nutrition.
- Take-home exam will be passed out

DAY 9

Field Trip: Local Organic Farmer. Guest lectures by local farmers.

- FIeld trip to speak to Marine Special Forces Vietnam Veteran & social worker David Stewart

DAY 10

- Lecture

- Read Straub, Chapter 9. – Cardiovascular Health.

- Read Straub, Chapter 13. – Pain.

DAY 11

- Field Trip - Hiking in the Ski Valley to Williams Lake - Depart from the dining hall at 9AM, return by dinner time.

- Read Straub, Chapter 15 - The Future of Health Psychology

- final exams handed out. Due to Dr. Gunther by email the following Monday *by 11:59PM, CST*.

Academic Honesty

Academic honesty is of utmost importance. Cheating, plagiarism, and fabrication are unacceptable behaviors and will not be tolerated. If a student is caught in an act of academic dishonesty, she/he will receive a 0 on the assignment and will be brought to the honor council. See SMU's honor code:
http://smu.edu/studentlife/studenthandbook/PCL_05_HC.asp

Disability Accommodations

Students needing academic accommodations for a disability must first be registered with Disability Accommodations & Success Strategies (DASS) to verify the disability and to establish eligibility for accommodations. Students may call 214-768-1470 or visit http://www.smu.edu/alec/dass to begin the process. Once registered, students should then schedule an appointment with the professor to make appropriate arrangements.

Religious Observance

Religiously observant students wishing to be absent on holidays that require missing class should notify their professors in writing at the beginning of the semester, and should discuss with them, in advance, acceptable ways of making up any work missed because of the absence. (See University Policy No. 1.9.)