SMU-IN-TAOS 2019: PSYC 3360

Health Psychology
Classroom location: TBA
Class Time: 9:30-12

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:


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.
Pre-class arrival and orientation
- meet class after dinner.
- Read Straub Chapter 1 - Introduction to health psychology
- 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.
- Read Straub, Chapter 6. – Health Behaviors and Prevention.

Day 3
- Field trip to speak to Marine Special Forces Vietnam Veteran & social worker David Stewart
- Read Straub, Chapter 9. – Substance Abuse.
- Take-home exam will be passed out. Printed exam due Monday at class time.

Day 4
- Field Trip - Vietnam Veterans Memorial
  www.vietnamveteransmemorial.org/
- Read Straub, Chapter 11 - Cancer

Day 5
- Read Straub, Chapter 12. – HIV/AIDS
- Read Straub, Chapter 10 – Cardiovascular disease.
- Read Straub, Chapter 7 - Exercise

Day 6
Dr. Pruijssers lecture on immunology and HIV
Infectious disease and immunology
- Read Straub, Chapter 14. – Pain.

Day 7
- Field Trip - Hiking in the Ski Valley to Williams Lake - Depart from the dining hall at 6:30 AM, return by dinner time.
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.
- Take-home exam will be passed out. Printed exam due Monday at class time.

Day 8
Lecture - a biopsychosocial perspective on romantic relationships and their effects on physical and psychological health across the lifespan.
- Read Straub, Chapter 15 - Alternative Medicine

Day 9
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 late evening. Tub time is 2:30.
- Read Straub Chapter 8 – Nutrition.
- Read Straub Chapter 13 – Seeking health care

Day 10
Field Trip: Local Organic Farmer. Guest lectures by local farmers.
- Lecture
- Read Straub, Epilogue - The Future of Health Psychology

Day 11
- Students teaching the class - powerpoint presentations on topic of interest (must be approved)
- final exams handed out. Due to Dr. Gunther by email the following Monday by 11:59PM, CST.

- Disability Accommodations: Students needing academic accommodations for a disability must first register with Disability Accommodations & Success Strategies (DASS). Students can call 214-768-1470 or visit http://www.smu.edu/Provost/ALEC/DASS to begin the process. Once registered, students should then schedule an appointment with the professor as early in the semester as possible, present a DASS Accommodation Letter, and make appropriate arrangements. Please note that accommodations are not retroactive and require advance notice to implement.

- 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)

- Excused Absences for University Extracurricular Activities: Students participating in an officially sanctioned, scheduled University extracurricular activity should be given the opportunity to make up class assignments or other graded assignments missed as a result of their participation. It is the responsibility of the student to make arrangements with the instructor prior to any missed scheduled examination or other missed assignment for making up the work. (See 2018-2019 University Undergraduate Catalogue)

- Student Learning Outcomes: Please include in your syllabi all student learning outcomes, both those specific to your course, as well as those that satisfy major and general education requirements.
· **Final Exams:** Final course examinations shall be given in all courses where they are appropriate, and some form of final assessment is essential. Final exams or final assessments must be administered as specified in the official examination schedule, and shall not be administered during the last week of classes or during the Reading Period. Please state clearly in the syllabus the date/time and form of the final exam or assessment.