

**Health Psychology (PSY-3740-921-003)  
Spring 2020**

**Instructor:** Dr. Jason Rose  
*Office:* UH 6516  
*Telephone:* (419) 530-2278  
*E-mail:* [Jason.Rose4@utoledo.edu](mailto:Jason.Rose4@utoledo.edu)  
*Office Hours:* W 9-11:30am; R noon-2:30pm; or by appointment or via email

**Course Description**

The objective of this course is to provide an overview of the scientific field of Health Psychology, which explores the behavioral, psychological, social, and biological factors that affect stress and illness. More specifically, this area of study applies psychological science to the understanding of (a) promotion and maintenance of physical health; (b) prevention and treatment of physical illness; (c) identification of causal and diagnostic correlates of physical health and illness; and (d) analysis and improvement of the healthcare system and health policy. Students will be able to explain the effects of stress on the body, and how behavior influences physical disorders. Students will also be able to explain how psychological and behavioral treatments can prevent and treat physical illness.

**Course Readings & Text**

**Required Texts:** Brannon, L. Updegraff, J.A. & Feist, J. (2018). *Health Psychology: An Introduction to Behavior and Health* (9<sup>th</sup> ed.). Belmont CA: Wadsworth.

**Selected Readings:** In addition to the text, there will be several required empirical journal articles that must be reviewed. These articles will be available through the course website.

**Grading Policy**

You earn points in the class as follows:

<b>Assignment</b>	<b>Weight</b>	<b>Possible Points</b>
6 Exams - 30 pts each	75%	180 points
Activity Participation/Projects	25%	60 points
<i>Total</i>		<i>240 points</i>

**Letter Grades**

A	93+% > 221 points	C	73-76%	175-184
A-	90-92% 215-221	C-	70-72%	167-174
B+	87-89% 208-214	D+	67-69%	160-166
B	83-86% 199-207	D	63-66%	150-159
B-	80-82% 191-198	D-	60-62%	143-149
C+	77-79% 185-190	F	< 60%	<143

## **Course Requirements and Materials**

**Exams**



## **Course Policies**

### **Absenteeism**

This is a distance learning class, which means that the structure and timing are unconventional. Content will be released in six “units” corresponding to each exam, and students are responsible for accessing and consuming the relevant content as it becomes available prior to the exam on such content. If you have an illness or other university-appropriate excuse that interferes with your ability to meet deadlines in this class, notify me ASAP and provide appropriate documentation. Such events may necessitate your dropping the course, particularly given the nature of the class.

### **Email**

I will respond to student email daily. During many days during the week, I will be in my physical office space in University Hall and thus may also be reached by phone or in person (see contact information above). Please email me to see if you have a particular time that you would like to speak with me or come to my office (if outside of my office hours times listed).

## **University Policies**

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The University is an equal opportunity educational institution. Please read [The University’s Policy Statement on Nondiscrimination on the Basis of Disability Americans with Disability Act Compliance](#).

Students can find this policy along with other university policies listed by audience on the [University Policy webpage](http://www.utoledo.edu/policies/audience.html/#students) (<http://www.utoledo.edu/policies/audience.html/#students>).

### **Academic Accommodations**

The University of Toledo embraces the inclusion of students with disabilities. We are committed to ensuring equal opportunity and seamless access for full participation in all courses. For students who have an accommodations memo from Student Disability Services, I invite you to correspond with me as soon as possible so that we can communicate confidentially about implementing accommodations in this course. For students who have not established affiliation with Student Disability Services and are experiencing disability access barriers or are interested in a referral to healthcare resources for a potential disability or would like information regarding eligibility for academic accommodations, please contact the [Student Disability Services Office](http://www.utoledo.edu/offices/student-disability-services/) (<http://www.utoledo.edu/offices/student-disability-services/>) by calling 419.530.4981 or sending an email to [StudentDisability@utoledo.edu](mailto:StudentDisability@utoledo.edu).

### **Academic and Support Services**

Please follow this link to view a comprehensive list of [Student Academic and Support Services](http://www.utoledo.edu/studentaffairs/departments.html) (<http://www.utoledo.edu/studentaffairs/departments.html>) available to you as a student

### **Safety and Health Services for UT Students**

Please use the following link to view a comprehensive list [Campus Health and Safety Services](#) available to you as a student.

## **Course Materials**

**Selecting Readings (PDFs linked on Blackboard)**

(1) Cohen (2004). Social relationships and health.