



LEAVELL COLLEGE

NEW ORLEANS BAPTIST THEOLOGICAL SEMINARY

PCCM 4370: Health Psychology

Term:

Professor:

E-mail:

Cell:

The mission of Leavell College of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.

Core Value:

Each academic year, a core value is emphasized. This academic year, the core value is **Spiritual Vitality** - "We are a worshipping community emphasizing both personal spirituality and gathering together as a seminary family for the praise and adoration of God and instruction in His Word."

Course Description

The purpose of this course is to provide an introduction to the theoretical base and practical application of health psychology in multiple counseling and ministry settings. Theories of health psychology will be examined, and application will be made in a contemporary context

Student Learning Outcomes:

At the conclusion of the semester, the student will:

- 1) Know what health psychology is, list some of its key concerns and identify current issues and trends.
 - 2) Discuss the nature of stress and explain its relationship to illness.
 - 3) Have a greater appreciation toward those who are dealing with illness and their decisions about seeking treatment and adhering to medical advice.
 - 4) Be able to assess and implement effective health maintenance strategies in his/her own personal life.
-

Course Texts

Brannon, Linda, Jess Feist and John A. Updegraff. *Health Psychology, An Introduction to Behavior and Health*, 8th, ed. Belmont, CA: Wadsworth, 214.

Course Requirements and Grading

A. Activities

- | | |
|-----------------------------------|------------|
| 1. Health Care (Unit 2) | 100 points |
| 2. Daily Food Assessment (Unit 3) | 100 points |

3. Physical Activity, Health Assessment and Personal Goals (Unit 4)	100 points
4. Stress Assessment and Relaxation Exercise (Unit 5)	50 points
5. Smoking Tobacco and Drugs Write Up (Unit 12)	100 points
6. Interview Person with Health Issue (Unit 13)	100 points
7. Evaluation of Personal Goals (Unit 14)	50 points
Total	600 points

B. **Quizzes:** (8 Quizzes each 100 points) Total 800 points
For Units 1,6,7,8,9,10,11, and 13.

Each quiz is one hour in length and is 20 to 25 true/false or multiple choice questions.

C. **Discussion Board:** (8 Discussion Boards each 25 points) Total 200 points
Discussion Boards for Units 1,2,3,4,7,10,12 and 14

In 8 out of the 14 units the student will participate in a discussion on Discussion Board.

Original Post: 15 points	After reading and doing the assignments needed for the Discussion Board, create an Original Post that is at least two substantial paragraphs in response to the questions or activities given in each unit. Make sure all questions asked are covered in your Original Post. Check your spelling!	Due Thurs. midnight of the week of the assignment.
Responses: 5 points for each response 5 x 2 = 10 points	Respond to at least two of your classmate's Original Posts with substantial comments or to the professor's comments.	Due by Sunday 11:55 p.m. ** Last week of class for the term respond by Friday 11:55 p.m. Any post made after Sunday at 11:55 pm will be LATE and <u>NO POINTS GIVEN</u>

Total Points

A. Quizzes 800 points

B. Discussion Board 200 pts.

C. Assignments 600

Total Grade Points = 1,600 pts.

Grading Scale	
1488 - 1,600 points	A 93-100
1,360 – 1,487 points	B 85-92
1,232 – 1,359 points	C 77-84
1,120 – 1,231 points	D70-76
1,119 points or below	Failing

Course Outline

Unit	Dates	Assignments
1 Introducing Health Psychology	Jan.	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 1 “Introducing Health Psychology” Discussion Board #1 Quiz #1
2 Seeking and Receiving Health Care & Adhering to Healthy Behavior	Jan.	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 3 “Seeking and Receiving Health Care” Chapter 4 “Adhering to Healthy Behavior” Discussion Board #2 Activity: Health Care
3 Eating and Weight	Feb.	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 14 “Eating and Weight” Discussion Board #3 Activity: Daily Food Assessment
4 Exercising	Feb.	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 15 “Exercising” Discussion Board#4 Activity: Physical Activity, Health Assessment, Personal Goals
5 Defining, Measuring and Managing Stress	Feb.	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 5 Defining, Measuring and Managing Stress. Activity: Stress Assessment and Relaxation Exercise
6 Understanding Stress, Immunity and Disease	Feb.	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 6 “Understanding Stress, Immunity and Disease” Quiz #2
7 Understanding and Managing Pain	March	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 7 “Understanding and Managing Pain” Discussion Board #5 Quiz #3
8	March	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed.

Considering Alternative Approaches		Chapter 8 “Considering Alternative Approaches” Quiz #4
9 Cardiovascular Disease	March	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 9 “Cardiovascular Disease” Quiz #5
10 Behavioral Factors in Cancer	April	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 10 “Behavioral Factors in Cancer” Discussion Board #6 Quiz #6
11 Living with Chronic Illness	April	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 11 “Living with Chronic Illness” Quiz #7
12 Smoking Tobacco	April	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 12 “Smoking Tobacco” Discussion Board #7 Activity: Smoking Tobacco and Drugs Write Up
13 Using Alcohol and Other Drugs	April	Brannon, Fiest and Updegraff , <i>Health Psychology</i> , 8 th ed. Chapter 13 “Using Alcohol and Other Drugs” Quiz # 8
14 Wrap Up	May	Discussion Board #8 Activity: Interview Person with Health Issue Activity: Evaluation of Personal Goals

Additional Course Information

Late Submission Penalty: There will be a 10% deduction in points from the assignment per week that an assignment is late. For example if an assignment is worth 100 points, then 10 points will be taken off each week the assignment is not turned in. All assignments will be submitted by uploading it on Blackboard. **No points will be given for late Discussion Board assignments** after the final day of the discussion for that particular week. If you have not responded by Sunday at 11:55 p.m.(or the date that is given) you forfeit your opportunity to get points for the Discussion Board for that week.

Attendance

Class attendance is essential for effective learning. Students who do not attend class are subject to fail the class.

Netiquette: Appropriate Online Behavior. Each student is expected to demonstrate appropriate Christian behavior when working online on Discussion Boards or whenever interaction occurs through web, digital, or other electronic medium. The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

Academic Integrity: Each student is responsible for the academic integrity of his/her work. The following are violations of academic integrity: plagiarism, turning in work done by someone else, submitting a paper which has been submitted for another course, and cheating on a quiz or exam. These and other violations of academic integrity may result in a failure of the course.

Expectations of the professor: Professor can be contacted by e-mail at anytime and by phone during regular working hours Monday to Friday 8 am to 5 pm. The professor can be contacted at other hours if there is an urgency. The professor will answer your e-mail within 24 hours and will complete grading of assignments by Wednesday following the Sunday in which all assignments were due. Professor can provide feedback on your assignments and this feedback can be found on Blackboard where your grade is given for the particular assignment.

Student Lounge: Under the Link “Discussion Board” in your Blackboard course the first item listed is “Student Lounge” This is a place where you can go to get to know your other classmates, ask questions, share prayer requests or share what you are learning. Hopefully this will be a helpful forum that is open to the class for students and professor to interact with each other.

Selected Bibliography

Capaldi, Elizabeth D. *Why We Eat What We Eat: The Psychology of Eating*.
Washington: American Psychological Association, 1996.

Dodd, Pamela and Doug Sundheim. *The 25 Best Time Management Tools and Techniques, How to Get More Done Without Driving Yourself Crazy*. Ann Arbor, MI: Peak Performance Press, Inc., 2005.

Dodd, Stephen L., and Scott K. Powers. *Total Fitness, Exercise, Nutrition, and Wellness*. Needham Heights: Allyn & Bacon, 1999.

Hayes, Kate F. *Working It Out: Using Exercise in Psychotherapy*. Washington:
American Psychological Association, 1999.

Hummel, Charles E. *Freedom from Tyranny of the Urgent*. Downers Grove, IL: InterVarsity Press, 1997.

Le Blanc, Raymond and Cranendonck Coaching. *Achieving Objectives Made Easy! Practical Goal Setting Tools and Proven Time Management Techniques*. Maarheeze, Netherland: Cranendock Coaching, 2008.

Leeds, M. *Nutrition for Healthy Living*. Boston: McGraw-Hill, 1998.

Lehr, Fred. *Clergy Burnout, Recovering from the 70-Hour Work Week...and Other Self-Defeating Practices*.
Minneapolis, Fortress Press, 2006.

Pollock, M.L., and J.H. Wilmore. *Exercise in Health and Disease*. 3rd ed. Philadelphia:
W. B. Saunders, 1998.

Resnick, Robert J., and Ronald Rozensky. *Health Psychology Through the Life Span*.
Washington: American Psychological Association, 1996.

Sizer, F. and E. Whitney. *Nutrition; Concepts and Controversies*. New York:
Wadsworth, 1997.

Taylor, S.E. *Health Psychology*. New York: McGraw-Hill, 1994.

Walters, Peter and John Byl, eds. *Christian Paths to Health and Wellness*. Champaign, IL: Human Kinetics, 2008.

White, Joseph D. *Burnout Busters, Stress Management for Ministry*. Huntington, IN: Our Sunday Visitor, Inc., 2007.

Williams, M. *Lifetime Fitness and Wellness*. Dubuque: William C. Brown, 1996.

Wilson, Michael Todd and Brad Hoffmann. *Preventing Ministry Failure*. Downers Grove, IL: InterVarsity Press, 2007.