



Syllabus for Introduction to Health Psychology

Credits: 3
PSYC 1111

Instructor Contact Information:

You can always send your instructor a private message through the Moodle Messaging system. Once logged into your course, click your instructor's Moodle profile page to be provided the ways in which to communicate with your instructor. Your instructor's email will also be listed in their profile.

Course Description

Health psychology focuses on the dynamic interaction between biological, social, and psychological factors that influence physical health and illness, aiming to promote overall well-being and prevent diseases. This course is designed to provide students with an introduction to the field of health psychology. Students will learn the crucial role of behavior in shaping health practices and the influence of culture and gender on health and health outcomes measured through quality of life, health-related quality of life, and life expectancy. Additionally, the course will address future healthcare challenges, emphasizing the importance of enhancing holistic well-being and improving health outcomes for diverse populations.

Learning Objectives

Program Learning Outcomes (PLOs)

- PLO 1: Students will be able to explain the social and biological causes of health and illness.
- PLO 2: Students will be able to articulate a holistic view of the determinants of mental health and psychopathology (B.S. level)
- PLO 3: Students will be able to cover the knowledge and skills needed to perform effectively within the context of disease prevention and the promotion of health.
- PLO: Students will be able to utilize team building skills to lead and/or co-lead collaborative projects to accomplish group goals (B.S. level)
- PLO 5: Students will be able to apply the basic principles of organizational theory to the relationship between health care and health (B.S. level)
- PLO 6: Students will be able to develop an understanding of the role of policy, ethics and resources in the management of prevention programming and health service delivery.
- PLO 8: Students will be able to formulate responses to ethical and legal concerns relating to health service provision as well as health and medical research (B.S. level)
- PLO 9: Students will be able to communicate using well-organized arguments and credible supporting evidence.

Course Learning Outcomes (CLOs)

By the end of this course students will be able to:

1. Examine theoretical frameworks and concepts that form the foundation of a psychological perspective on physical health. (PLO 1, PLO 3)
2. Articulate the role of health behaviors on health. (PLO 1, PLO 3)



3. Discuss the role of psychological and social factors in influencing health, illness, and treatment outcomes. (PLO 1, PLO2, PLO 3)
4. Describe various health psychology strategies aimed at health promotion and mitigating the risk of illness. (PLO 3, PLO 6)
5. Summarize the importance of psychological health outcomes, including health status, quality of life, and health-related quality of life. (PLO 2, PLO 8, PLO9)

Co/Prerequisites

Health Outcomes and Future of Healthcare

Course Materials

UoPeople courses use open educational resources (OER), and other materials specifically donated to the University with free permissions for educational use. Therefore, students are not required to purchase any textbooks or sign up for any websites that have a cost associated with them.

The main required textbook for this course is listed below and can be readily accessed using the provided link. Additional learning resources will also be provided in the course Learning Guide for each week to supplement your understanding of the material.

Main Textbooks:

- Ogden, J. (2019). [*The psychology of health and illness: An open access source*](#). Licensed under CC BY 4.0.

Technology Requirements

Students are required to have access to a computer with a reliable Internet connection in order to complete all requirements for a course. Students must also have the ability to save documents and files. Typically, University of the People learning materials are provided to students in either Adobe PDF or Microsoft Office compatible formats. Therefore, students need to be able to open and save documents in these formats as well.

Campus Tech Support Email for English programs: support@uopeople.edu

Regular and Substantive Interaction

Your instructor will interact and engage with each of you on a regular basis throughout the term to support your learning. They will provide direct instruction related to the course's learning objectives, respond to your questions, grade and/or provide feedback on your submitted coursework, post regular announcements, and engage in the course discussion areas regarding academic course content when appropriate.

Course Expectations and Learning Activities

Discussions

Some units in this course require that you complete a Discussion Assignment. You are required to develop and post a substantive response to the Discussion Assignment in the Discussion Forum. A substantive response is one that fully answers the question that has been posed by the instructor. In addition, you must



extend the discussion by responding to at least two (2) of your peers' postings in the Discussion Forum. Grading rubrics are provided in the Discussion Forum for each week. Discussion Forums are only active for each current and relevant learning week, so it is not possible to contribute to the forum once the learning week has come to an end.

Assignments Activities

The assignment activities are graded by your instructor. The grading rubric is listed under the assignment instructions. The grading rubric is a document that outlines the criteria that your instructor will use to grade your work. Assignment Activities range from written assignments to creating presentation slides. Failure to submit Assignment Activities may result in failure of the course.

Quizzes

This course will contain two types of quiz – Self Quiz and two Graded Quizzes. These quizzes may contain multiple-choice or true/false questions.

The results of the Self-Quiz will not count towards your final grade. However, it is highly recommended that you complete the Self-Quiz to ensure that you have adequately understood the course materials. Along with the Reading Assignments, the results of the Self-Quiz should be used as part of an iterative learning process, to thoroughly cover and test your understanding of course material.

On the other hand, the results of the Graded Quizzes will count towards your final grade. Specific instructions on the format and content of the Graded Quiz will be provided by your instructor.

Final Exam

The Final Exam will be available from Thursday through Sunday of Week/Unit 9, following the completion of eight units of work. The format of the Final Exam is similar to that of the quizzes and may contain a combination of different question types. You will have one attempt to take the exam, and it will be graded electronically. Specific instructions on how to prepare for and take the Final Exam will be provided during Week 8 (located inside the Unit 9 Learning Guide). Final Exams must be taken without the use of course learning materials (both those inside and outside the course). If particular materials are allowed for use during the exam, these will be noted in the exam's instructions.

Course Forum

The Course Forum is the place to raise issues and questions relating to the course. It is regularly monitored by the instructors and is a good place to meet fellow students taking the same course. While it is not required to participate in the Course Forum, it is highly recommended.

Class Introduction

This section is your opportunity to introduce yourself to your classmates and create a vibrant learning community. By sharing your background, interests, and goals, you can create meaningful connections and discover commonalities with your peers.

Participation Expectations

To succeed in this course, you are expected to actively engage and participate regularly. Below are specific guidelines to help you meet these expectations:

- Be involved and active in your courses.
- Be highly motivated and disciplined.
- Check the course homepage, calendar and assignment page, the course syllabus, your UoPeople email, and the Moodle course discussion forums several times a week.



- Post the required comments and responses to the discussion forum for your course.
- Keep up with your assignments and online quizzes/exams (as applicable) and manage your time well. These quizzes test your knowledge and comprehension of the new content.
- Participate actively in class discussions.
- Be polite and respectful.
- Use good grammar and correct spelling.
- Be honest and original. Plagiarism will not be tolerated in any online course.

Non-participation is characterized by lack of any assignment submissions, inadequate contributions to the Discussion Forums, and/or lack of peer feedback to Discussion/Written Assignments. Also, please note the following important points about course participation:

- Assignments must be submitted on or before the specified deadline. A course timeline is provided in the course schedule, and the instructor will specify deadlines for each assignment.
- Occasionally there may be a legitimate reason for submitting an assignment late. Most of the time, late assignments will not be accepted and there will be no make-up assignments.
- All students are obligated to inform their instructor in advance of any known absences which may result in their non-participation.

Feedback and Suggestions

We value your input and would encourage you to complete the end of course survey to provide us with course feedback and suggestions, and report issues

Evaluation and Grading Scale

Grading Weights:

Category	% Of Grade	Grade Items (Learning Activities)	Associated Learning Objectives/Outcomes
Discussion Forums	40%	1. Unit 1 – Discussion Forum 2. Unit 2 – Discussion Forum 3. Unit 4 – Discussion Forum 4. Unit 5 – Discussion Forum 5. Unit 6 – Discussion Forum 6. Unit 8 – Discussion Forum	<ul style="list-style-type: none">• CLO 1, CLO3• CLO3• CLO 3, CLO4• CLO 1, CLO3, CLO4• CLO 1, CLO3, CLO4• CLO 1, CLO4, CLO5
Assignment Activities	40%	1. Unit 2 – Assignment Activity 2. Unit 3 – Assignment Activity 3. Unit 5 – Assignment Activity 4. Unit 7 – Assignment Activity	<ul style="list-style-type: none">• CLO3• CLO1, CLO 2• CLO 1, CLO3, CLO4• CLO 3, CLO 4
Graded Quiz	10%	1. Unit 3 – Graded Quiz 2. Unit 6 – Graded Quiz	<ul style="list-style-type: none">• CLO1, CLO 2• CLO 1, CLO3, CLO4
Final Exam	10%	1. Unit 9 – Final Exam	<ul style="list-style-type: none">• CLO 1, 2, 3, 4 and 5
TOTAL 100%			



Grading Scale:

Letter Grade	% Grade	Grade Points
A+	98%-100%	4.00
A	93-97%	4.00
A-	90%-92%	3.67
B+	88%-89%	3.33
B	83%-87%	3.00
B-	80%-82%	2.67
C+	78%-79%	2.33
C	73%-77%	2.00
C-	70%-72%	1.67
D+	68-69%	1.33
D	63%-67%	1.00
D-	60%-62%	0.67
F	<60	0.00
W	N/A	N/A

Students may also be granted Withdrawal (W), if they withdraw from the course, or an Incomplete (I) should their circumstances permit. A student who feels they were graded unfairly, or who seeks to dispute a grade, may initiate a grade appeal process. Refer to [University Policies](#) for more information on withdrawals and appeals.

Course Schedule

UNIT 1: Introduction to Health Psychology

- ⌘ Watch/Read the reading assignments due by Saturday or Sunday.
- ⌘ Discussion first response due by Sunday.
- ⌘ Discussion replies due by Wednesday.
- ⌘ Self-Quiz submission.

UNIT 2: The Role of Beliefs in Health-Related Behavior

- ⌘ Watch/Read the reading assignments due by Saturday or Sunday.
- ⌘ Discussion first response due by Sunday.
- ⌘ Discussion replies due by Wednesday.
- ⌘ Assignment Activity submission due by Wednesday.
- ⌘ Self-Quiz submission.

UNIT 3: Behavior Change

- ⌘ Watch/Read the reading assignments due by Saturday or Sunday.
- ⌘ Assignment Activity submission due by Wednesday.



- ⌘ Self-Quiz submission.
- ⌘ Graded Quiz due by Wednesday.

UNIT 4: The Role of Cognition, Help-Seeking, and Communication in Illness

- ⌘ Watch/Read the reading assignments due by Saturday or Sunday.
- ⌘ Discussion first response due by Sunday.
- ⌘ Discussion replies due by Wednesday.
- ⌘ Self-Quiz submission.

UNIT 5: The Experience of Stress and Pain in the Context of Illness

- ⌘ Watch/Read the reading assignments due by Saturday or Sunday.
- ⌘ Discussion first response due by Sunday.
- ⌘ Discussion replies due by Wednesday.
- ⌘ Assignment Activity submission due by Wednesday.
- ⌘ Self-Quiz submission.

UNIT 6: The Role of Psychology in Chronic Illnesses

- ⌘ Watch/Read the reading assignments due by Saturday or Sunday.
- ⌘ Discussion first response due by Sunday.
- ⌘ Discussion replies due by Wednesday.
- ⌘ Self-Quiz submission.
- ⌘ Graded Quiz due by Wednesday.

UNIT 7: Culture, Gender, Health, and Illness

- ⌘ Watch/Read the reading assignments due by Saturday or Sunday.
- ⌘ Assignment Activity submission due by Wednesday.
- ⌘ Self-Quiz submission.

UNIT 8: Health Outcomes and Future of Healthcare

- ⌘ Watch/Read the reading assignments due by Saturday or Sunday.
- ⌘ Discussion first response due by Sunday.
- ⌘ Discussion replies due by Wednesday.
- ⌘ Self-Quiz submission.

UNIT 9: Review Quiz and Final Exam

- ⌘ Review Quiz submission.
- ⌘ Final Exam due by Sunday.

University Policies & Processes

Late Work/Make-up Policy

Please review the [Late Work](#) policy in the University Catalog.



Code of Conduct

University of the People expects that students conduct themselves in a respectful, collaborative, and honest manner at all times. Harassment, threatening behavior, or deliberate embarrassment of others will not be permitted. Any conduct that interferes with the quality of the educational experience is not allowed and may result in disciplinary action, such as course failure, probation, suspension, or dismissal. For more information on this topic, please review the [General Code of Conduct](#) in the University Catalog.

Procedures for Resolving Academic Grievances/Appeals

If you believe that the final grade you received for a course is erroneous, unjust, or unfair, please contact your course instructor. This must be done within fourteen days of the last day of the term. For more information on this topic, please review the [Grievance Policy](#) and [Grade Appeals](#) Procedure in the University Catalog.

Withdrawal and Drop Date Policy

Please review the [Course Drops and Withdrawals](#) policy of the University Catalog.

Academic Integrity and Plagiarism

Please review the [Code of Academic Integrity](#) in the University catalog.

Intellectual Property

UoPeople respects the intellectual property rights of others who seek to create, preserve, and disseminate knowledge through teaching, collective learning, and continued research at the University at large. For more information on this topic, please review the [Intellectual Property](#) policy in the University catalog.

Reasonable Accommodations

Contact your Program Advisor to open a request for support.

Student Support Services & Resources

English Programs

Academic Advising: advising@uopeople.edu

Financial Aid: financial.aid@uopeople.edu

Library Resources: library@uopeople.edu

Payment Processing: payments@uopeople.edu

Student Services: student.services@uopeople.edu

Technical Support: support@uopeople.edu