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| **Course Name: Health Psychology**  |
| **Course Code: PSYC 340** | **Course Credits:** 3 |
| **Class Timings: MWF: 11 am—11:50 am** | **Section: B** | **Student Meeting Hours/ Office Hours: T , TR 11-**12 -30 noon |
| **Instructor Name: Dr Saima Majeed :Associate Professor** |
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| Teaching is about Learning”. I want my students to enjoy the interaction in my classroom and to be challenged by the intellectual discussion of course material. As a teacher I will create such an environment in the class that is conducive to learning. Dear Students learning is not a passive process, it requires motivation, effort, and persistence. In my role as a teacher, I have three major functions: facilitator, guide, and mentor. These are not mutually exclusive activities. Each lecture, classroom activities and discussions, experiential exercises, research experiments or homework assignments and presentation contain elements of all three functions. |
| **Instructor Contact Details**Email: saimamajeed@fccollege.edu.pkStudents can send their queries through email and what’s app till 3 Pm from Monday to Friday. I will reply within 24- 48 hours |

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| **Course Description:** Psychological factors relevant to general health maintenance, recovery from disease or injury. Stress management techniques, personality characteristics associated with disease; effects of diet and exercise, theories of pain and pain management, illness prevention, handling chronic illness and psychosocial rehabilitation. Emphasis will be placed upon developing and maintaining a healthy life style. |
| **Main Mode of Instruction: / in person class room teaching ,** *Moodle* **Technology Requirements** *knowledge to use Moodle and Zoom***Technology Etiquettes** *see instructions for Students***Notes/ slides and recorded lectures(in case of ZOOM meeting ) will be available on MOODLE for Students with limited Internet/Technology Access:** |
| Course Objectives: To enable the students to do the following:1. Comprehend the terminology, concepts and theories of Health Psychology
2. Primary Prevention: Apply their knowledge regarding specific health compromising habits like smoking, drinking, and maladaptive eating behaviors (Health Journal)
3. Develop insight in incorporating healthy habits in their daily lives.
4. Prevention at different levels including Primary, Secondary and Tertiary Prevention (Assignment and Class participation).
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**Course Content, Learning Material & Activities Schedule**

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| **Week**  | **Topics and online resources** | **Readings/Due** |
|  | Introduction to Health Psychology |   |
|  | Health behaviors and Primary Prevention |   |
|  | Health enhancing/ promoting behaviors |  |
|  | Health compromising behaviors and Secondary prevention; Future of Health Psychology. |   |
|  | Stress  | Quiz 1 Ch(1,2 3) |
|  | Coping and Resilience |  |
|  | **Seeking and using Health care System** | Mid term Assignment; Health Education Brochuer |
|  | **Patients, Providers and Treatment** |  |
|  | **Management of Pain and Discomfort** | Quiz 2 ( ch 4,5 &6) |
|  | **Management of Chronic Health Conditions** | Class presentations |
|  | **Psychological Issues in Chronic Health Conditions** | Class presentations |
|  | **Heart disease,** Hypertension, Type II Diabetes |  Class presentations, Quiz 3(ch 7,8 &9) |
|  | **Future of Health Psychology in Pakistan**Resources: Lecture, discussion, and presentations | Class presentations |
|  | **Avenues of research in Health Psychology** Resources: Lecture, discussion, and presentations  |  |
|  | **course review** | Final exam/project submission |

* ***Taylor, S. E. (2003). Health Psychology (9th ed.). Los Angeles: McGraw Hill.***

Also recommended:

* Brannon, L & Feist, J. (9th or latest edition)Health Psychology: An introduction to behavior health. Belmont: Wadsworth.
* Sutton, S'., Baum, A & Johnston, M (2005). The SAGE handbook of Health Psychology. Sage Publications Limited.
* David M., Eshelman, E.R & McKay M. Relaxation and Stress Reduction Workbook (6th ed). New Harbinger Publications, Inc.
* A number of empirical research articles/ web links/ online sources will be used to supplement the textbook.
* Video lectures by professionals/professors from online sources
* Power point presentations.
* Resources have been mentioned with every topic.

**Note:** New resources may be added.

**Other Reference Material**: Handouts, Articles and other related material provided by the instructor.

**Course Requirements:**

*This course will consist of the following grading components:*

**Class Participation**

Productive, respectful and fruitful discussion, answering of questions, raising questions and sharing real life examples are all the key towards an effective learning experience. Active participation in Class room activities

**Quizzes**

There will be 3 quizzes in the semester, each of 10 marks. If you are unable to do so and miss the quiz you will not be allowed to take the quiz later. **NO MAKE-UP quizzes will be held.**

**Assigned Readings**

The students will be expected to responsibly go through the assigned readings throughout the semester so that they can effectively participate in class and do well in the assessments.

**Presentation**

At the end of the course, the student will be expected to present on a provided topic and will be assessed upon their communication skills, accuracy of the content, organization, time management and creativity.

**Written Assignment**

* During this semester, The students will carry out a midterm project pertaining to the development of Health Education materials; posters, booklets/ brochures.

**Final Exam/ Project:** The students will take a final written exam OR will do a small survey on a health issue. This will add to their final project/paper.

The course breakup is as follows:

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| --- | --- |
| **Grading Areas** | **%age** |
| Class Participation & Attendance | 10% |
| Assignment | 20% |
|  Presentation | 10%  |
| Quizzes – 3 (10 marks each) | 30% |
| Final exam/ project | 30% |
| Total | 100% |

**Attendance Policy:**

Attendance is mandatory according to the policy of FCC. Students are advised to attend classes regularly in order to boost their class participation and enhance their learning. It is essential that each student is punctual and enters the online classroom on time, so as to not to disrupt the flow of the class and their own understanding. It is in your best interest to regularly attend the classes because lecture material frequently goes beyond the textbook; missing a class will likely affect your understanding of the material and will affect your course grade. In case of an emergency, it is the responsibility of the student to inform the instructor either before the class (if possible) or after, by sending a formal application, clearly stating the reason, **saimamajeed@fccollege.edu.pk.**

**Classroom Participation:**

Class participation is absolutely essential and recommended and for this to take place, it is important to consistently read the assigned material and ask questions. It is understandable that some students may be more comfortable while participating as compared to others. However, one of the primary aims of my class is to ensure a comfortable environment in which every student feels at ease to discuss, ask and contribute. The 10 % will be based on the following criteria:

* Active quality classroom participation and discussion
* Pertinent and constructive comments/ questions.

**Grade Determination**

*It is absolutely essential to keep in mind that the instructor does not “give” any grade to the student, rather the student achieves the grade as a result of their performance throughout the semester.*

**Cheating** is when a student offers, takes, or possesses information that may aid performance on a quiz or an exam, which is not approved by the instructor. Cheating may result in disciplinary probation and will definitely receive a grade “F” zero for the assignment.

**Plagiarism**refers to the use of words or ideas without acknowledgement of the author or the source. This includes information from websites, articles, books, another student's paper, etc. If you copy someone else’s words, or even paraphrase someone’s ideas without giving them credit, you are plagiarizing.  APA style must be adapted for writing assignments and this will be discussed in detail at the time of distributing assignments.

**\**Plagiarism/cheating of any sort will be referred to AIC (Academic Integrity Committee) at FCC for necessary action.***

Please look into the Plagiarism policy of FCC by clicking on this link: https://www.fccollege.edu.pk/wp-content/uploads/2018/05/FCCU-Plagiarism-Policy.pdf

**Grading Legend**

Below is the grading legend of FCCU (published in all catalogues and available on the FCCU website) as approved by the Academic Council

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| --- | --- | --- | --- |
| **Grade** | **Point Value** | **Numerical Value** | **Meaning** |
| A | 4.00 | 93-100 | Superior |
| A- | 3.70 | 90-92 |
| B+ | 3.30 | 87-89 | Good |
| B | 3.00 | 83-86 |
| B- | 2.70 | 80-82 |
| C+ | 2.30 | 77-79 | Satisfactory |
| C | 2.00 | 73-76 |
| C- | 1.70 | 70-72 |
| D+ | 1.30 | 67-69 | Passing |
| D | 1.00 | 60-66 |
| F | 0.00 | 59 or below | Failing |

**Changes to the Syllabus:**

This syllabus was designed to convey course information and requirements as accurately as possible. It is important to note however that it **may** be subject to change during the course depending on the needs of the class and other situational factors. Such changes would be for your benefit and you will be notified of them as soon as possible.

*Please Note:*

*The instructor reserves the right to modify the procedures/ policies and course outline mentioned in this syllabus as dictated by unforeseen circumstances. It is your responsibility to cover the correct material. Instructor will announce changes well in time at class meetings.*

 **Some Useful Recourses for Students**

**Student Support Services**

[Student Counseling Services](https://www.fccollege.edu.pk/ccc/campus-counseling-center/).Students can contact the [Campus Counseling Center](https://www.fccollege.edu.pk/ccc/campus-counseling-center/) at 0331-444-1518 or email ccc@fccollege.edu.pk.

[Writing Center](https://www.fccollege.edu.pk/faculty-of-humanities/writing-center/)

[Mercy Health Center](https://www.fccollege.edu.pk/mercy-health-center/)

**Other Useful FCCU Policy Documents:**

[Sexual Harassment Policy](https://www.fccollege.edu.pk/wp-content/uploads/2018/05/Doc1.pdf)

[Anti-Corruption Policy](https://www.fccollege.edu.pk/wp-content/uploads/2018/05/Anti-corruption.pdf)

[Academic integrity](https://www.fccollege.edu.pk/policy-on-academic-integrity/)

[Plagiarism Policy](https://www.fccollege.edu.pk/wp-content/uploads/2018/05/FCCU-Plagiarism-Policy.pdf)

 [Academic Calendar](https://www.fccollege.edu.pk/academic-calendar/)