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| FCC logo only | FORMAN CHRISTIAN COLLEGE (A Chartered University)Course OutlineSpring 2023 |

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| **PSYC 430: Health Psychology** | | | | |
| Instructor | Professor Dr. Sarah Shahed | | | |
| Email | [sarahshahed@fccollege.edu.pk](mailto:sarahshahed@fccollege.edu.pk) | | | |
| Zoom Name | Dr. Sarah Shahed | | | |
| Class timings | MWF, 12.00-12.50 | | | |
| Classroom | E 345 | | | |
| Office Hours | Office hours: MWF, 11.00-11.50 (or by appointment)  Office: E 340 | | | |
| Course Material/Announcements | Uploaded on Moodle | | | |
| ***Course Information*** | | | | |
| 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. | | | |
| Course Requirements | PSYC 100 is the prerequisite for this course. The students need to have basic knowledge of psychology in general. The students are encouraged to read before the class. Class participation is a must and the students are strongly encouraged to use English language in the class. | | | |
| Course Objectives | To enable the students to do the following:   * Comprehend the terminology, concepts and theories of Health Psychology * Primary Prevention: Apply their knowledge regarding specific health compromising habits like smoking, drinking, and maladaptive eating behaviors (Health Journal) * Develop insight in incorporating healthy habits in their daily lives. * Prevention at different levels including Primary, Secondary and Tertiary Prevention (Assignment and Class participation). | | | |
| Learning Outcomes | By the end of the course, the students will be able to:   * Identify health related needs and find solutions to issues pertaining to health promotion and disease prevention * Appreciate the multiple sources influencing individuals’ health related behaviors. * Understand research findings about disease as well as healthy and unhealthy lifestyles. * Develop health education materials. | | | |
| Text Books & Reference Material/ Online sources | * ***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 the instructor * Video lectures by professionals/professors from online sources * Power point presentations. * Resources have been mentioned with every topic.   **Note:** New resources may be added. | | | |
| Course Policies | [**Attendance**](http://tmoodle.fccollege.edu.pk/moodle/mod/attendance/view.php?id=27877)**and Participation:**  Students are expected to attend all classes since this provides an opportunity to interact actively, ask questions and give  feedback. The students are expected to be punctual and arrive on time. A record of late arrivals will be made and reflected in the class attendance and participation marks. However, in case of online teaching, students facing connectivity issues will be facilitated. They will be allowed to remain in touch with the instructor via phone/ Whatsapp. Students, when participating/learning from home, are required to watch/listen to online lectures and do relevant readings. All students are required to watch online videos uploaded or played by the instructor.    **Class Sessions:**Students are encouraged to actively participate in class as a huge proportion of their grade (15%) will be on class participation (this includes both [attendance](http://tmoodle.fccollege.edu.pk/moodle/mod/attendance/view.php?id=27877) and active involvement in class activities). It is suggested that the students attend each class and take notes carefully.    **Classroom Conduct and Behavior:** Students are expected to maintain discipline in class. Idle “side talking”, texting in class, or completing other assignments during class time is strictly prohibited. If you have a question or a comment in mind, please raise your hand and wait for the instructor to respond before you proceed.    **Quiz/Exam/Assignment:** There will be no makeup quiz or makeup examination (both for midterm and for final term exams). Assignments must be submitted on time and late work will be penalized (-1 for each day after the deadline)  **Academic Integrity:**  **Plagiarism**is a form of cheating and dishonesty. It 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. You will  learn the method to give credit to the author in class. There is zero tolerance for academic dishonesty and/ or plagiarism  in this class. If a student is found guilty, the university policy of plagiarism will be applicable. The student may be  given an F grade and the case will be forwarded to the Academic Integrity Committee (AIC).  **Submission time:**  The students should make sure that they submit the work on time. Any assignment or project submitted  late will not be entertained. However, in case of any connectivity issues, technical faults, power outage, or  similar issues, the students should consult the instructor and inform beforehand. | | | |
| Assessment/ Course Evaluation | * The students will carry out a midterm project pertaining to the development of Health Education materials; posters, booklets/ brochures. * The students will make class presentations (5-7 minutes) on topics allocated to them. * The marks of attendance and participation will be awarded according to the presence and contribution of the students in the classroom. Creative problem solving tasks and/or reflections will be used for gauging class participation. * Creative problem solving tasks based on health issues/ quizzes may be given. * 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.   **Note:** The assessment procedure may be further altered depending on the COVID situation | | | |
| **Assessment/Grading Criteria** | Class attendance | | | 10 |
| Class discussion/participation | | | 5 |
| Quizzes/ assignment/ Home test/ creative problem solving for health related issues | | | 15 |
| Midterm assignment (Health Education materials|) | | | 30 |
| Presentation | | | 10 |
| Final Term exam/ Project | | | 30 |
| Total | | | 100 |
|  | **Grading System** | | |  |
|  | A | 4.00 | 93-100 | Superior |
|  | A- | 3.70 | 90-92 |  |
|  | B+ | 3.30 | 87-89 |  |
|  | B | 3.00 | 83-86 | Good |
|  | B- | 2.70 | 80-82 |  |
|  | C+ | 2.30 | 77-79 |  |
|  | C | 2.00 | 73-76 | Satisfactory |
|  | C- | 1.70 | 70-72 |  |
|  | D+ | 1.30 | 67-69 |  |
|  | D | 1.00 | 60-66 | Passing |
|  | F | 0.00 | 59 or below | Failing |
| **Course Plan** | **Week** | **Topics and online resources** | | **Readings/Due** |
|  | Introduction to Health Psychology | |  |
|  | Health behaviors and Primary Prevention | |  |
|  | Health enhancing behaviors | | Quiz 1 |
|  | Health compromising behaviors and Secondary prevention; Future of Health Psychology. | | Work on Health Education project |
|  | Stress and coping | | Assignment: Critical evaluation of an article on Health Psychology |
|  | **Moderators of Stress**  Resources:   * Power point presentation by instructor on stress and health promotion. * Please watch the following two talks on YouTube:   <https://ocw.vu.edu.pk/Videos.aspx?cat=Psychology&course=PSY408>   * Please watch the following two talks by the instructor on YouTube:   <https://www.youtube.com/watch?v=q0j4vP4CMYo> <https://www.youtube.com/watch?v=ZZn5Y5BkxRQ&t=13s> <https://www.youtube.com/watch?v=qKo5YAMKD0A> <https://www.youtube.com/watch?v=vWNNtm79g8U> <https://www.youtube.com/watch?v=59uHgKjcaRk&t=25s> | | Mini assignment for class participation |
|  | **Pain and its Management; arthritis and other conditions; Diseases and gender:**  Resources: Power point presentation by instructor   * Please watch the following video lectures by the instructor on Youtube:   <https://www.youtube.com/watch?v=9ugq7slwoYc&list=PLFX_EwFvKKWPtLqRLhBVizw8X_PKaa5vg&index=37>  **Cancer and HIV/ AIDS;**  Resources:   * Power point presentation. * Please watch the following video lectures by the instructor on YouTube: <https://www.youtube.com/watch?v=9ugq7slwoYc>   <https://www.youtube.com/watch?v=TOFwaeoVJFs> | | Submission of Health Education project |
|  | **Cancer; review**  Resources: Power point presentation.   * Please watch the following video lectures by the instructor on YouTube: <https://www.youtube.com/watch?v=9ugq7slwoYc> | | * Class presentations * Creative problem solving on health issues/ Quiz 2 |
|  | **Psychological issues in advancing and terminal illness**  https://www.youtube.com/watch?v=xa9tJBuAGhQ  https://www.youtube.com/watch?v=O2bGjVc3CT4  <https://www.youtube.com/watch?v=gcJE2pK4Uyg> | | Class presentations |
|  | **Heart disease, hypertension, and stroke**  Please watch the following video lectures by the instructor on Youtube:  <https://www.youtube.com/watch?v=LwUCLx4rSPA>  <https://www.youtube.com/watch?v=vWNNtm79g8U> <https://www.youtube.com/watch?v=59uHgKjcaRk&t=25s> | | Class presentations |
|  | **Heart disease; review**  Resources: Power point presentation  <https://www.youtube.com/watch?v=sfLEfEAyPGU&list=PLFX_EwFvKKWPtLqRLhBVizw8X_PKaa5vg&index=36>  **Management of chronic illnesses.**  Resources: Power point presentation. | | Class presentations |
|  | **Gender and health**  Resources: Power point presentation to be shared. | | Class presentations |
|  | **Violence against women and health**  Resources: Lecture, discussion, and presentations. | | Class presentations |
|  | **Future of Health Psychology in Pakistan**  Resources: Lecture, discussion, and presentations | | Class presentations |
|  | **Avenues of research in Health Psychology and course review**  Resources: Lecture, discussion, and presentations | | Final exam/  project submission |
| **Please note:**  Dear student please understand that this information about the course will be an overall broad sketch to follow. Health Psychology is a very interesting and practical subject. If you are regular in your class, and are carrying out related academic work, then the course will be a pleasant learning experience for you. I will be pleased to offer any help or assistance in case any further clarification is needed.  *Please make a note that in case of any unavoidable, new or unexpected situations arising, the instructor reserves the right to modify the procedures, policies, and course outline mentioned in this document. The changes will be communicated by the instructor in advance.* | | | | |