

# PSY 320: Health Psychology Syllabus

Meeting days: MWF, 8:00am-8:50am

Credits: 3

Location: 206 Old Horticulture Building

**Instructor: Dr. Kaston D. Anderson-Carpenter (he/him/his)**

Office: Psychology 238

Phone: (517) 432-0686

Email: [kaston@msu.edu](mailto:kaston@msu.edu)

Office hours: By appointment only. <https://kacarpenter.youcanbook.me/>

Office hours meeting link: <https://msu.zoom.us/my/kaston> Passcode: ACESLab

Please make an appointment using the link above. I will not reply to individual inquiries regarding appointments.

**Teaching Assistant: Andre Herrera-Charpentier (he/him/his)**

Email: [herre119@msu.edu](mailto:herre119@msu.edu)

Office hours: By appointment only.

Zoom meeting link: <https://msu.zoom.us/j/2636422821> Passcode: 773

## Course Description

Social, psychological, and biological factors affecting health, illness, and use of health services. Stress and coping processes, lifestyles, and illness management. In this course, we will consider health topics from multicultural and global perspectives.

## Course Objectives and Materials

The primary learning objectives for this course are:

- Identify the biological, psychological, social, and cultural aspects of health.
- Understand the social-ecological determinants of health outcomes.
- Apply health psychology concepts and models in real-world settings.

## Prerequisite

PSY 320 requires no course prerequisite.

## Course Materials

- Textbook:
  - Taylor, S. E., & Stanton, A. L. (2021). *Health Psychology*. (11<sup>th</sup> ed.) New York: McGraw-Hill.
  - Connect: ISBN is 9781266615856. Connect is required (\$90)
- Kritik (<https://kritik.io>)
  - You'll receive an invitation link to join (\$20)

- D2L for additional readings, accessing Connect, viewing lectures, viewing grades, communicating course-related information.

If you have any trouble using D2L, you can contact the helpdesk. If you are unfamiliar with D2L, please complete the on-line tutorial: from the D2L page, click on help. A new screen will open; click on Student Quick Start Guide. Please direct all technical questions to the D2L helpdesk at 517.355.2345 or 800.500.1554.

### Course Activities

- Chapter Reading Assignments via Connect
- Exams
  - You will have three (3) noncomprehensive exams in this course (50 questions each) spaced about one month apart. You will have 48 hours to take each exam.
  - I will give you a detailed study guide approximately one week prior to each exam. Use the study guide; anything on it is fair game for the exam. *If it is not on the study guide, it will not be on the exam.*
  - Each student who emails Dr. Anderson-Carpenter a Star Wars related meme by January 31<sup>st</sup> will receive 5 extra points on Exam 1.
  - If you miss one of the exams, you will have an opportunity to take a make-up exam in an alternative format.
    - You can only make up one (1) exam.
    - You are responsible for initiating and coordinating scheduling with the Teaching Assistant.

### Technical Assistance

If you need technical assistance at any time during the course or to report a problem, you can:

- Visit the [Distance Learning Services Support Site](#)
- Visit the [Desire2Learn Help Site \(http://help.d2l.msu.edu/\)](http://help.d2l.msu.edu/)
- Or call Distance Learning Services: (800) 500-1554 or (517) 355-2345

### Resource Persons with Disabilities (RCPD)

- To make an appointment with a specialist, contact: (517) 353-9642  
Or TTY: (517) 355-1293
- Web site for RCPD: <http://MYProfile.rcpd.msu.edu>

### Course FAQs

- Is there an honors option for this course?
  - Yes, there is. Please see the Honors Option document in D2L for more information. You should submit it via the submission link in the Honors Option module in D2L→Contents.

- Assignments emailed to Dr. Anderson-Carpenter or the TA will not be reviewed.
- I need help with something about the course material and/or assignments. Whom should I contact?
  - Email your TA. You should get a response within 24 business hours.
  - If you email the TA after 5pm Monday-Thursday, do not expect a response until 9am the next day. If you email Friday after 3pm, do not expect a response until the following Monday at 9am.
- How do I make an appointment with the TA or professor?
  - Review their contact information. The first point of contact should always be the TA. If you email Dr. Anderson-Carpenter without going through the TA first, he will simply redirect your email to the TA—which will slow down the response time substantially.
- I missed one of exams. Whom should I contact?
  - Contact the TA to make up an exam. Remember, you can make up only one (1) exam.
- Do I have to get Connect? Can't I just get the textbook instead?
  - Connect is required. You can access the e-textbook version through Connect, which might save you money on purchasing a loose-leaf version.
- When are my assignments due?
  - Check the syllabus.
- What about final exam week?
  - There is no final exam for this course.
- Is there extra credit in this course?
  - No. If you do the regular credit, you won't need extra credit.

### Part 3: Course Outline/Schedule

Refer to the course calendar for specific meeting dates and times. Activity and assignment details will be explained in detail within each week's corresponding learning module. If you have any questions, please set up a meeting with the TA.

#### January

- 10-14: Course Introduction  
Ch. 1: What is Health Psychology?
- Ch. 1 quiz due on Connect (1/14)

17: MLK Holiday. No class.

- 19-21: Ch. 3: Health Behaviors
- Ch. 3 quiz due on Connect (1/21)
  - Kritik assignment #1 due (1/21)
- 24-28: Ch. 4: Health-Promoting Behaviors
- Kritik assignment #1 feedback due (1/26)
  - Kritik assignment #1 feedback on feedback due (1/28)
  - Ch. 4 quiz due on Connect (1/28)
- 31: Ch. 5: Health-Compromising Behaviors
- Review Exam 1 study guide (Ch. 1, 3-5).

**February**

- 1-3: Ch. 5: Health-Compromising Behaviors
- Review Exam 1 study guide (Ch. 1, 3-5).
  - Ch. 5 quiz due on Connect (2/4)

**4: Mental health day. No class.**

- 7-11: Ch. 6: Stress
- **Exam 1 opens on Connect (open 2/7, 12:00 a.m. Eastern)**
  - **Exam 1 due (2/8, 11:59 p.m. Eastern)**
  - Ch. 6 quiz due on Connect (2/11)
  - Kritik assignment #2 due (2/11)
- 14-18: Ch. 7: Coping, Resilience, and Social Support
- Ch. 7 quiz due on Connect (18)
  - Kritik assignment #2 feedback due (2/16)
  - Kritik assignment #2 feedback on feedback due (2/18)
- 21-25: Ch. 8: Using Health Services
- Ch. 8 quiz due on Connect (2/25)
- 28: Ch. 9: Patients, Providers, and Treatments
- Review Exam 2 study guide (Ch. 6-10)

**March**

- 1-4: Ch. 9: Patients, Providers, and Treatments
- Ch. 9 quiz due on Connect (3/4)
  - Kritik assignment #3 due (3/4)
  - Review Exam 2 study guide (Ch. 6-10)

**7-11: Spring Break. No class.**

- 14-18: Ch. 10: Managing Pain and Discomfort
- **Exam 2 open on Connect (3/14, 12:00 a.m. Eastern)**
  - **Exam 2 due (3/15, 11:59 p.m. Eastern)**
  - Kritik assignment #3 feedback due (3/16)
  - Kritik assignment #3 feedback on feedback due (3/18)

- 21-25: Ch. 11: Managing Chronic Health Conditions
- Ch. 11 quiz due on Connect (3/25)

- 28-31: Ch. 12: Advancing and Terminal Illness

**April**

- 1: Ch. 12: Advancing and Terminal Illness
- Ch. 12 quiz due on Connect (4/1)
  - Kritik assignment #4 due (4/1)
- 4-8: Ch. 13: Heart Disease, Hypertension, Stroke, and Type 2 Diabetes
- Kritik assignment #4 feedback due (4/6)
  - Kritik assignment #4 feedback on feedback due (4/8)
  - Ch. 13 quiz due on Connect (4/8)
- 11-15: Ch. 14: Psychoneuroimmunology and Immune-Related Conditions
- **Mental health day. No class. (4/15)**
  - Ch. 14 quiz due on Connect (4/15)
  - Review Exam 3 study guide (Ch. 11-14)
- 18-22: Ch. 15: Health Psychology and Challenges for the Future
- **Exam 3 open on Connect (4/18, 12:00 a.m. Eastern)**
  - **Exam 3 due (4/19, 11:59 p.m. Eastern)**
  - Kritik assignment #5 due (4/22)
  - Ch. 15 quiz due on Connect (4/22)
- 25-29:
- **Mental health & final exam study week. No class.**
  - Kritik assignment #5 feedback due (4/27)
  - Kritik assignment #5 feedback on feedback due (4/29)
  - **Honors option submission due (4/29, 11:59 p.m. Eastern)**

**Grading Policy**

**Course Activities**

All grades in PSY 320 are categorized and weighted as follows:

Course Activity	Point Value
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Class Attendance	50
Chapter Assignments (Total)	450
Kritik Assignment #1	100
Kritik Assignment #2	100
Kritik Assignment #3	100
Kritik Assignment #4	100
Kritik Assignment #5	100
Exam 1	100
Exam 2	100
Exam 3	100
<b>Total</b>	<b>1,300</b>

### Final Grades

The table below describes the relationships between course grades, percent, and performance. The first column describes the course grade. The second column describes the percentage associated with the course grade. The third column describes the performance represented by course grade and percentage. All grades will be made visible via D2L.

Points Earned	Course Grade	Performance
1,164-1,300	4.0	Superior
1,099-1,163	3.5	Excellent
1,034-1,098	3.0	Good
969-1,033	2.5	Average
904-968	2.0	Adequate
839-903	1.5	Inadequate
774-838	1.0	Poor
0-773	0.0	Unacceptable

*Note.* The highlighted row represents the minimum performance I expect from all students.

### Late Work Policy

No late work will be accepted in this course. Exceptions will be given in extreme circumstances and with prior written authorization from the TA or Professor.

### Course Policies

#### Commit to Integrity: Academic Honesty

Article 2.3.3 of the [Academic Freedom Report](#) states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship,

grades, and professional standards." In addition, the (insert name of unit offering course) adheres to the policies on academic honesty as specified in General Student Regulations 1.0, Protection of Scholarship and Grades; the all-University Policy on Integrity of Scholarship and Grades; and Ordinance 17.00, Examinations. (See [Spartan Life: Student Handbook and Resource Guide](#) and/or the MSU Web site: [www.msu.edu](http://www.msu.edu).)

Therefore, unless authorized by your instructor, you are expected to complete all course assignments, including homework, lab work, quizzes, tests and exams, without assistance from any source. You are expected to develop original work for this course; therefore, you may not submit course work you completed for another course to satisfy the requirements for this course. Also, you are not authorized to use the [www.allmsu.com](http://www.allmsu.com) Web site to complete any course work in this course. Students who violate MSU academic integrity rules may receive a penalty grade, including a failing grade on the assignment or in the course. Contact your instructor if you are unsure about the appropriateness of your course work. (See also the [Academic Integrity](#) webpage.)

### **Limits to Confidentiality**

Essays, journals, and other materials submitted for this class are generally considered confidential pursuant to the University's student record policies. However, students should be aware that University employees, including instructors, may not be able to maintain confidentiality when it conflicts with their responsibility to report certain issues to protect the health and safety of MSU community members and others. As the instructor, I must report the following information to other University offices (including the Department of Police and Public Safety) if you share it with me:

- Suspected child abuse/neglect, even if this maltreatment happened when you were a child,
- Allegations of sexual assault or sexual harassment when they involve MSU students, faculty, or staff, and
- Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like to talk about these events in a more confidential setting you are encouraged to make an appointment with the MSU Counseling Center.

**Inform Your Instructor of Any Accommodations Needed**

From the Resource Center for Persons with Disabilities (RCPD): Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at [rcpd.msu.edu](http://rcpd.msu.edu). Once your eligibility for an accommodation has been determined, you will be issued a Verified Individual Services Accommodation ("VISA") form. Please present this form to me at the start of the term and/or two weeks prior to the accommodation date (test, project, etc.). Requests received after this date may not be honored.

**Drops and Adds**

The last day to add this course is the end of the first week of classes. You should immediately make a copy of your amended schedule to verify you have added or dropped this course.

**Commercialized Lecture Notes**

Commercialization of lecture notes and university-provided course materials is not permitted in this course.

**Internet**

Some professional journals will not consider a submission for publication if the article has appeared on the Internet. Please notify your instructor in writing if you do not want your course papers posted to the course Web site.

**Disruptive Behavior**

Article 2.III.B.4 of the [Academic Freedom Report \(AFR\)](#) for students at Michigan State University states: "The student's behavior in the classroom shall be conducive to the teaching and learning process for all concerned." Article 2.III.B.10 of the [AFR](#) states that "The student has a right to scholarly relationships with faculty based on mutual trust and civility." [General Student Regulation 5.02](#) states: "No student shall . . . interfere with the functions and services of the University (for example, but not limited to, classes . . .) such that the function or service is obstructed or disrupted. Students whose conduct adversely affects the learning environment in this classroom may be subject to disciplinary action through the Student Judicial Affairs office.

**Attendance**

Students whose names do not appear on the official class list for this course may not attend this class. Students who fail to attend the first four class sessions or class by the fifth day of the semester, whichever occurs first, may be dropped from the course.

**Build Rapport**

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let me or one of the TAs know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your instructor when difficulties arise during the semester so that we can help you find a solution.