Department:

Psychology

Course Description:

This course examines the psychosocial factors relevant to general health. The course will cover the contributions of psychological theory to the encouragement of health and wellness and prevention of physical illness. Course topics include stress management, theories of pain and pain management, and evaluation of health related research.

Course Competencies:

Upon completion of the course, the student should be able to:

1. Describe the strengths and weaknesses of the biomedical and biopsychosocial models and explain the need for the current paradigm shift.
2. Develop research methods and critically read and evaluate health related articles.
3. Apply health psychology concepts to individual and personal situations.
4. Describe the impact of psychological stress.
5. Conduct research relevant to health psychology using current resources and materials, including valid Internet sources.
6. Present research information in oral or written format to an appropriate audience.

Course Content:

A. Introduction to Health Psychology
B. Health Behavior and Primary Prevention
C. Stress and Coping
D. The Patient in the Treatment Setting
E. Management of Chronic and Terminal Illness
F. Challenges for the Future

Learning Assessments:

Course competencies will be assessed by use of exams, article reviews, presentations, and class journal.

Instructional Materials:

Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students must complete the “Disabilities Self-Identification Form” at this link: https://highlandcc.edu/pages/disability-services.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.