

Department:

Psychology

Course Description:

This course examines multiple, interactive factors relevant to human health using a biopsychosocial approach. The course will cover the contributions of psychological theory to promoting and maintaining health and preventing and treating illness. Course topics include health behaviors, theories of health behavior change, stress, pain, chronic and terminal illness, and health related research.

Course Competencies:

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

1. Identify the strengths and weaknesses of the biomedical and biopsychosocial models.
2. Demonstrate an understanding of research methods as well as how to find and critically evaluate health related articles.
3. Distinguish between the various theories of health behavior change.
4. Recognize psychosocial factors in health behaviors promotion, prevention, and management.
5. Identify the psychological components of stress, pain, chronic illness, terminal illness, and coping.

Course Content:

- A. Introduction to Health Psychology and Cultural Approaches to Health
- B. Overview of Human Anatomy and Physiology and Psychoneuroimmunology
- C. Health Behavior, Primary Prevention, and Behavior Change
- D. Stress, Coping, and Social Support
- E. Factors Surrounding Illness
- F. Pain, Chronic and Terminal Illness, and Death
- G. The Future of Health Psychology

Learning Assessments:

Learning will be assessed through the use of examinations as well as a comprehensive final. Additional learning assessments may include pop quizzes, classroom discussion, and written assignments.

Instructional Materials:

Textbook: Health Psychology: A Cultural Approach, Gurung, 3rd Ed., Cengage, 2014. ISBN: 978-1-285-06211-2.

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.