

Course discipline/number/title: PSYC 1660: Health Psychology

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): College level reading and writing skills
4. MnTC Goals (if any): Goal 5/ History and the Social and Behavioral Sciences, and Goal 7/Human Diversity

This course will examine the psychological and social factors that lead to the enhancement of physical health and the prevention and treatment of illness.

B. DATE LAST REVISED (Month, year): September, 2013

C. OUTLINE OF MAJOR CONTENT AREAS:

1. What is health psychology?
2. Changing health behaviors: psychological factors
3. The psychology of exercise, diet, and other health-related behaviors
4. Psychological perspectives on substance use
5. The psychology of stress
6. Moderators of the stress experience
7. Using health services and psychological processes
8. Patient-provider communication
9. The psychology of pain and discomfort
10. The psychology of chronic illness
11. Psychological issues in advancing and terminal illness
12. Heart disease, hypertension, stroke, and diabetes: behavioral and cognitive factors
13. Psychoneuroimmunology
14. Health psychology: challenges for the future

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Describe the bio psychosocial model of health and illness and discuss its clinical implications.
2. Explain the role of behavioral factors in disease and disorders.
3. Identify the cultural, social, and psychological determinants of health behaviors.
4. Summarize attitudinal and cognitive-behavioral approaches to health behavior change.
5. Discuss stress and its sources.
6. Describe coping effectiveness training and stress management programs.
7. Explain how cultural, social, and psychological factors impact the use of health services.
8. Identify approaches to improve patient-provider communication and reduce no adherence.
9. Describe pain control techniques and pain management programs.
10. Discuss psychological issues as they relate to the prevention, development, and management of chronic, advancing, and terminal illness.
11. Identify likely future directions in the field of health psychology

E. LEARNING OUTCOMES (MNTC):

Goal 5/History and the Social and Behavioral Sciences: The student will be able to:

1. Employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. Use and critique alternative explanatory systems or theories.
3. Develop and communicate alternative explanations or solutions for contemporary social issues.

Goal 7/Human Diversity: The student will be able to:

1. Demonstrate an awareness of the individual and institutional dynamics of unequal power relations between groups in contemporary society.
2. Analyze their own attitudes, behaviors, concepts, and beliefs regarding diversity, racism, and bigotry.

- E. LEARNING OUTCOMES (MNTC): Continued. . .
3. Describe and discuss the experience and contributions (political, social, economic, etc.) of the many groups that shape American society and culture, in particular those groups that have suffered discrimination and exclusion.
  4. Demonstrate communication skills necessary for living and working effectively in a society with great population diversity.
- F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Exams
  2. Projects
  3. Written homework
  4. Papers
  5. Group work
  6. Presentations
  7. Any other work deemed appropriate by the individual instructor and so indicated in the course syllabus
- G. RCTC CORE OUTCOME(S) ADDRESSED:
- Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- Global Awareness and Diversity. Students will demonstrate an understanding of and respect for human diversity through their words and actions.
- H. SPECIAL INFORMATION (if any): None