



LEAVELL COLLEGE

NEW ORLEANS BAPTIST THEOLOGICAL SEMINARY

PCCM 4370-30: Health Psychology

Spring 2019, Term 193

Thursday 8:00 – 10:00 pm

Eduardo Leiva, MS

Adjunct Professor

E-mail: eleiva@hotmail.com

Cell: 305-915-3044

The mission of Leavell College of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.

Core Value:

Each academic year, a core value is emphasized. This academic year, the core value is ***Doctrinal Integrity***– “Knowing that the Bible is the Word of God, we believe it, teach it, proclaim it, and submit to it.” Our confessional commitments are outlined in the Articles of Religious Belief and the Baptist Faith and Message 2000.

Course Description

The purpose of this course is to provide an introduction to the theoretical base and practical application of health psychology in multiple counseling and ministry settings. Theories of health psychology will be examined, and application will be made in a contemporary context

General Education Competencies (GECs)

Leavell College has identified three program Student Learning Outcomes:

1. Critical Thinking
2. Oral Communication
3. Written Communication
4. Quantitative Reasoning

This course addresses GEC #2 and #3.

Bachelor of Arts in Christian Ministry Program Student Learning Outcomes (BACM PSLOs) AND Bachelor of Arts in Music with an Emphasis in Worship Program Student Learning Outcomes (BAM PSLOs)

Leavell College has identified three program Student Learning Outcomes:

1. Biblical Interpretation (BACM PSLO #1)
1. Worship Leadership (BAM PSLO #1)
2. Service and Leadership (both BACM PSLO #2 and BAM PSLO #2)
3. Historical and Theological Interpretation (both BACM PSLO #3 and BAM PSLO #3)

This course addresses BACM PSLO #2.

Course Student Learning Outcomes

At the conclusion of the semester, the student will be able to:

- 1) Introduce health psychology and some of its key concerns, while identifying current issues and trends.
- 2) Discuss the nature of stress and explain its relationship to illness.
- 3) Describe our reactions to illness and identify the factors which influence our decisions to seek treatment.
- 4) Present effective health maintenance strategies.

Course Texts

Brannon, Linda, Jess Feist and John A. Updegraff. *Health Psychology, An Introduction to Behavior and Health*, 8th edition. Belmont, CA: Wadsworth, 2014.

Course Requirements and Grading

1. As per the Leavell College Catalog, school policies regarding absences and tardies will be strictly enforced. Any student missing more than nine hours will automatically receive a grade of “F” for the course. Every three occasions of arriving late for class or leaving early from class will be counted as one hour of absence. Roll will be taken at the beginning of each class period and after each break. The student is responsible for contacting the teacher if he/she is tardy and the roll has already been taken. The student is responsible for all material, including that which was covered during an absence. The student is responsible to get copies of notes and handouts. Emailed assignments will not be accepted without prior permission from the instructor. **All late assignments will be penalized five points for the first day and one point per day thereafter, with no assignments being accepted more than two weeks past the due date.**

2. Exams will consist of multiple choice, true/false, short answer, and discussion questions. Students should not assume that the study guide, if one is given, is comprehensive to what will be on the exam. If an emergency prevents a student from taking a scheduled exam, it is that student’s responsibility to reschedule with the instructor. If a student misses an exam and does not get preapproval from the instructor and/or cannot provide documentation (doctor’s note, police report, death of loved one) they will not be allowed to make up the exam. The exam must be made up within one week of the missed exam. After one week, the student will earn a grade of 0 for the assignment. This assignment relates to BACM PSLO #2 and CSLOs #1 and #3.

3. Students will be required to complete a family health history that will allow you to analyze your own lifestyle choices that may contribute to health problems. You will interview family members, record your experiences of stress, and assess the degree to which you engage in health-enhancing or health-compromising behaviors as you reflect on your own history. A guide will be given in class and posted on Blackboard that students should follow. This assignment relates to GEC #3; BACM PSLO #2; and CSLO #3.

4. Students will also be required to interview a person who has successfully changed lifestyle behaviors to healthy habits in one area, such as diet, exercise, stress management, elimination of unhealthy habits, disease prevention, disease management, drugs, alcohol, etc. The purpose of this assignment is to learn about what is involved in changing a lifestyle behavior including difficulties, obstacles, and set backs, along with how he or she was able to successfully make changes. Students will provide a brief summary of their project for their classmates. This assignment relates to BACM PSLO #2, and CSLOs #1 and #3.

5. Each student will set personal health related goals. Students will hold one another accountable for effort and progress made toward goal attainment. Each week, students will post an update of their progress in Blackboard. At the end of the semester, students must submit a final report that summarizes their work and progress throughout the semester and suggestions for future goals and planning.

This assignment relates to GEC #2; BACM PSLO #2, and CSLOs #1, #2, #3, and #4.

6. The following grading scale as outlined in the Leavell College catalog will be utilized:

A = 93-100; B = 85-92; C = 77-84; D = 70-76; F = 69 and below

7. The final breakdown for the course will be tabulated according to the following percentage breakdown:

Personal Health History	15%
Interview Project	20%
Goals & Accountability	15%
Exam 1 (Thursday, February 21)	15%
Exam 2 (Thursday, April 4)	15%
Final Exam (May 16)	<u>20%</u>
	100%

Course Outline

Unit	Dates	Assignments
1 Foundation of Health Psychology	01/24	Chapter 2 Conducting Health Research
2 Chapter 2 Conducting Health Research	01/31	Chapter 3 Seeking and Receiving Health Care
3 Chapter 3 Seeking and Receiving Health Care	02/07	Chapter 4 Adhering to Health Behavior
4 Chapter 4 Adhering to Health Behavior	02/14	Chapter 1 - 4
5 EXAM I	02/21	Chapter 5 Defining, Measuring, and Managing Stress

6 Chapter 5 Defining, Measuring, and Managing Stress	02/28	Chapter 6 Understanding Stress, Immunity, and Disease
7 Chapter 6 Understanding Stress, Immunity, and Disease	03/07	Chapter 7 Understanding and Managing Pain
8 Chapter 7 Understanding and Managing Pain	03/14	Chapter 7 Understanding and Managing Pain
SPRING BREAK	03/21	NO CLASS
9 Chapter 8 Considering Alternative Approaches	03/28	Chapter 5 - 8 Activity: Interview Person with Health Issue
10 EXAM II	04/04	Chapter 9 Behavioral Factors in Cardiovascular Disease
11 Chapter 9 Behavioral Factors in Cardiovascular Disease	04/11	Chapter 10 Behavioral Factors in Cancer Chapter 11 Living with Chronic Illness
12 Chapter 10 Behavioral Factors in Cancer Chapter 11 Living with Chronic Illness	04/18	Chapter 12 Smoking Tobacco Chapter 13 Drug & Alcohol
13 Chapter 12 Smoking Tobacco Chapter 13 Drug & Alcohol	04/25	Chapter 14 Eating and Weight
14 Chapter 14 Eating and Weight	05/02	Chapter 15 Exercising
15 Chapter 15 Exercising	05/09	Chapter 9-15 Activity: Evaluation of Personal Goals
16 FINAL EXAM	05/16	

Additional Course Information

Attendance

Class attendance is essential for effective learning.

Netiquette: Appropriate Online Behavior. Each student is expected to demonstrate appropriate Christian behavior when working online on Discussion Boards or whenever interaction occurs through web, digital, or other electronic medium.

The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

Academic Integrity: Each student is responsible for the academic integrity of his/her work. The following are violations of academic integrity: plagiarism, turning in work done by someone else, submitting a paper which has been submitted for another course, and cheating on a quiz or exam. These and other violations of academic integrity may result in a failure of the course.

Selected Bibliography

Capaldi, Elizabeth D. *Why We Eat What We Eat: The Psychology of Eating*.
Washington: American Psychological Association, 1996.

Dodd, Pamela and Doug Sundheim. *The 25 Best Time Management Tools and Techniques, How to Get More Done Without Driving Yourself Crazy*. Ann Arbor, MI: Peak Performance Press, Inc., 2005.

Dodd, Stephen L., and Scott K. Powers. *Total Fitness, Exercise, Nutrition, and Wellness*. Needham Heights: Allyn & Bacon, 1999.

Hayes, Kate F. *Working It Out: Using Exercise in Psychotherapy*. Washington:
American Psychological Association, 1999.

Hummel, Charles E. *Freedom from Tyranny of the Urgent*. Downers Grove, IL: InterVarsity Press, 1997.

Le Blanc, Raymond and Cranendonck Coaching. *Achieving Objectives Made Easy! Practical Goal Setting Tools and Proven Time Management Techniques*. Maarheeze, Netherland: Cranendock Coaching, 2008.

Leeds, M. *Nutrition for Healthy Living*. Boston: McGraw-Hill, 1998.

Lehr, Fred. *Clergy Burnout, Recovering from the 70-Hour Work Week...and Other Self-Defeating Practices*.
Minneapolis, Fortress Press, 2006.

Pollock, M.L., and J.H. Wilmore. *Exercise in Health and Disease*. 3rd ed. Philadelphia:
W. B. Saunders, 1998.

Resnick, Robert J., and Ronald Rozensky. *Health Psychology Through the Life Span*.
Washington: American Psychological Association, 1996.

Sizer, F. and E. Whitney. *Nutrition; Concepts and Controversies*. New York:
Wadsworth, 1997.

Taylor, S.E. *Health Psychology*. New York: McGraw-Hill, 1994.

Walters, Peter and John Byl, eds. *Christian Paths to Health and Wellness*. Champlain, IL: Human Kinetics, 2008.