
HEALTH PSYCHOLOGY

COURSE DESIGNATOR: MADR 3XXX

LANGUAGE OF INSTRUCTION: English

NUMBER OF CREDITS: 3

CONTACT HOURS: 45

COURSE INSTRUCTOR/COORDINATOR

Ksenija Jovanovic, Ph.D.

COURSE DESCRIPTION

Recent advances in psychological, medical, and physiological research have led to a new way of thinking about health and illness, and understanding that our health is not only the product of biological processes but also of psychological, behavioral, and social processes. Health psychology is a relatively young field of study that examines the relationship between psychology and health. This course highlights differences between health psychology and the biomedical model and examines the kinds of questions asked by health psychologists like: How does our personality affect our health? What does stress do to our health? What psychological and social factors cause people to behave in unhealthy ways? What can psychologists do to help cure illness? Are there ethnic and gender variations in health? Does it matter how your doctor talks to you?

COURSE OBJECTIVES

The primary objective of the course is to help students establish greater understanding of the main topics of health psychology. It will examine biological, psychological, and social factors to elucidate how these aspects of the person and environment contribute to a person's health and what they can do as future professionals and individuals to improve the health of others and their own. At the same time, it will facilitate students' professional development and strengthen their skills in critical thinking, communication, and self-awareness. By the end of the course, students should be able to identify, define, and solve problems; locate and critically evaluate information; master a body of knowledge and mode of inquiry, and communicate effectively.

METHODOLOGY

The classes are lecture-based, combined with class activities and discussions. Although some lecture content may draw from different textbooks, much will come from primary research articles and other resources. The activities will include reviews and analysis of scientific articles, videos, PowerPoint presentations, and discussions of required readings. Students may be tested on all material covered in lectures and on additional required readings that may not be covered in class. All indicated assignments are to be completed in timely fashion by the deadlines.

COURSE PREREQUISITES

All students are required to complete general university and college requirements including writing/liberal education courses as well as *Fundamentals of Neuroscience*.

REQUIRED READINGS/ MATERIALS

No textbook is required for this course. All readings will be assigned throughout the course, posted on the Moodle website, or emailed by the instructor before the class. This is a fast-paced and demanding course. The students are expected to have read the required material before class and to be prepared to participate in integrative and meaningful discussions.

GRADING

Grades will be based on a mid-term exam, a final exam, class participation, and final project. Students will need 60% of the total grade to pass the course.

ACTIVITIES	PERCENTAGE OF THE TOTAL GRADE
Attendance/Participation	20%
Mid-Term Exam	30%
Final Exam	30%
Project	20%
Total	100%

CRITERIA FOR GRADING & GRADING STANDARDS

Grading Rubric		
A	93-100	Achievement that is outstanding relative to the level necessary to meet course requirements.
A-	90-92	Achievement that is significantly above the level necessary to meet course requirements.
B+	87-89	
B	83-86	
B-	80-82	Achievement that meets the course requirements in every respect.
C+	77-79	
C	73-76	
C-	70-72	Achievement that is worthy of credit even though it fails to meet fully the course requirements.
D+	67-69	
D	60-66	
F	0-59	Represents failure (or no credit) and signifies that the work was either (1) completed but at a level of achievement that is not worthy of credit or (2) was not completed and there was no agreement between the instructor and the student that the student would be awarded an I.

ASSESSMENT DETAILS

Class Attendance

Students are expected to be on time and attend all classes. Instructor will assess both attendance and participation when assigning a final course grade. Attendance alone does not guarantee a positive participation grade. Although regular attendance and punctuality are mandatory in order to earn full marks, students are allowed ONE UNJUSTIFIED absence. In the case of absences, it is the student's responsibility to seek out the information given in class, including any announcements. Instructor may deny the access to the classroom if the student arrives more than 10 minutes after the class has started.

Participation

All class activities require the student's active participation. In order to receive a high grade, the student must be prepared for class, engage in class discussions, and make meaningful observations, comments, or questions that prove his/her comprehension and interest in the subject.

Exams

There will be two exams. They will consist of multiple-choice, essay, and short-answer questions that draw from material covered in class and in readings. Exam questions are designed to test students' understanding of basic terminology and concepts, as well as their ability to apply these concepts.

Project & Class Presentation

The project assignment can be done alone or with a partner. It will be fully described during the fourth week of class and will be due the tenth week of class. The exact due dates will be communicated in the beginning of the course. The point of the project is to create a health campaign to convince or help people change a health behavior. This may be a poster, a brief video, a pamphlet, a social media campaign, or an article. The format should be previously discussed with the instructor. These assignments should be well-thought out, well-written responses with a professional tone. Rather than simply summarizing the readings, the assignments should connect the material from the readings to either lecture material or personal life experiences, or synthesize information from the class readings and form connections between ideas.

IMPORTANT

- A written abstract (250 words max) must be submitted one week before the project presentation.
- No project assignments will be accepted after the deadlines.

COURSE CONTENT/SCHEDULE

Please note that changes will be made if necessary and will be announced in class. Students are responsible for being aware of any changes.

WEEK 1:
Introduction/ Methods/Biopsychosocial Model

WEEK 2:
Stress and Health

WEEK 3:
Psychoneuroimmunology/Coping and Social Support

WEEK 4:

Relationships and Health/Bereavement

WEEK 5:

Adjustment to Illness/Health Communication

WEEK 6:

Sleep
MIDTERM EXAM

WEEK 7:

Pain/Placebo

WEEK 8:

Health Behavior Change

WEEK 9:

Personality, Gender, Age, and Health

WEEK 10:

Culture and Health/Eating Behavior
Diet and Exercise

WEEK 11:

Provider-Patient Relationships

WEEK 12:

Medical Systems Around the World

WEEK 13:

Happiness and Health

FINAL EXAM

ACADEMIC HONESTY

The Foundation Ortega-Marañón expects all the students to complete coursework responsibilities with fairness and honesty. Plagiarizing and cheating on assignments or examinations will be considered scholastic dishonesty. Within this course, any student with such behavior can be assigned an F.

CELLPHONE & LAPTOP POLICY

No cellular phones may be connected during classes or any other Program Activities. There will be no laptops (or tablets) in use in class. There is clear research evidence showing that student learning is impeded, not helped, by taking notes on a laptop in class. Furthermore, students using laptops also impair the performance of other students in class. Please take notes on paper in class. Exceptions may be made in the case of certain documented disabilities.

STUDENTS WITH DISABILITIES

Students in need of assistance must fill out a form at their home university to help us adapt the Foundation’s facilities to their needs. In the first class, students must inform the instructor to make appropriate arrangements.

DISCLAIMER

The class schedule and material is subject to change. Most of the classes will take place at the Foundation Ortega-Marañón, but some of them may take place in other locations scattered within Madrid’s metropolitan area or in nearby Toledo. Thus, the students will need to use the public transportation. The staff will provide students with detailed information about the public transportation and, if necessary, accompany them to these locations.

UNIVERSITY OF MINNESOTA POLICIES AND PROCEDURES

Academic integrity is essential to a positive teaching and learning environment. All students enrolled in University courses are expected to complete coursework responsibilities with fairness and honesty. Failure to do so by seeking unfair advantage over others or misrepresenting someone else’s work as your own can result in disciplinary action. The

University Student Conduct Code defines scholastic dishonesty as follows:

SCHOLASTIC DISHONESTY:

Scholastic dishonesty means plagiarizing; cheating on assignments or examinations; engaging in unauthorized collaboration on academic work; taking, acquiring, or using test materials without faculty permission; submitting false or incomplete records of academic achievement; acting alone or in cooperation with another to falsify records or to obtain dishonestly grades, honors, awards, or professional endorsement; altering forging, or misusing a University academic record; or fabricating or falsifying data, research procedures, or data analysis.

Within this course, a student responsible for scholastic dishonesty can be assigned a penalty up to and including an “F” or “N” for the course. If you have any questions regarding the expectations for a specific assignment or exam, ask.

STUDENT CONDUCT:

The University of Minnesota has specific policies concerning student conduct. This information can be found on the Learning Abroad Center website.