A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course provides an overview of the major theoretical perspectives and constructs related to the field of health psychology. Students will review readings on theory, research, and practice in understanding and improving health behavior. Health, wellness, and illness are addressed from biological, psychological, social, and cultural viewpoints. Prerequisite(s): PSY 1100.

B. COURSE EFFECTIVE DATES: 01/09/2022 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduction to Health Psychology and Biopsychosocial Approach
2. Cultural Approaches to Health
3. Influence of Social Factors and Wealth on Health
4. Overview of Major Physiological Systems
5. Stress
6. Coping and Social Support
7. Increasing Healthy Behaviors (diet, exercise)
8. Living Healthy (substance use)
11. Chronic Illness, Terminal Illness, Death
12. Psychoneuroimmunology and HIV
13. Cancer
14. Cardiovascular Disease

D. LEARNING OUTCOMES (General)

1. explain the complex interplay between one's physical well-being and a variety of biological, psychological, social, and cultural factors.
2. apply psychological research methods, theories, and principles to promote health and treat illness.
3. analyze health problems in the context of health-behavior theory.
4. discuss cultural factors influencing definitions and management of health and wellness.
5. describe health care systems and their components, including legal and ethical requirements.
6. describe patients rights and responsibilities.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None
F. LEARNER OUTCOMES ASSESSMENT
As noted on course syllabus

G. SPECIAL INFORMATION
None noted