PSY 3388: Health Psychology

A. COURSE DESCRIPTION

Credits: 4
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: 08/01/2024 - 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, and sociocultural factors.
2. explain the Social Identity Approach and apply it to health-related phenomena, including but not limited to stigma, stress, depression, addiction, trauma, pain, and chronic mental and physical health.
3. identify social determinants of health and describe their role in producing health disparities.
4. apply psychological research methods, theories, and principles to promote health and treat illness.
5. discuss culture as a critical component in defining and managing health.
6. apply perspectives to assess credibility of health information disseminated by the media.
7. generate strategies, informed by course perspectives, theories, and empirical evidence encountered in the course, to be healthy in your life.
8. identify, in your own social life, the factors (situational + personal) that influence health and well-being outcomes.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted