Moberly Area Community College
Common Syllabus

PSY215 Health Psychology and Biofeedback

Current Term

Instructor: 
Office number: 
Office hours: 
Contact information: 
Classroom number: 
Class days and time: 

Catalog Description: PSY215 Health Psychology and Biofeedback (3-0-3)
This course is an overview of the educational, scientific, and professional contributions of psychology to the promotion and maintenance of health and the prevention and treatment of illness. It explores the biopsychosocial model of health in relation to how people stay healthy, why they become ill, and how they respond to illness. It will also introduce students to bio-feedback via actual training with bio-feedback equipment.

Prerequisite: PSY101 General Psychology

Texts: 
Title: Health Psychology: Biopsychosocial Interactions 
Author: Sarafino 
Publisher: Wiley 
ISBN: 978-1-1192-9948-6

Purpose of Course: The purpose of this course is to inform students about psychological factors that affect health. It is hoped that the student can apply the knowledge in their professional and personal lives so as to improve the quality of their lives and those they have opportunity to impact.

Course Objectives
1. Define health psychology
2. Explain the factors that have contributed to the rise and acceptance of health psychology including its historical roots.
3. Compare and contrast the biopsychosocial model and biomedical models of health. Summarize the advantages of the biopsychosocial model.
4. Describe methods of doing research in the area of health psychology.
5. Display knowledge of human physiology by identifying and describing basic functions.
6. Define health behaviors, health habits, and primary prevention.
7. Define self-efficacy, and explain the relationship between self-efficacy and health behaviors.
8. Describe the benefits of exercise, diet as well as the risk factors associated with a lack of exercise and a poor diet.
9. Communicate current thinking and research pertaining to health psychology in both written and verbal formats.
10. Describe characteristics of health-compromising behaviors.
11. Define stress, its effects on health, and moderators of stress.
12. Explain biofeedback, evaluate related research on biofeedback, and discuss the effectiveness of biofeedback for various conditions.
13. Describe factors related to the use and misuse of health care services.
14. Describe the changes in the philosophy of health care delivery in the United States.
15. Explain psychological factors related to the experience of and treatment of pain, chronic illness and terminal illness.
16. The student will be able to demonstrate college-level research and writing skills.

Grading Scale: Grades will be based on the accumulation of points.

- 90 - 100% = A
- 80 - 89% = B
- 70 - 79% = C
- 60 - 69% = D
- 00 - 59% = F

Expected Study Time Commitments: Students should expect to spend approximately 2 to 4 hours per week studying, reading, and working on assignments for each registered credit hour. For example, 6 to 12 study hours per week may be expected for a 3 credit hour class.

Description of Major Assignments, Projects, and Student Responsibilities: Describe assignments and projects that are expected of the students.

Schedule of Student Assignments/Activities: Instructors will identify a student assignment/activities schedule. Instructors have the prerogative to construct the schedule by class periods, weeks, or an overview of topics to be covered.

Statement to Connect Course with General Education Outcomes: In compliance with MACC's General Education outcomes, the student who successfully completes this course will be able to:

- **Communication:** Students will demonstrate the ability to communicate effectively through oral, written, or digital channels using the English language or quantitative or other symbolic systems. Students should be able to write and speak with thoughtfulness, clarity, coherence, and persuasiveness; read and listen critically; and select channels appropriate to the audience and message.

- **Managing Information:** Students will demonstrate the ability to discern when there is a need for information; and to identify, locate, evaluate, and effectively and responsibly use and share that information for the problem at hand.
**College / Instructor Policies:**

**Academic Dishonesty:** MACC board policy is as follows: “Academic dishonesty by students damages institutional credibility and unfairly jeopardizes honest students; therefore, it will not be tolerated in any form.” Forms of academic dishonesty include but are not limited to the following: violations of copyright law, plagiarism, fabrication, cheating, collusion, and other academic misconduct. Incidents of dishonesty regarding assignments, examinations, classroom/laboratory activities, and/or the submission of misleading or false information to the College will be treated seriously. The procedure for handling academic dishonesty is outlined in the Student Handbook (*Policy Handbook M.010*). In cases of alleged academic dishonesty, the burden of proof is on the student, not on the instructor.

**Attendance Policy:** Students are expected to attend all class sessions for which they are enrolled. The College reserves the right to drop or withdraw students from courses due to lack of attendance.

Students need to be aware that dropping/being dropped from a course and their last date of attendance in the course may impact their financial aid.

MACC faculty are required to track attendance and report lack of attendance. An instructor must complete the appropriate steps to drop a student within one week following the student’s violation of the attendance policy. Additionally, a student’s attendance rate will be calculated based upon the first day the academic session begins (not the student’s date of enrollment in the course). If a student does not attend a course as defined below, the student will be dropped as “Never Attended.”

**Term Length Drop Calculations**

- **16-week:** Any student who misses two (2) consecutive weeks of class will be dropped from the course by the instructor unless acceptable justification is provided by the student and the student still has the opportunity to be successful in the course.

- **8-week:** Any student who misses one (1) consecutive week of class will be dropped from the course by the instructor unless acceptable justification is provided by the student and the student still has the opportunity to be successful in the course.

- **4-week:** Any student who misses two (2) consecutive days of class will be dropped from the course by the instructor unless acceptable justification is provided by the student and the student still has the opportunity to be successful in the course.

- **Intersession:** Any student who misses one (1) day of class will be dropped from the course by the instructor unless acceptable justification is provided by the student and the student still has the opportunity to be successful in the course.

Acceptable justification may include, but is not limited to, family emergencies, illness or injury, college-approved co-curricular and extra-curricular activities, and religious holidays.
Definition of Course Attendance

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<tr>
<th>Course Type</th>
<th>Attendance Description</th>
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<tbody>
<tr>
<td>In Seat</td>
<td>Physically attending scheduled, face-to-face, class meetings</td>
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<tr>
<td>Virtual</td>
<td>Being present, via appropriate platform, for scheduled class meetings/activities</td>
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| Hybrid       | Physically attending scheduled, face-to-face, class meetings and active participation in the online portion of the course which may include any or all of the following:  
  • Completion of quizzes or exams during class meetings and online  
  • Submission of assignments during class meetings and online  
  • Participation in discussions during class meetings and online |
| Online       | Active participation in an online course includes the following:  
  • Completion of quizzes or exams  
  • Submission of assignments  
  • Participation in threaded discussions |

Simply logging into the Learning Management System (Canvas) and/or accessing the course and course related material does not constitute active participation for the online component of hybrid courses or for online courses. (*Policy Handbook*, I.090 & M.095)

Tardiness: *Per instructor’s policy*

Make-up and late work: *Per instructor’s policy*

Extra-Credit Work: *Per instructor’s policy*

Student Email: MACC Mail is the official student email system at MACC. Official college communication is sent via this email system. Students are responsible for checking their MACC Mail account regularly. Students may also receive notifications and reminders from MACC through the online learning platform. However, students should remain aware that the online learning platform messaging system and MACC Mail (student email) system are two separate systems.

ADA Statement: Students who have disabilities that qualify under the Americans with Disabilities Act may register for assistance through the Office of Access and ADA Services. Students are invited to contact the Access Office to confidentially discuss disability information, academic accommodations, appropriate documentation and procedures. For more information, please call either the Moberly office at (660) 263-4100 x11240 or the Columbia office at (573) 234-1067 x12120, or visit our web page at [http://www.macc.edu/index.php/services/access-office](http://www.macc.edu/index.php/services/access-office).
Title IX Statement: MACC maintains a strict policy prohibiting sexual misconduct in any form, including sexual harassment, sexual discrimination, and sexual violence. All MACC employees, including faculty members, are considered mandated reporters of sexual misconduct and as such are expected to contact the Title IX Coordinator when they become aware, in conversation or in writing, of an incident of sexual misconduct. For more information on this policy or to learn about support resources, please see http://www.macc.edu/sexual-misconduct-policy (links to an external site) or contact Ms. Cheryl Lybarger, MACC’s Title IX Coordinator, at 660-263-4110, ext. 11369 or CherylLybarger@macc.edu.