

# PSY 290: HEALTH PSYCHOLOGY

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**Office Hours:** This semester I'm in class from 9:00-10:50 and 12:00-12:50 on M-W-F and 9:30-10:45 on T-Th. So, I should be in my office 11:00-11:45 and 1:00-3:00 M-W-F and 11:00-3:00 T-Th. We can always arrange a specific time to meet.

**Readings:** Links to materials for class are available at [www.SmellsLikeCollege.com/HealthPsy](http://www.SmellsLikeCollege.com/HealthPsy)

## Course Objectives and Format

Health psychology (also known as "behavioral medicine") involves the application of psychology to the improvement of clients' physical well-being. Typically health psychologists are trained in clinical or counseling psychology, and specialize in particular health-related topics and interventions.

Preparing for class meetings involves digesting the materials assigned at the website above. The date for each assignment at the site corresponds to the class meeting during which that material applies (so use those materials to prepare for the class meeting on the date listed at the website). Taking notes on the preparation materials as well as the class presentations and discussions will be necessary to study for exams.

## Expectations / Grading

**Exams:** Because the course consists of only 14 meetings total, there will be two in-class exams, each covering approximately one-half of the course material. Each 50-point exam will consist of short-answer questions asking for explanation or application of the information and concepts.

**Final Grade:** The total number of possible points in the course equals 100, and your grade in the course is based on a straight scale: 90-100% = **A**, 88-89% = **B+**, 80-87% = **B**, 78-79% = **C+**, 70-77% = **C**, 60-69% = **D**, less than 60% = **F**.

## In Case of an Emergency School Closing

If we have an unexpected evacuation or closing of the college, continue to follow the assigned reading schedule. If an exam falls on a cancelled day, the exam will be held the next time the class meets (so be prepared to take the exam). If the college closes for a substantial length of time, monitor Koala Connection and your college e-mail account for information and directions. Contact the instructor at [Michael@mindingthemind.com](mailto:Michael@mindingthemind.com) and/or [mwiederman@columbiasc.edu](mailto:mwiederman@columbiasc.edu).

## Special Individual Arrangements

Please let the instructor know if you need accommodations because of a disability, have emergency medical information to share, or need special arrangements in the event the building must be evacuated.

<u>DATE</u>	<u>TOPIC</u>	<u>DATE</u>	<u>TOPIC</u>
Oct. 1	Introduction to the Course	Oct. 19	<b>No Class</b> – Fall Break
Oct. 3	Behavioral (Operant) Principles	Oct. 22	Eating, Weight, and Diabetes
Oct. 5	Health Behavior/Change Models	Oct. 24	Smoking Cessation
Oct. 8	Self-Control	Oct. 26	Drinking and Drug Use
Oct. 10	Stress and Relaxation	Oct. 29	Headaches and Chronic Pain
Oct. 12	Sleep	Oct. 31	Medical Care and Compliance
Oct. 15	Physical Exercise	Nov. 2	<b>Exam 2</b>
Oct. 17	<b>Exam 1</b>		