

**Psychology 3143 – Health Psychology Laboratory**  
**University of Texas at Arlington**  
**Fall, 2009**

**Class:** Thursday 3:30-6:20 PM, Life Science #428  
**Instructors:** Jeffrey Swanson  
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**Office hrs:** T, Th 2:30-3:15 @ Life Science #521, & by appointment

**Course Goals and Objectives:**

Designed to supplement the Undergraduate course in Health Psychology (PSYC 4357), this laboratory offers a hands-on approach to learning associations between psychology and health, as well as a critical evaluation of methodologies in health psychology. Students will participate in exercises that teach them health-related risk factors, methods to improve access and combat barriers to fitness and nutrition, as well as incorporate prevention practices into their lifestyle. Scientific research and theories taught in the Health Psychology course will be applied to improve the effectiveness and maintenance of gains attained throughout the course, as well as to improve the student's ability to disseminate knowledge gained through the course.

**Required Courses:**

Psychology 2444 Prerequisite  
Psychology 4357 Prerequisite/Corequisite

**Required Textbooks:**

American Psychological Association (2001). *Publication manual of the american psychological association* (3rd ed.). Washington, DC: American Psychological Association.  
ISBN 1557987914  
Hoeger, W., & Hoeger, S. (2009). *Principles and labs for fitness and wellness* (10th ed.). Belmont, CA: Wadsworth.  
ISBN 0495560111  
Companion Website: [http://www.brookscole.com/cgi-wadsworth/course\\_products\\_wp.pl?fid=M20b&flag=student&product\\_isbn\\_issn=9780495560111&discipline\\_number=16](http://www.brookscole.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&flag=student&product_isbn_issn=9780495560111&discipline_number=16)  
*Individual chapters and an online-only book available for a discounted rate at [www.ichapters.com](http://www.ichapters.com)*

**Recommended Textbook:**

Brannon, L., & Feist, J. (2007). *Health psychology: An introduction to behavior and health* (6th ed.). Belmont, CA: Thomson Wadsworth.  
Companion Website: [http://www.wadsworth.com/cgi-wadsworth/course\\_products\\_wp.pl?fid=M20b&product\\_isbn\\_issn=9780495090656&discipline\\_number=24](http://www.wadsworth.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9780495090656&discipline_number=24)  
OR  
Brannon, L., & Feist, J. (2010). *Health psychology: An introduction to behavior and health* (7th ed.). Belmont, CA: Wadsworth.  
Companion Website: [http://www.wadsworth.com/cgi-wadsworth/course\\_products\\_wp.pl?fid=M20b&flag=student&product\\_isbn\\_issn=9780495601326&discipline\\_number=24](http://www.wadsworth.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&flag=student&product_isbn_issn=9780495601326&discipline_number=24)  
OR  
Taylor, S. (2006). *Health psychology* (6th ed.). New York: McGraw-Hill.  
Companion Website: <http://www.mhhe.com/taylor6>

### ***The Success and Enjoyment of this Lab Depends on You!***

We have a small lab with an interactive curriculum. The success of the lab will partially depend on your continual and effortful input. You are expected to come to lab prepared. This means that you have read any materials to be covered, answered the associated questions, have brought in one or two of your own questions, and are ready to discuss them.

### ***Attendance***

Lab attendance is mandatory and constitutes part of your final grade. Absences may be excused only at the discretion of the instructor and only for serious situations (i.e., a death in the family, serious illness with a note from your doctor). Students that miss the laboratory will still be responsible for the material covered during that laboratory, and will not be able to receive credit for either the in-class lab activities or lab discussion without this approved absence. From time to time, we may have experts in particular fields come to give presentations and we may walk to on-campus places as field trips. Your attendance to these labs is also expected as part of your regular grade.

### ***Lab Discussion (or Quizzes & Homework Summaries)***

We will spend at least the first 15 minutes of each lab on the material that you bring in to present. We expect that you will participate in lab discussions and read each week but we will need to be sure of this. If it becomes clear that students in the lab are not doing their readings and/or are not gathering material for discussion, then we will begin administering quizzes over the readings at the beginning of lab and, for outside information homework, will begin requiring you to turn in weekly short summaries of your outside materials with their sources.

### ***In-Class Lab Activities***

One or more lab activities will be given each week and will generally be done during the laboratory, although in some circumstances you may need to finish these at home.

### ***Discussion Leader***

You will be responsible for leading one lab discussion. For this lab discussion, you should be the “expert” over this topic. You should not only read the corresponding book chapter(s), but should also gather outside information regarding the topic, and be prepared to present a summary of this information to the lab. Outside information may be things like current news stories, recent studies related to the topic, or some current statistics. You can gather any information that you like as long as you stay on topic with the intention to provide more information to the lab as a whole.

### ***IRB Training***

Completing the IRB Training and plagiarism tutorial is one of your first assignments and is a required part of this lab. That is, everybody must complete this training. Not only is this a good way to get you acquainted with the many issues inherent in mental and physical health research and practice, but this is also necessary to allow you to access the materials needed to be able to write your paper.

### ***Research Paper***

As part of your participation in this course, you will help to analyze data that are being collected on a research project related to Health Psychology. On an individual basis, you will conduct an initial research review and write an APA-format paper that provides the background to the hypotheses that we have provided to you, the study methods, your results and conclusions. Portions of the paper will be submitted throughout the course, culminating in the final paper. A grading rubric for each portion of the paper will be discussed in lab and posted on WebCT prior to each portion’s due date.

### ***Homework***

Homework assignments will be slightly longer on days in which you do not have a portion of your research paper due. Homework assignments will consist of answering questions related to readings, preparing your own questions, and completing specific activities related to the next topic in lab. Students that miss the lab in which homework is assigned will be able to obtain credit for their homework due that day by e-mailing it to the lab instructor (or delivering their time and date stamped homework to one of their mailboxes) no later than at the beginning of lab on the due date. You will also be able to receive the next homework either by e-mailing the lab instructor, or by checking WebCT for the information. Regardless of how you turn it in, we will not accept homework that is late!

**Grading:**

*Final grade letters will be given according to the following scale:*

**Total Percent   Letter Grade**

<b>89.5-100%</b>	<b>A</b>
<b>79.5-89.4%</b>	<b>B</b>
<b>69.5-79.4%</b>	<b>C</b>
<b>59.5-69.4%</b>	<b>D</b>
<b>0-59.4%</b>	<b>F</b>

*All test and assignments will be graded on 100% scale and the grades will be posted on WebCT.*

*Final Grades will be based on:*

<b>(1) Attendance</b>	<b>10%</b>
<b>(2) Lab Discussion</b>	<b>12%</b>
<b>(3) In-Class Lab Activities</b>	<b>16%</b>
<b>(4) Lab Leader</b>	<b>4%</b>
<b>(5) IRB Training</b>	<b>4%</b>
<b>(6) Homework</b>	<b>17%</b>
<b>Paper &amp; Group Poster:</b>	
<b>(7) Introduction Section</b>	<b>8%</b>
<b>(8) Methods Section</b>	<b>8%</b>
<b>(9) Results &amp; Discussion Section</b>	<b>8%</b>
<b>(10) Final Paper</b>	<b>13%</b>
<b>Total:</b>	<b>100%</b>

## **Things you need to know:**

### *What is expected in a lab?*

The Department of Education has established the following guidelines for credit in laboratories: One laboratory credit hour represents 1 hour per week of lecture or discussion time plus 1-2 hours per week of scheduled supervised or independent laboratory work, and 2 hours of student preparation time. This calculation represents at least 45 hours of class time, between 45 and 90 hours of laboratory time, and 90 hours of student preparation per semester.

### *Grade Grievance Policy*

The University Grade Grievance Policy will be followed. (See Grade Grievance Policy in the Graduate School Regulations and Information.)

### *Drop Policy*

Please refer to university drop policy. Please also refer to the academic calendar (<http://www.uta.edu/uta/acadcal/>). The last day to drop classes is October 30<sup>th</sup>, 2009.

### *Americans With Disabilities Act*

The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 - The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled Americans with Disabilities Act (ADA), pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability). Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

### *Academic Integrity*

It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2)

Sections of your work for which scholastic dishonesty has been detected will receive zero points and a disciplinary report will be filed.

#### *Student Support Services Available*

The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

#### *Final Review Week*

A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabi. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. Classes are held as scheduled during this week and lectures and presentations may be given.

#### *Librarian to Contact*

Library information can be obtained through Helen Hough, Psychology Librarian. Please contact her by phone (817-272-7429) or by email (hough@uta.edu). You will find useful information for psychology at <http://library.uta.edu/JDBC/DBs/narrowdbs.jsp?DBID=PSYCHOLOGY>.

#### *E-Culture Policy*

The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT-Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email.

All students are assigned an email account and information about activating and using it is available at [www.uta.edu/email](http://www.uta.edu/email). New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.

**Tentative Lab Schedule:**

<u>School Week</u>	<u>Date</u>	<u>Topic</u>	<u>Assignments Due</u>
1	08-27-09 TR	Introduction to Health Psychology: Ethics	
2	09-03-09 TR	Hypotheses and Discussion of Laboratory Experiment/Paper/Reporting Research	<b>IRB Training</b>
3	09-10-09 TR	Models & Methods of Health Behavior Change	Homework Due
4	09-17-09 TR	Health Program Development, Research, and Implementation	Homework Due
5	09-24-09 TR	Physical Fitness	Homework Due
6	10-01-09 TR	Nutrition	Short Homework Due <b>Introduction Section</b>
7	10-08-09 TR	Substance Use	Homework Due
8	10-15-09 TR	Prevention of STIs	Homework Due
9	10-22-09 TR	QPR Training	Short Homework Due <b>Methods Section</b>
10	10-29-09 TR	Stress	Homework Due
11	11-05-09 TR	Oral Health	Homework Due
12	11-12-09 TR	Chronic Pain	Short Homework Due <b>Results &amp; Discussion Sections</b>
13	11-19-09 TR	Metabolic Syndrome	Homework Due
14	11-26-09 TR	<i>Thanksgiving Holiday – No Lab</i>	
15	12-03-09 TR	Cancer	Short Homework Due <b>Final Paper</b>