

WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION

COURSE TITLE: Health Psychology

COURSE NUMBER: PSY 451

I. COURSE DESCRIPTION:

Health and human behavior are closely related. Health psychology uses the biopsychosocial model to examine the interaction of physiological process, psychological thoughts, feelings and behaviors, and the social-cultural environment on health. Topics such as mind-body interventions, health protective factors, health behavior change, coping with chronic and advanced illnesses, health belief models, and the link between personality traits and health will be addressed.

II. MAJOR INSTRUCTIONAL GOALS:

GOAL A:

Students will demonstrate an understanding of health.

Learning Outcomes: Students will be able to:

- A-1 Define the term *health*.
- A-2 Explain the mind-body connection.
- A-3 Identify the four domains of health as defined by the American Psychological Association Division of Health Psychology.
- A-4 Describe current models of health.
- A-5 Describe the classic indicators of health.

GOAL B:

- B-2 Explain the historical events that lead to the establishment of the Nuremberg Code of Conduct, the Declaration of Helsinki, and the U.S. National Research Act.
- B-3 Describe IRBs, their role, and their function.
- B-4 Analyze the Tuskegee study and the Stanford Prison Experiment.
- B-5 Describe the role that previous studies have played in our understanding of how to conduct ethical research.

GOAL C:

Students will demonstrate an understanding of global communicable and chronic diseases.

Learning Outcomes: Students will be able to:

- C-1 Define epidemics and pandemics.
- C-2 Define communicable, recurring, and chronic diseases and provide examples of each.
- C-3 Compare the health consequences of communicable and chronic diseases in developed versus developing countries.
- C-4 Explain the mission of the three international health organizations.
- C-5 Analyze the effects of individuals' health and illness on family, community, society, and country.

GOAL D:

Students will demonstrate an understanding of theories and models of health behavior change.

Learning Outcomes: Students will be able to:

- D-1 Explain the Expectancy Value Theory.
- D-2 Apply Expectancy Value Theory to explain individual health behaviors.
- D-3 Explain the Social Cognitive Theory.
- D-4 Apply Social Cognitive Theory to explain individual health behaviors.
- D-5 Explain the Theory of Planned Behavior.
- D-6 Apply the Theory of Planned Behavior to explain individual health behaviors.
- D-7 Explain the Health Belief Model (HBM).
- D-8 Apply the HBM to explain individual health behaviors.

- D-9 Explain the Transtheoretical Model of Behavioral Change (TTM).
- D-10 Apply TTM to explain individual health behaviors.
- D-11 Discuss social marketing and how to promote changes in behavior.
- D-12 Examine the factors that influence health behaviors and the challenges individuals face when sustaining change in behaviors.

GOAL E:

Students will demonstrate an understanding of risky health behaviors.

Learning Outcomes: Students will be able to:

- E-1 Define risky health behaviors.
- E-2 Identify the six priority health behaviors.
- E-3 Discuss factors that contribute to motor vehicle accidents.
- E-4 Describe the effect of violence on individuals and communities.
- E-5 Describe the health consequences of cigarette smoking, use of prescription and illegal drugs, and alcohol use.
- E-6

Learning Outcomes: Students will be able to:

G

Students will demonstrate an understanding of the role of health psychologists.

Learning Outcomes: Students will be able to:

- J-1 Describe the role of health psychologists in education, program evaluations, and community based research and programs, and workplace environments.
- J-2 Define self-advocacy behaviors to monitor health.
- J-3 Explain the role of community advocates in improving health.
- J-4 Identify ways in which health psychologists can be health advocates.

GOAL K:

Students will demonstrate appropriate written and oral communication skills.

Learning Outcomes: Students will be able to:

- K-1 Communicate information orally in a logical and grammatically correct manner.
- K-2 Present written information in a grammatically correct manner.
- K-3 Present written information in correct APA style.
- K-4 Support written information with appropriate evidence.