

# PSYC C230: HEALTH PSYCHOLOGY

Item	Value
Curriculum Committee Approval Date	09/11/2020
Top Code	129900 - Other Health Occupations
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

## Course Description

This course examines the interaction of biological, social, and psychological factors with health and illness; specifically, how to promote and maintain health, prevent and treat illness, and adapt and thrive in the context of chronic illness. Key topics include the roles of stress, coping, immune response, social relationships, personality, in the progression and prevention of disease, and behaviors (e.g., physical activity, nutrition, sleep) that contribute to wellbeing or sickness. Enrollment Limitation: HLTH C230; students who complete PSYC C230 may not enroll in or receive credit for HLTH C230. ADVISORY: HLTH C100 and PSYC C1000. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Identify and discuss the interplay of psychological, biological, behavioral, and social factors in the study of health issues including mechanisms and pathways in disease processes such as the initiation, promotion, and management of disease.
2. Apply major psychological change theories as they relate to fitness, diet, and overall wellness of the individual.

## Course Objectives

- 1. Discuss the significance of psychology in health, illnesses, and chronic health conditions.
- 2. Understand the theoretical foundation (i.e., bio-psycho-social) for exploring the relationship/interaction between biology, social, cognitions, emotions, and behaviors within the reviewed topics, areas, and/or persons.
- 3. Analyze the role of Health Psychology in the etiology, prevention, and treatment of various medical conditions.
- 4. Apply the principles of motivational interviewing to enact positive, proactive steps toward healthy behavior change.

## Lecture Content

The Psychology of Health Behaviors Why the Fields of Psychology and Health are Inextricably Linked The role of psychology in health care Stress, Biopsychosocial Factors, and Illness The Role of Cognition, Help-Seeking, and Communication Basic Principles of Motivational

Interviewing Complexities of Lifestyle Changes The Theoretical Basis for Motivating Behavior Change The Processes of Motivational Interviewing Basic Tools and Skills of Motivational Interviewing Asking Open-Ended Questions Making Affirmations Creative Reflections Formulating Summaries Strategies to Handle Obstacles and Questions Coping with Stress and Pain in the context of illness Identifying and Resolving Ambivalence Working Through Motivational Obstacles Establishing Social Support Integrating Psychology Wellness Models to influence Health Behavior Change Nutritional Counseling Fitness Counseling Weight Concerns Disordered Eating Chronic Illness

## Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

## Instructional Techniques

Lectures, discussions, Q A, group work, presentations, and/or case studies will be used as the major instructional techniques for this course.

## Reading Assignments

Textbook reading, library research assignments, practice tests on lesson content and key terms, group and individual projects, and/or preparation for discussions.

## Writing Assignments

Students will complete essays or research reports that require them to analyze, interpret, evaluate, and synthesize concepts introduced in the class and draw appropriate conclusions and to present their conclusions in a well-organized and clearly written format.

## Out-of-class Assignments

Reading and written assignments; research assignments; preparation of content to share with the class and responses to content presented; analysis of case studies and/or review of expert interviews; responses to guiding questions on course content; and/or self-assessments.

## Demonstration of Critical Thinking

Problem solving exercises, assessment of self and others and application of research to back-up conclusions on written assignments may be used to assess critical thinking.

## Required Writing, Problem Solving, Skills Demonstration

Examples include analysis of case studies or reviews of expert interviews; response to guiding questions; presentations and responses to content presented by others.

## Eligible Disciplines

Health: Masters degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelors degree in any of the above AND masters degree in public health, or any biological science OR the equivalent. Masters degree required. Psychology: Masters degree in psychology OR bachelors degree in psychology AND masters degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Masters degree required.

## Textbooks Resources

1. Required Clifford, D.; Curtis, L. Motivational Interviewing in Nutrition and Fitness, 1st ed. The Guilford Press, 2015 Rationale: - Legacy Textbook Transfer Data: Legacy text 2. Required Ogden, J. The Psychology of Health and Illness, ed. OER Creative Commons, 2018

## **Other Resources**

1. Coastline Library