# Health Psychology 3310-060

**Term:** Fall 2026

**Professor:** Anthony T. Lawson

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**Office Hours:** By appointment. Contact in CANVAS

**Course Dates:** August 24, 2026 – December 12, 2026

**Course Times:** Online Asynchronous

**Classroom:** Canvas

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## Course Overview

A focus on health care systems and patient-physician relations, and how psychological research informs the understanding, prevention and treatment of a variety of health concerns, including stress, traumatic injury, pain management, addictions, and chronic illness.

## Student Learning Outcomes

After successfully completing this course you will be able to:

- Describe the science of Health Psychology.
- Summarize theory and research in Health Psychology.
- Critique and synthesize research
- Apply health and psychology concepts personally

## Course Structure

This is a fully online asynchronous course with modules that open on first date of the course and each module has it's own due date throughout the term. This course is organized in 6 Unit Modules, each covering 2 to 4 chapters, and concluding with a Unit Exam. Each chapter within the Unit Modules will include: Reading assignment, chapter notes, discussion question, chapter quizzes, key terms writing assignment, and online videos and external online activities.

## Required Textbook Information

- Health Psychology: Biopyschosical Interactions, 10th edition by E.P Sarafino and T.W. Smith.

- You may use Ebook or print version as long as it is the correct edition.
- On-campus bookstore or any online rental/purchase sites are resources to find the book.
- NOTE: You WILL do lots of reading in this on-line course, and you WILL need this textbook to do the coursework, so you MUST have this textbook to successfully complete this course.

## Tips for Success in this Course

- Contrary to popular belief, online courses are just as hard and are often more time consuming than traditional courses. Rather than sitting in a physical classroom listening to your instructor lecture for 3 hours a week, you will be getting your materials through reading, online notes, presentations, videos, and activities.
- Instead of asking questions and receiving an instantaneous answer from your professor, you will be either posting or e-mailing your questions. While most online professors will respond to your concerns as soon as possible, you will need to be patient.
- As you will not be in the classroom, you will need to be much more self-directed than it might seem. In other words, you have to take responsibility for your own learning.
- At a minimum, an online course requires students to use their time wisely, be organized, be self-directed, and be willing to try new modes of communication and learning.
- Good time management and planning are necessary skills.
- Students who do well are those who are willing to put in the needed time, read the text carefully (even the dull sections), and participate in the online activities.
- You will be expected to check your e-mail frequently, get all assignments in on time, not allow yourself to fall behind at all.
- This is not a correspondence course. You will have hard due dates and are expected to work on assignments on a timely basis.
- Use Canvas notification settings. Pro tip! Canvas can ensure you receive timely notifications in your email or via text. Be sure to enable notifications to be sent instantly or daily. (Canvas Notification Guide)
- Ask for help if needed. If you are struggling with a course concept, reach out to me and your classmates for support.

## Graded Course Requirements Information

### Major Exams

- You will have three major exams will be administered online and will be available up to the due date of each individual exam.
- You are not required to take the exams at a college testing center, but you may take your exam from any convenient location as long as you have good internet connection.

- Each exam is multiple-choice.
- You will have 1 hour and 20 minutes to complete the exam. The timer doesn't stop if you log off, so you must have enough time to finish when you start.
- If you get disconnected from the exam for any reason, you can log back in and continue where you left off as long as the timer has not expired. Log back in immediately so that you can finish within the time limit.
- If you have any trouble while taking an exam, please shoot me a message in Canvas.

## Chapter Key Terms Writing Assignments

- At the end of each chapter, find the list of key terms.
- List, number and define each term using your textbook chapter as your reference. (Do not search the web or use AI. Stay in your textbook for the material)
- Include the textbook page where the information is found on each individual term.
- Use this document to help study for your exams.
- Each student must do their own assignment and submit original work. Copied assignments are considered academic dishonesty, will result in 0s for all students involved, and a report to UT Tyler.
- MUST be typed, saved and submitted as either **Word doc, Pages (Mac)** or **PDF**.
- Submit assignment for grading by the due date.

## Chapter Quizzes

- 25 multiple choice questions from the chapter.
- Do not "surf the web" for answers. (Many times, a web search finds different information than what is in the text.)
- Two attempts to make the best grade possible.
    - First attempt, use only your brain. Go back to your text to review the concepts you missed.
    - Second attempt. Use your textbook and notes as support to make the best possible grade.
- No time limit.

## Chapter Discussion Postings

- You will be required to participate in discussion postings which will focus on topics related to each chapter.
- You are expected to post your own initial posting, then reply to at least three other students' posts.
- Your initial posting should be thorough, detailed, elaborative, and at least three good paragraphs or more.
- Your replies should also be thoughtful and elaborative. At lease a good paragraph. Much more than just simply replying, “I agree,” or “good posting.”
- There is a “Meet and Greet” discussion in the “Start Here” module that everyone needs to do the start of the semester. It is not for a grade, but is used to determine your “class participation,” will help everyone in the online class get to know each other a little bit at least, and get familiar with the chapter discussion forums. Students will have an opportunity to introduce themselves by writing a short biography including a little

background on yourself, what you are majoring in, plans and goals for future, interests and hobbies, and whatever you feel comfortable sharing.Grading Structure

| Assignment | Percentage % |
|---|---|
| Major Exams (3) | 40% |
| Chapter Key Term Assignments (15) | 30% |
| Chapter Quizzes (15) | 20% |
| Chapter Discussion (15) | 10% |

## Grading Scale

**A** - (90% or higher)
**B** - (80 - 89%)
**C** - (70 - 79%)
**D** - (60 - 69%)
**F** - (Below 60%)

## Late Work and Make-Up Exams

Life happens and unexpected situations arise. Late assignments are accepted up to 3 days after the due date with a 10% deduction per day (10% off for 1 day late, 20% off for 2 days late, 30% off for 3 days late). After 3 days, assignments receive a zero unless you have communicated with me about extenuating circumstances. If you experience emergencies or ongoing challenges, please contact me as early as possible so we can develop a plan together.

## AI (Artificial Intelligence) Policy

This course has no assignments that require the use of AI to complete, so please use your course materials, mainly your textbook, to do your work. Any AI generated assignments are considered academic dishonesty and will subject a student to penalty. NOTE: This is university and students are expected to be responsible adults, taking ownership for learning and creating assignments. Participate in the course fully, with integrity, and make the most of your university experience.

## Attendance Policy

As this is an online asynchronous course, traditional attendance is not taken. However, "attendance" is reflected in your consistent engagement with course materials and timely completion of assignments. Logging in regularly and participating actively in discussions demonstrates your commitment to the course.

## University Policies & Student Resources

University policies and student resources are available on the University website and in Canvas under “Syllabus”. (You may copy or print the following information to include in your syllabus or use the links provided below.)

- University Policy
- Student Resources

UT Tyler PSYCHOLOGY & COUNSELING

# Topical Outline

- Unit I: An Introduction:  Basic Issues and Processes
  - Chapter 1 An Overview of Psychology and Health
  - Chapter 2 The Body's Physical Symptoms
- Unit II:  Stress, Illness, and Coping
  - Chapter 3 Stress - Its Meaning, Impact, and Sources
  - Chapter 4 Stress, Biopsychological Factors, and Illness
  - Chapter 5 Coping With and Reducing Stress
- Unit III:  Lifestyles to Enhance Health and Prevent Illness
  - Chapter 6 Health-Related Behavior and Health Promotion
  - Chapter 7 Substance Use and Abuse
  - Chapter 8 Nutrition, Weight Control and Diet, Exercise, and Safety
- Unit IV:  Becoming Ill and Getting Medical Treatment
  - Chapter 9 Using Health Services
  - Chapter 10 In the Hospital:  The Setting, Procedures, and Effects on Patients
- Unit V:  Physical Symptoms: Pain and Discomfort
  - Chapter 11 The Nature and Symptoms of Pain
  - Chapter 12 Managing and Controlling Clinical Pain
- Unit VI:  Chronic and Life-Threatening Health Problems/Looking to the Future
  - Chapter 13 Serious and Disabling Chronic Illnesses:  Causes, Management, and Coping
  - Chapter 14 Heart Disease, Stroke, Cancer, and AIDS:  Causes, Management, and Coping
  - Chapter 15 What's Ahead for Health Psychology