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Revised to #157-UCCh at Curriculum Review Committee.  
Format 2 course change form has updated description.  
See page 2 for copy of updated course description.

Updated course description from #157-UCCh. (Format 2 at Curriculum Review Cmte)

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PSY 469 O - Health Psychology - Fall, year  
5:50-8:50 Mondays; 402 Gruening

**Prerequisites:** PSY F101; PSY F275; and junior standing.

**Professor:** Dr. Maria Skowron

**Email:** mskowron@alaska.edu

**Phone:** 474-732\_\_6  
**Office:** 238 Arctic Health Research Building  
**Hours:** Monday, 3-5 p.m.; also by appointment

**Required Texts:**

Sarafino, E.P. (2008). *Health Psychology: Biopsychosocial Interactions* (7<sup>th</sup> ed.). Hoboken, NJ: John Wiley & Sons.  
Album, M. (1997). *Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson*. New York: Doubleday.

**Additional Readings:** Additional readings will be assigned throughout the semester and will be available on Blackboard.

**Course Description:** This course is intended to provide a broad overview of research and practice in health

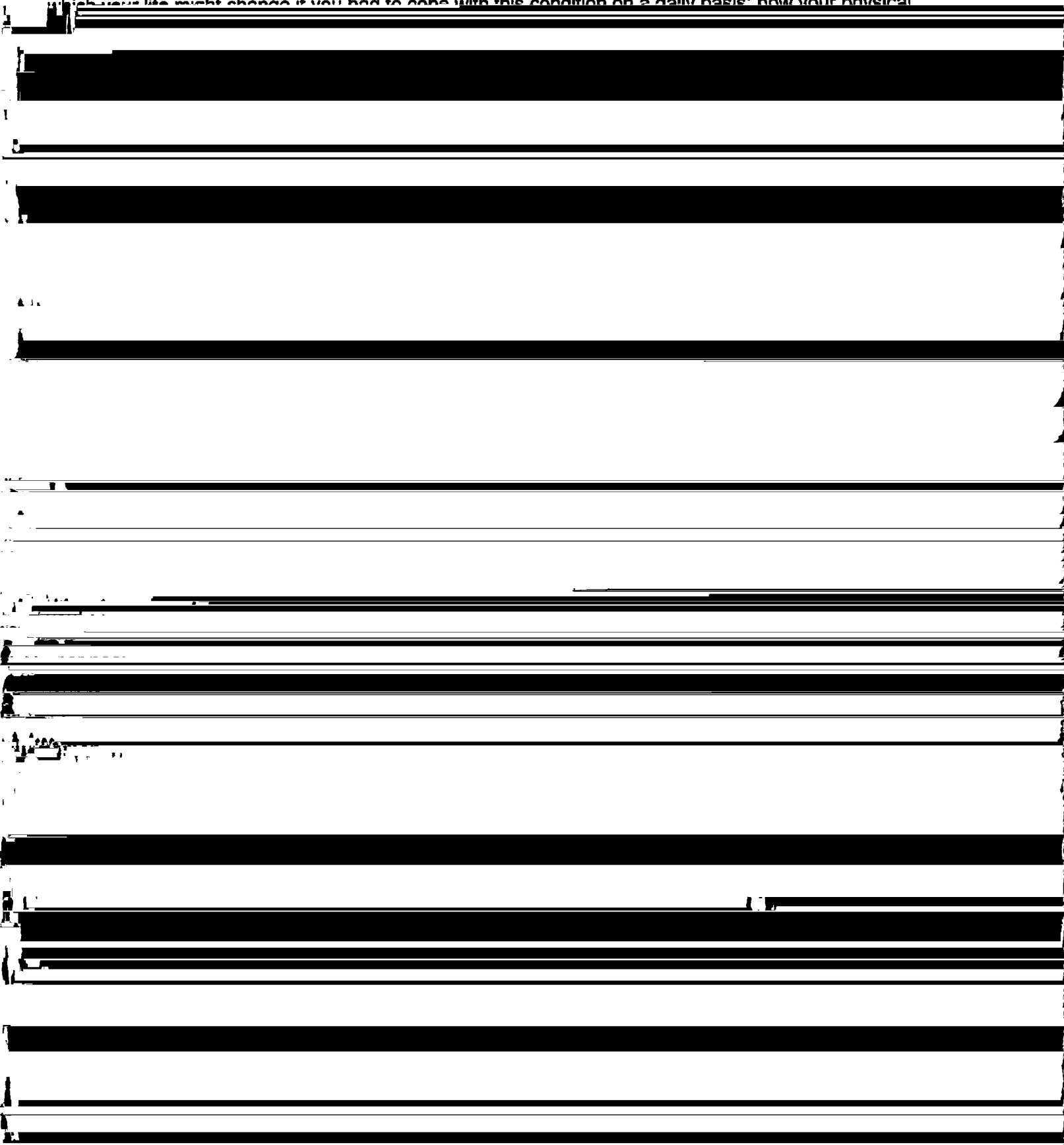
**Instructional Methods:** Course lectures, films, readings, and discussions will comprise this course. Students are responsible for knowing all the material presented and discussed in class. All topics are fair game on the tests/quizzes.

**Quizzes (15%):** Pop quizzes will be given sporadically to monitor progress and motivate adherence to the reading schedule. Quizzes will cover material presented in the previous class and readings. Be prepared for a quiz at every class. There will be no make-up quizzes if you miss class or are late; however, your lowest quiz score will be dropped.

**Exams (65%):** There will be two midterm exams (45%) and one final exam (20%). Each will consist of

professional presentation software program and will be graded on both the content and style of the presentation.

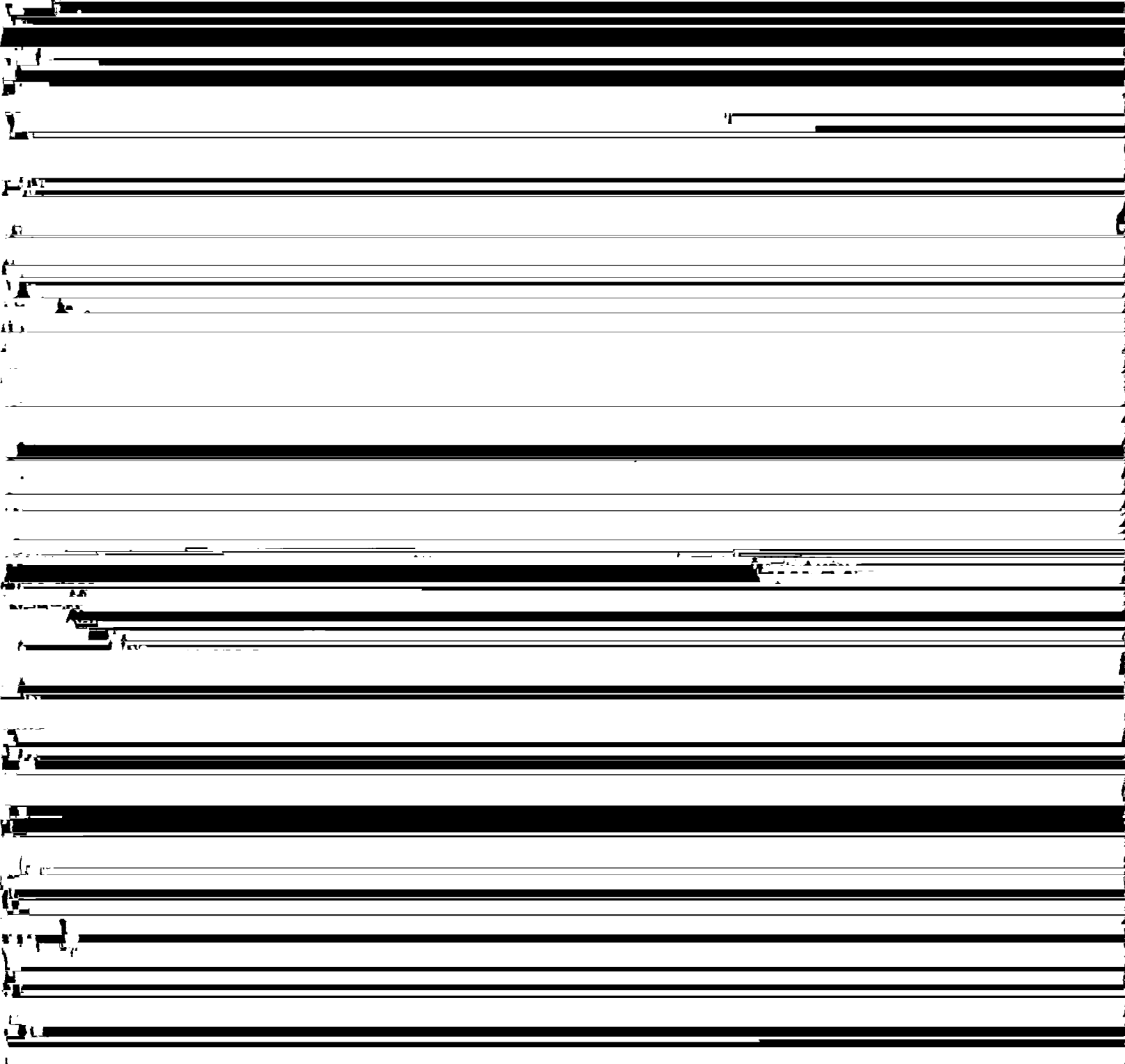
**Examples of types of topics you may reflect on in your contract, journal, and presentation:** Ways in which your life might change if you had to cope with this condition on a daily basis; how your physical



- 77-79% = C+
- 73-76% = C
- 70-72% = C-
- 67-69% = D+
- 63-66% = D
- 60-62% = D-
- < 60% = F

University policy does not permit professors to release grade information to students by telephone or e-mail. Please make requests for grade information in person.

Course Policies: You are expected to attend all classes. Because this course is being conducted in seminar



**Course Schedule:**

Date	Topic	Readings
Labor Day	No class	
Overview of Health Psychology; Systems of the Body	Chapters 1 and 2	
Systems of the Body	Chapters 2 and 3	
Health Behavior and Health Promotion	Chapters 4 and 5	
Health Behavior and Health Promotion	Chapters 6 and 7	
Harm Reduction and Motivational Interviewing	TBA	
Stress, Illness, and Coping	Chapters 8 and 9	
Stress, Illness, and Coping	Chapters 10 and 11	
<b>Project #1 Contract Due</b>		
Chapters 1-5	Behavioral Assessment	

