

SENATE CURRICULUM COMMITTEE B-2

NEW COURSE PROPOSAL OR NEW PROGRAM PROPOSAL

Department: Psychology

Course Affected: Psychology of Health Behavior, PC 376

Desired Effective Semester for Change: Spring 1989

Approvals: Department Committee Chairperson *Janet F. [unclear]*

Department Chairperson *P.W. Schaefer*

A7. Is this to be a dual-level course? If so, what is its approval status at the graduate level?

A8. Do other higher education institutions currently offer this course?

If so, please list examples, including all such institutions in our general area.

A9. Is the proposed course recommended or required by any professional society, accrediting authority, law, or other external agency? If so, please describe the circumstances.

D INTERDISCIPLINARY NOTIFICATIONS

B1. Will this course be taught by one instructor or will there be team teaching? If the latter, explain the teaching plan, and its rationale.

B2. Are additional or corollary courses needed with this course, now or later? If so, explain.

B3. What is the relationship of the content of this course to the content

c. Laboratory supplies:

d. Library materials:

e. Travel funds:

D2. How frequently do you expect this course to be offered? Is this course particularly designed for, or restricted to, certain segments of the population? Explain

A. DESCRIPTION AND ACADEMIC NEED

A1. PC 376 Psychology of Health Behavior.

Prerequisite PC 101

An examination of the role of behavioral factors in health

status with a strong focus on preventive health behaviors
and the role of the psychologist in promotion of health-
related behavioral change.

A3. This course is concerned with a new and important area in the field of psychology, viz., Health Psychology. The course will be an elective course for psychology majors, but should be of interest to majors in the health sciences, e.g. nursing students.

applicable. Some aspects of the course may touch on subject matter or topics that could be offered in a typical continuing education setting.

C. EVALUATION

C1. Three written exams and one course project.

C2. ~~Course will have a course project.~~

D. IMPLEMENTATION

D1. Psychology department currently has all the necessary resources to teach this course.

D2. Each Spring semester and possibly during the Main session.

D3. One section.

D4. It is expected that normally the course will attract 20-30 students each semester offered.

Course Syllabus: Psychology of Health Behavior

Instructor: G. Walz

Department: Psychology

I. Course Prefix; Number; Course Title; Credit Hours; Lab. Hours.
PC 376 Psychology of Health Behavior; 3 credits; 0 lab hrs.

II. Catalogue Description

PC 376 Psychology of Health Behavior

Prerequisite: PC 101

An examination of the role of behavioral factors in health status with

a strong focus on preventive health behaviors and the role of the
psychologist in promotion of health-related behavioral change.

III. Course Objectives:

1. Examination of behavioral factors that can influence health and onset of disease.
2. Examination of cognitive/behavioral methods of promoting health-related behavioral change.
3. Review of current issues in health promotion.
4. Examination of health promotion in a variety of settings (community, school, occupational)

5. Develop an awareness of the strong multi-disciplinary aspects of health promotion.

IV. Course Outline: Unit/Topical Breakdown/Amount of Time spent on each unit or sub-unit through the instructional period.
See attached syllabus.

V. Methodology and Procedure:

Lecture and class discussion with use of appropriate audio-visual materials.

Unit II:

1. Bennett, W. & Gurin, J. "How the Body Outwits the Dieter". American Health, 1982.
2. Fischman, J. "Type A on Trial" Psychology Today, Feb. 1987

- Jnl. of Consulting & Clinical Psychology, 1984.
4. Kaplan et al., "Social Stress & Atherosclerosis in Normo-cholesterolemic Monkeys". Science, May, 1983.
5. Haskell, W. "Exercise Programs for Health Promotion" In Pagan, J.

SYLLABUS
HEALTH BEHAVIOR

WEEK

MAJOR TOPICS

1

Intro. to course; Historical roots of health psych.
Basic definitions: health behavior, health promotion,
lifestyle disease, behavioral pathogenesis & immunogens

behavior: general strategies; Health belief model.

2

Major health behavior problems: diet, exercise, tobacco, alcohol, stress, and mental health.

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August 22, 1988

Dr. David E. Grover
Department of Psychology

Indiana University of Pennsylvania
Indiana, PA 15705

Dear Dr. Grover:

Dr. George Walz has shared with me the new proposal for the course, Psychology of Health Behavior, which he hopes will be approved by the Senate Curriculum this fall. I, as well as Dr. Ansa Dianlatva have reviewed the proposal and feel the course is