

Northern Virginia Community College, Loudoun Campus

SPRING 2012, PSYCHOLOGY 240, HEALTH PSYCHOLOGY
Dr. Rosalyn M. King, Professor

Thursdays, 2:00pm-4:45pm, Building LR, Room 275

CLASS SCHEDULE		
DATE	TOPIC	CHAPTER(S)
January 12	Introduction/Overview Why is there a healthcare concern? Impacts on Health & Human Development?	1
19	Overview and Assessment of Current Status of Healthcare in America Viewing & Discussion of Documentary Film "Sicko" by Michael Moore	(Review Chapter 12)
26	Reflections on Documentary Overview of Research Strategies in Health Psychology & the Healthcare Field	1-2
February 2	Biological Underpinnings of Health	3
9	Impact of Stress, Anger & Fear and Management Strategies	4-5
16	Health Prevention: Strategies & Models for Healthy Living	6
23	Nutrition & Health <i>Food Matters</i> PAPER #1 DUE: PERSONAL HEALTH PREVENTION PLAN	7
March 1	Substance Abuse, Addictions & Health	8
15	TASK FORCE SESSION 1: Positive Health, Prevention of Debilitating, Disease & Illness	9-11
22	TASK FORCE SESSION 2: Environmental Influences on Health	9-11

DATE	TOPIC	CHAPTER(S)
29	Group Meetings	9-11
April 5	TASK FORCE SESSION 3: Complementary & Alternative Medicine	
12	Health Care Around the World Book & Research Reports: The Healing of America & Health Status of the World & Proposals for a Workable Healthcare System	Note: You will be graded for oral and digital presentation. You can submit a copy of the digital presentation.
19	Health Care Around the World Role of Health Psychology Video & Summary: Frontline-Sick Around the World (continued)	
26	Reflections: Lessons Learned/Future Challenges for Health Psychology	14

- Please allow 2weeks for the return of exams and papers. You may submit your paper before the due date. No papers will be accepted after the due date.
- Please keep a copy of your paper for your presentation.
- This is a rough estimate of schedule of topics. Dates may shift downward slightly depending on pace of class.
- ***In the event of inclement weather such as snow or ice, a class may not be held but assignments will be given to make up for class. Please the check campus web site and assignment page of the psychology web course for the makeup assignment in lieu of class in case the campus is closed due to the weather.***

Reminder:

- Make sure you make an appointment with your professor to go over your grades and bonus points earned.