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RM

PSY45130

CHAMINADE UNIVERSITY
COURSE SYLLABUS
PSYCHOLOGY OF HEALTH
SPRING 2000 TRIPLER ARMY HOSPITAL

INSTRUCTOR: Denise H. Lajoie <dlajoie@aloha.net>
PLACE: Room 103
DAY: Saturdays 8:00-12:00 Noon (see class schedule)

TEXTBOOKS REQUIRED:

Brehm, B. A. (1998). *Stress management: Increasing your resilience to stress*. New York: Longman.
Yartan, R. (Ed.). (1999). *Health (20th ed.)*. Guilford, CT: Duskim/McGraw-Hill.

COURSE DESCRIPTION:

This course will trace the psychology of health from the perspective of personal growth; the farther reaches of human nature; and views of the integration of mind, body, and spirit as they apply to beliefs about and approaches to health in present Western culture. Health will be studied from a holistic viewpoint stressing the role of the entire lifestyle for maintaining and sustaining a healthy life: psychologically, physically, and spiritually. Special emphasis will be placed on important and somewhat controversial areas such as clinical approaches, research methodologies, views of human nature, health fads, economic considerations, stress, meditation and meditative disciplines, spirituality and health, the role of emotions in healthy lifestyles. A wide variety of topics will be covered in the 10 weeks of class. Class will be conducted using a seminar model which requires active participation and regular attendance. This is not a lecture course, and students will be expected to contribute to class discussion.

REQUIREMENTS:

2 Quizzes - 50 points each
Personal Health Journal - 50 points
1 Panel presentation - 50 points
1 Semester project - 50 points
Participation - 50 points
Attendance - 25 points
Total points possible 325 (90%; A - etc)

At least 2 unscheduled quizzes will be offered for those who are interested in earning extra credit. Come to class prepared! Extra credit assignments (all assignments are considered extra credit unless on the list above, and if they are asked to be handed-in) or quizzes cannot be made up if missed. Health journals will be graded in three segments at which time you will be notified to turn them in briefly during class for instructor's review and return on the same class date. The participation portion of the grade will be determined by students' contribution to class discussions, by completed assignments, and by classroom demonstration of an understanding of assigned material. The panel presentation, health journal, and final projects will be discussed in class and handouts with instructions will be provided as required.

POLICY

Late assignments may be turned in late **ONLY** if there is a legitimate excuse and provided they are no more than one week late, instructor reserves the option to reduce points earned on late work. This course is seen by the instructor as a contract between Chaminade University of Honolulu (represented by the instructor) and the student body (represented by individual students). As part of the contract the instructor is responsible for leading students into an investigation and examination of contemporary personality theory that is comprehensive and meaningful. The student agrees to fulfill the course requirements as set forth in the course syllabus. Grades will be a function of each student's fulfillment of the contract. Lectures will rarely be given and emphasis during each class meeting will be made on each student's ability to articulate the subject matter in meaningful way.

Class time will be spent in various ways including films of interest, class discussions, presentations by students, exercises, and lectures. We will take one short break and usually have class completed on time. Please pay attention to all handouts given as they will be important to your grade in some meaningful way. No office hours will be held since this is a weekend course. Please E-mail the instructor at the address indicated on the reverse side of the syllabus. You may also leave a message at the Evening Division Office.

Assignment for Week One of class:

Do Breathing Exercise Assigned in class Daily - Keep A Log in your Personal Health Journal.

Do Life Review Exercise Questionnaire at home enter it in your journal and bring it to class

Bring in 1 current article or news item that represents an area of health with which you are particularly intrigued.

Bring in at least one written question you have about health (not necessarily a personal one).

Make daily entries in your Personal Health Journal.

READ:

HEALTH: Articles 1-5, Unit #1 pp. 1-27

STRESS: Chapters 1-3 pp. 1-66