



COLORADO
MOUNTAIN COLLEGE

I. Instructor and Course

Instructor: Drew Mikita, M. Ed., L.P.C.

Email: Amikita@coloradomtn.edu ***BEST WAY TO CONTACT ME*** Include class in all emails

Phone: 970.453.6757 ext. 2616 Cell Phone: 970.333.9622 (Include name and class in texts)

Office Hours: Before and after class meetings and by appointment

Course Title: Health Psychology

Course Code: PSY2333

Credits: 3

Semester: Spring 2024

Location: Dillon Campus

Meeting Days & Times: 4:00pm-5:55pm

Format: In-person

Start Date: 1/22/24

End Date: 4/29/24

Refund Date: 2/5/24

Withdraw Date: 4/5/24

No Show Attendance Reporting Date: 2/1/24

No Show Attendance Reporting is based on your attendance and engagement. If you never show up to class, you may be dropped from the course, and this may impact your financial aid. Go to the [No Show Attendance Reporting webpage](#) for more information.



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Required Course Materials: No text required for this course

For all courses that are included in the [Learning Materials Program](#), all required physical and digital course materials are automatically provided to you by the all-inclusive [Learning Materials Program \(LMP\)](#) at a per credit fee. In order to receive these materials, students must verify their physical shipping address prior to the start of the semester. [Address can be verified by accessing the LMP website](#), failure to verify address will result in delayed delivery of materials. If you have any questions contact the LMP customer service team at 1-844-523-9056 or [submit a request](#) for expedited service.

What to do if you drop a course? If you have already received the book(s), or they have been shipped, you are responsible for retrieving/returning the books within 7 days of dropping the course. Holding onto provided materials for the entire term will result in extra LMP fees. Refer to our [instructions](#) on how to return your books. Digital books are automatically returned. **Please note:** All books, even workbooks, must be returned if you drop a class. At the conclusion of the semester, students are responsible for returning materials provided by the LMP on or before the posted deadline either to their local campus or by [generating a free shipping label through the LMP](#). Failure to return materials will result in late fees being assessed to your account.

II. Course Description

Focuses on an overview of the scientific study of attitudes, behaviors, and personality variables related to health, illness, and bodily systems. The course emphasizes the interaction of biological, psychological, and social factors that cause illness and influence its treatment and prevention. This is a statewide Guaranteed Transfer course in the GT-SS3 category.

III. Evaluation Methods



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Attendance and participation are expected and necessary to pass this course. It is understood that any number of planned or unplanned factors may arise which make it impossible for you to attend class. For this reason, you have two total absences (school sanctioned or other) for which you will be allowed to make up any missed work with no penalties (Minus (list if any)). However, make up work must be fully submitted prior to the next class you attend or no points will be awarded for the missed assignment/s. It is the student's responsibility to schedule any make-up work with the instructor. No Attendance or Participation points will be given for a class from which you are absent.

1. Other than extreme extenuating circumstances outside of your control, for which you must provide requested verifiable documentation to the instructor or a College Counselor, no additional absences or late work will be allowed.
2. With any more absences, you will have missed too much class content and will automatically fail the course; no matter your overall grade.
3. Coming to class late or leaving early will be counted as a full absence.

This section should contain relevant information about how the instructor will evaluate the student's performance in the class, such as:

- Assignments and their values
- Any other information that will affect the student's grade

Student grades for the semester will be determined by the total number of points accumulated by the student divided by the total number of points possible. The Final Grade will be assigned on the HMS Program grading schedule below:

% of Total Points	Letter Grade
93-100	A
90-92	A-
87-89	B+



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83-86	B
80-82	B-
77-79	C+
73-76	C
70-72	C-
67-69	D+
63-66	D
60-62	D-
59 or less	Failed

IV. CMC Libraries & Learning Commons

The CMC Libraries team invites you to connect with us so we can help support you - we all live in this continually changing information world and are here to help navigate it! Whether your classes are in person or online, or whether you live near one of CMC's great libraries/learning commons, take advantage of your friendly professional librarians to match you with the resources you need to succeed in academics and beyond.

If you are near Dillon, Edwards, Leadville, Spring Valley, or Steamboat, come check us out. Your librarians and learning commons have study spaces, technology-enabled and family-friendly study rooms so you can do online classes, laptops, calculators, wifi hotspots, and so much more for you! And research help is available 24/7 so please pick what works best for you whether that's our 24/7 chat librarians or by working with one of us online or in-person. We look forward to meeting you!



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V. Student Information and Support Services

1. **Right to Know:** The College is required by law to share certain types of information with students. The [Right to Know webpage](#) includes information including disability services, complaint processes, policies and procedures, textbook information, registration, attendance and grading, graduation rates, and more. In addition, [Student Services](#) offers resources to promote your well-being and success. Take advantage of these programs and services, which include academic support and advising, access and disability services, career services, veterans' benefits, housing, orientations, food and nutrition support, and financial aid. Reach out and find support at [CMC Counseling Services](#), [You@CMC](#), and [Colorado Crisis Services](#).
2. **Students Rights and Responsibilities:** The [CMC Student Handbook](#) outlines the expectations for student conduct as well as the college's academic policies and expectations. This includes expectations for appropriate use of technology, students' rights and responsibilities within and outside of the classroom, and academic policies and requirements. Classroom behavior that disrupts the teaching and learning environment is unacceptable.
3. **Notice of Nondiscrimination: Equal Opportunity** Colorado Mountain College is an equal opportunity educational institution and does not unlawfully discriminate on the basis of race, color, national origin, sex, or disability in admission or access to, or treatment or employment in, its educational programs or activities. Inquiries concerning Title VI, Title IX, Section 504 and ADA may be referred to Chief Student Services Officer, 802 Grand Avenue, Glenwood Springs, CO 81601, 970-945-8691, or to the Office for Civil Rights, U.S. Department of Education, Region VIII, Federal Office Building, 1244 North Speer Blvd., Suite 310, Denver, CO 80204 303-844-2991.
4. **Right to Privacy:** Colorado Mountain College continues to encourage and foster a vibrant academic community, whether remote or in person. We are committed to respecting the privacy rights of all participants in the classroom environment and promoting the highest standards of academic integrity. Sharing course content outside of the course may have a chilling effect on classroom discussion and interfere with the educational process. Students may not record, photograph, screenshot, share, reproduce or re-distribute any class activity without written



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permission from the instructor, except as necessary as part of approved accommodation discussed below. Additionally, CMC discourages non-students from listening to courses in the event student personal identifying information is revealed during the course. Students in all modalities are equally held to the academic standards set forth in the Colorado Mountain College Student Handbook. Some students may require reasonable accommodation under the Americans with Disabilities Act and Amendments Act that would allow them to record, photograph, screenshot or reproduce some course content, including video, audio, or other content. Students with disabilities should contact CMC's Access, Inclusion & Disability Coordinator about receiving these reasonable accommodations. More information can be found at [Access, Inclusion & Disability Services](#).

VI. Student Learning Outcomes, Competencies, and Skills

- **Outcome 1: The Field of Health Psychology**
- **Outcome 2: The systems of the body including:**
 - Central Nervous System
 - Endocrine System
 - Cardiovascular System
 - Respiratory System
 - Digestive System
 - Renal System
 - Reproductive System
 - Genetics
 - Immune System
- **Outcome 3: Health Behavior & Primary Prevention**
- **Outcome 4: Modification of Health Behaviors**
- **Outcome 5: Health Enhancing Behaviors**
- **Outcome 6: Health Compromising Behaviors**
- **Outcome 7: Stress & Illness**
- **Outcome 8: Coping with Stress**



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- **Outcome 9: Clients and the Treatment Setting**
- **Outcome 10: Management of Chronic Illness**
- **Outcome 11: Psychological Issues in Advancing and terminal Illness**
- **Outcome 12: Psychoneuroimmunology, HIV/AIDS, Cancer & Arthritis**
- **Outcome 13: Heart Disease, Hypertension, Stroke and Diabetes**
- **Outcome 14: The future of Healthcare**

VII. Class Management and Culture

This course is part of the college wide Human Services degree program and as such shares consistent class management and culture standards with all other HMS, PSY, and CSL courses.

1. No late assignments will be accepted. Even if an assignment does not auto-close, Canvas will automatically time and date stamp all submitted work and no points will be given for late assignments. It is to your benefit to submit assignments at least 24 hours before they are due to allow for delays caused by possible technical difficulties. Do not trust the internet to be working at the last minute.
2. Participation is essential. When you are in class, please be fully present and respectful of both your and other's time.
3. The instructor will work to ensure that grades and feedback are provided within one week of on-time assignment submission. Make up work will be graded at the instructor's convenience.
4. The instructor will work to respond to student communications within two business days.
 1. Students are encouraged to thoroughly review the syllabus, course information, and assignment descriptions for answers to common questions before contacting the instructor.
 2. If you email the instructor and don't hear back within two business days, please send a follow up email. Gentle reminders are always appreciated.
5. Given the nature of topics covered in this course, it is essential that we have a safe class where everyone feels free to share their values, beliefs, and ideas. Students must show respect for the instructor, each other, speakers/presenters, and the course content both inside and outside of the class. Disagreements and



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debates in academic discourse are expected and welcome, but personal attacks are never OK, and will not be tolerated.

6. A student judged to have engaged in academic misconduct as defined in the “Academic Policies and Requirements” section of the Colorado Mountain College Student Handbook will, at a minimum, receive a “zero” for the work in question with no opportunity for resubmission. The student may also be removed from the class, resulting in a failing grade, or suspended/expelled from CMC. All student course material may be submitted to turnitin.com (or other anti-plagiarism programs) at the instructor’s discretion.
 1. There are several forms of academic dishonesty of which you should be aware:
 1. FABRICATION: falsification, manipulation, invention, or misrepresentation of information.
 2. PLAGIARISM: the presentation of another’s works, words or ideas as if they were one’s own. This includes the work of Artificial Intelligence programs such as Chat GPT.
 3. MULTIPLE SUBMISSIONS: resubmission of a work that has already received credit with identical or similar content in another course without the consent of both instructors.
7. No cell phones or other distractions are allowed during class. If you are distracted from class, you may lose all attendance and participation points for that class and/or may be asked to leave class entirely (Resulting in one absence with no opportunity to make up missed work).
8. This course will include subject matter intended for mature audiences only. By remaining enrolled in this class, you acknowledge you may be exposed to graphic and/or disturbing content; even if you are under the age of 18. Please notify the instructor if you do not feel comfortable with the course content being covered to discuss your status in the course.
9. For classes that include livestream instruction, please keep the following guidelines in mind:
 1. Participation: Please ensure you are fully present for each livestream class. Driving, shopping, working, exercising... or any other distracted behavior while in a livestream class is disrespectful to the instructor and may be dangerous for you.
 1. Distracted students will be removed from the livestream class and counted as a full absence.



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2. Connection: You will need to have access to a reliable and stable internet connection for the entirety of each livestream class.
3. Sound/Headphones: You are expected to have working speakers/headphones to actively participate during each livestream class.
4. Conversations in this course may include content that requires confidentiality and privacy or may include subject matter intended for mature audiences only.
 1. Please make sure to use headphones or move to a private room to ensure others cannot hear the content of the class.
5. Camera: Due to the face-to-face requirements of this degree, you are expected to have a working camera that needs to be on and sharing during each livestream class.
 1. When your camera is on, be conscious of what you are allowing everyone to see in your background or use the virtual background option.
 2. Ensure your background/virtual background is appropriate for public viewing.
6. Microphone: You are expected to have a working microphone to actively participate during each livestream class.
 1. Out of respect for everyone in the class, please mute your microphone except when you are talking.
7. Chat: The chat option is a good way of showing both engagement and participation, and its thoughtful use is encouraged in this class. Please be respectful to all members of the class in the chat.
8. Screen Grabbing / Pictures / Recording / Distributing: You may not take screen shots, pictures, recordings, or distribute any part of this course. Screen grabbing, copying, recording, taking pictures, or distributing any class content or information, including your classmates, instructor, guest speakers, assignments, or anything else from this course is strictly prohibited. If discovered, it will result in your dismissal from the course with a failing grade and a possible code of conduct violation which may result in your dismissal from CMC.
10. The instructor may alter this syllabus during the semester as the learning environment requires. Students will be notified of changes in advance.



VIII. Tentative Course Schedule

- I. Intro, What is Health Psychology
 - A. What is health Psychologists do?
 - B. Biopsychosocial Model
 - C. Research in Health Psych
- II. Systems of the body
 - A. Central Nervous System
 - B. Endocrine System
 - C. Cardiovascular System
 - D. Respiratory System
 - E. Digestive System
 - F. Renal System
 - G. Reproductive System
 - H. Genetics
 - I. Immune System
- III. Health Behavior and Primary Prevention
 - A. What are Health Behaviors
 - B. Factors that influence Health Behaviors
 - C. Why Health Promotion has been Ignored
 - D. Health Promotion
- IV. Modification of Health Behaviors
 - A. Changing Health Behaviors
 - 1. Changing Beliefs
 - 2. Cognitive-Behavioral Approaches
 - 3. Social Engineering
 - 4. Venues for health habit Modification
- V. Health Enhancing Behaviors
 - A. Exercise
 - B. Accident Prevention
 - C. Breast & Testicular Exams
 - D. Weight Control
 - E. Diet
- VI. Health Compromising Behaviors
 - A. Alcoholism
 - B. Smoking
 - C. Interventions
- VII. Stress and the Development of Illness
 - A. What is Stress
 - B. Responses to Stress
 - C. What makes events Stressful
 - D. Theories of Stress



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- E. Stress & Illness
- VIII. Coping with Stress
 - A. What is coping
 - B. Moderators of Stress
 - C. Coping and External Resources
 - D. Coping Outcomes
 - E. The Management
- IX. Client and the Treatment Setting
 - A. Use of Health Care Systems
 - 1. Recognition & Interpretation of Symptoms
 - 2. Who uses and does not use Healthcare
 - 3. The Misuse of the System
 - 4. Hospitalization
 - 5. Child Hospitalization
 - B. Client-Practitioner Interaction
 - 1. Nature of Client Practitioner Communication
 - 2. Results of Poor Communication
 - 3. Improving Communication and Reducing Nonadherence
 - C. Pain and its Management
 - 1. Elusive Nature of Pain
 - 2. Clinical Management of Pain
 - 3. Pain Control Techniques
 - 4. Management of Chronic Pain
 - 5. Placebo as a healer
- X Management of Chronic Illness
 - A. Quality of Life
 - B. Emotional Response to Chronic Illness
 - C. Rehabilitation from Chronic Illness
 - D. Interventions for Psychological Issues after Chronic Illness
- XI. Psychological Issues in Advancing and Terminal Illness
 - A. Death Across the lifespan
 - B. Stages of Adjustment
 - C. Psychological management of the Terminally Ill
 - D. Alternatives to Hospital Care
 - E. Problems of Survivors
- XII. Heart Disease, Hypertension, Stroke and Diabetes



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- A. Coronary heart Disease and Personality
- B. Recovery from Myocardial Infarction
- C. Hypertension
- D. Recovery from Stroke
- E. Management of Diabetes
- XIII. Psychoneuroimmunology, HIV/AIDS, Cancer, Arthritis
 - A. Psychoneuroimmunology
 - B. HIV/AIDS
 - C. Cancer
 - D. Adjusting to Cancer
 - E. Arthritis
- XIV. Future of Healthcare
 - A. Research in Health Psychology
 - B. Trends for the Future

This schedule is subject to change at any time, depending on instructor evaluation of student skills/understanding/knowledge. The instructor will communicate changes to the schedule as needed in advance.