

THE PENNSYLVANIA STATE UNIVERSITY
COLLEGE OF HEALTH AND HUMAN DEVELOPMENT
DEPARTMENT OF BIOBEHAVIORAL HEALTH

BBH 101: Introduction to Biobehavioral Health [Fall 2014]

Dr. Joshua Smyth Professor Biobehavioral Health 231 Biobehavioral Health Building	<u>Office Hours:</u> Wednesday 3:30-4:30 and by appointment e-mail: Smyth@psu.edu Phone: (814) 863-8402
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**Primary Lectures: Monday & Wednesday 2:30-3:20
Location: 102 Forum building**

Practicum Sessions

Section	Day/Time	Location	Graduate Assistant
1	Friday 10:10-11:00	BBH 104	Lindsey Potter
2	Friday 12:20-1:10	BBH 104	Sully Coleman
3	Friday 12:20-1:10	Thomas 119	Lindsey Potter
4	Friday 2:30-3:20	BBH 104	Sully Coleman
5	Thursday 10:10-11:00	BBH 104	Sully Coleman
6	Thursday 2:30-3:20	BBH 104	Sully Coleman
7	Thursday 12:20-1:10	Thomas 121	Lindsey Potter
8	Thursday 2:30-3:20	BBH 103	Lindsey Potter
9	Friday 4:40-5:30	Thomas 218	Sully Coleman
10	Wednesday 4:40-5:30	BBH 104	Sully Coleman
11	Wednesday 4:40-5:30	Thomas 209	Lindsey Potter

Graduate Teaching Assistants: Email:

Sully Coleman src233@psu.edu
Lindsey Potter lnc5003@psu.edu
Chloe Barry cyb109@psu.edu

Office Hours:

Tuesday 11-12; by appointment: BBH 102A
Wednesday 11-12; by appointment: BBH 102A
By appointment

Required reading: Straub, R. O. (2012). Fourth Edition, Health Psychology. NY, Worth.

There will also be a copy of this text on reserve at the main library.

Course objectives: This course is designed to provide you with basic principles related to health and behavior, and will help prepare you for other courses in the Biobehavioral Health department. The course objectives are, most broadly, to explore the subject matter of the field and to become familiar with the language and concepts of the field and with some of the research findings upon which our knowledge is based.

In particular:

1. Describe the importance of the biopsychosocial approach to understanding health.
2. Identify biological, behavioral, and social factors that contribute to differences in health and health risk (for both individuals and groups).

3. Apply health principles and research findings to health promotion, disease prevention strategies, and public health policies.
4. Develop critical thinking skills and to prepare you to be a cautious and analytical consumer of health information that is proclaimed to be scientific or based on research.
5. Help to facilitate your personal and educational development.

General overview of course content: The course will follow the attached schedule of topics and cover much of what is in the textbook, as well as additional information. Within each topic there will typically be one or more lectures and a practicum. The lectures will not merely present information contained in the textbook; rather, it will cover some of that but also other material (and/or other topics). Students are expected to be familiar with the content of the textbook from their own reading and study. During weekly practicum students will break into focus groups (n≈30) to discuss material and topics relevant to the assigned readings and lectures. A graduate teaching assistant will facilitate discussion and help students extract the key issues and help prepare students for final examination questions. Undergraduate teaching assistants will be assisting in practicum.

Practicum: As noted, topics of practicum sessions will be focused on extending and clarifying the material covered in lecture and readings, and also will serve to help students prepare for regular examinations and, especially, the comprehensive final examination (see below). Attendance at practicum is required, and counts for up to 5 points (each attendance). In addition, there will be a weekly assignment to complete during practicum session; this assignment is worth up to an additional 5 points. Thus, attending and fully participating at a practicum session, along with thoughtfully completing the assignment, will yield up to 10 points for each week of practicum. If you arrive late or leave early, and/or are not a productive participant in discussion or practicum exercises and assignments, you will obtain only partial credit for that practicum class (i.e., less than 10 points). Practicum grades will be posted at regular intervals (along with grades for each examination) so you can track your progress in this regard. Please note that practicum participation does NOT mean dominating discussion (in fact, quite the opposite; this is discussed a bit below, and can be discussed further with your practicum session TA).

You must attend the practicum session for which you are registered. Under no circumstances can you informally switch practicum sections. It is not possible to make-up a session by attending a section for which you are not registered, nor are there other mechanisms for practicum attendance “make-ups.” If you miss practicum, you may, however, turn in the weekly practicum assignment (within one week of the missed practicum) to obtain credit for the missed assignment (up to 5 points). You will need to print off a worksheet provided each week on ANGEL and bring this to practicum; these assignments must be hand-written on the worksheet during practicum, and turned in directly to your practicum TA. We recognize that some absences may be required due to health, travel, or other reasons. For this reason, we build in the capacity to miss a number of practicum without negatively impacting your grade – your ten [10] best practicum scores will be used to calculate your practicum grade. To provide an incentive to attend all practicum (not merely the minimum number required) a small amount of extra credit (2 points) will be awarded for each practicum session graded as eight or more [8+ points] beyond the ‘top 10’ used for the practicum grade. These points will add directly to your final point total used to compute your course grade.

Examinations: You are responsible for all material both from the classroom lectures and the textbook. Not all material in the text will be covered in lecture, and not all material presented in lecture is available in your textbook. This material will be tested by regularly scheduled examinations and a final examination (cumulative). Rather than having a small number of very large exams, we will have a larger number of shorter examinations. There are four [4] non-cumulative exams during regularly scheduled class periods (these exams must be completed in one class period) and a final examination. Each exam (both during the semester and the final examination) is worth up to 100 points. Regularly scheduled exams will consist of multiple-choice questions on any material presented in that unit (i.e., since the last examination, both lectures and reading). If a scheduled exam is going to be missed for a verifiably good

reason (including religious, athletic, and similar absences), and provided you give at least **two-week advance notice** of missing the exam, a substitute grade may be obtained by alternate means determined by the instructor. (This will *typically* consist of a make-up examination following the regularly scheduled date.) If two-week advance notice is not given and an exam is missed, a zero (0) will be given for that examination. The final examination will be cumulative, and is a short essay examination. Final examination short essay questions will be given out in advance of the exam and are discussed each week in practicum session. There is no provision for making up a missed final examination, and it will not be provided to take earlier than the scheduled examination date and time (other than sanctioned resolutions to approved final examination conflicts); please do not plan your trip home or other departures prior to the final examination date. **Your lowest examination score for the semester will be automatically dropped.** Any examination missed for ANY reason, including the final examination, may be dropped – it is precisely the purpose of this policy to protect against unanticipated emergencies. As such, however, you are strongly advised to not skip an exam (particularly early in the semester) for reasons of mere convenience, as this will leave you no recourse for a subsequent missed examination. All exams are closed book, and no supporting materials may be used (e.g., notes, textbook, dictionaries, etc.).

Your grade will be based on the total number of points you accumulate over the course of the semester, using the point breakdowns as described below. There will also be additional opportunities for extra credit that will add directly to your point total (some topical extra credit adds directly to an exam total, other extra credit opportunities will add directly to your course total – this will be detailed as part of each extra credit announcement). When present, these shall be announced in class and/or practicum.

Grading Point System:

Exam scores (best 4):	400 points	A range: A (470+); A- (450-469)
Practicum (best 10):	100 points	B range: B+ (435-449); B (416-434); B- (400-415)
Total possible points:	500	C range: C+ (377-399); C (365-376)
		D range: D (325-364)

Other comments:

Good attendance is critical to effective learning. Therefore, students are expected to attend class. Additionally, it is imperative to remain caught up with the reading assignments. Students are expected to complete all readings carefully and to participate in class and practicum when appropriate. Participation does not require making “brilliant” comments, nor does it entail constant speaking. It means offering comments when one has a contribution to make that shows thought about the topic. The instructor will serve as discussion moderator for the main class, and the graduate TAs for practicum. Given the large size of the main class, it is very important to limit questions in the main lecture to those with broad appeal, and to keep them short. **Students are strongly encouraged to visit the instructor and/or their TA during office hours (or via appointment) for more in depth discussions of the material, or to discuss more complex questions.**

I expect that you will treat everyone in the class with respect. You have the right to expect the same from me and from your fellow students. Intolerant, insulting, or otherwise disrespectful behaviors have no place in this class. Activities unrelated to the course (e.g., reading the paper, doing homework for another class, eating lunch, and so forth) should not be conducted during class time. Behaviors that disrupt not only your own learning, but the learning of others in the classroom as well, will not be tolerated at any time (i.e., if such behavior is persistent you will be asked to leave the classroom). Along these lines, all cell phones and similar devices must be turned off or silent during the class. Finally, I expect that both you and I respect the time constraints of the class. I will attempt to neither start early, nor run late. Conversely, please do not arrive to class late and do not expect to leave early (packing up early, putting on jackets, etc., are included in this category).

Please note that, for both logistic and privacy reasons, I will not answer questions about grades, special requests, etc., before, during, or after class time. Please come to office hours or arrange a meeting for such discussions.

Class notes: Attending lecture, as well as reading the assigned text and writing your own notes, are each essential to learning the material. Outlines of the material presented on lecture slides will be posted on ANGEL for student use, but please be advised that these outlines may not completely reflect the final lecture content and are **NOT** meant as a substitute for attending class and/or taking lecture notes. Rather, they are intended to be a helpful supplement and to make note taking an easier process. Please also note that full lecture notes will not be posted on the web, nor are they available from the instructor. TAs are not asked to take lecture notes and thus they will not be a helpful resource if you need notes. If you miss a lecture you will need to arrange to copy full lecture notes from a classmate.

Email: Email is an effective and efficient method for communication in this course. Please use email to contact your instructors and TAs when possible (e.g., versus talking in class or phoning), as this provides us a written record and helps us avoid forgetting something you have asked about. **Please also be sure to include your full name, course and section numbers, and a complete description of your issue in the email.** Throughout the semester, email will be used to provide you with last minute, up-to-date, and important information regarding this course. Your PSU-assigned email account will be used for all course-related correspondence for several reasons including: security, protection against viruses, and availability of access. It is your responsibility to check your Penn State account regularly for course related emails. If your PSU email is forwarded to an outside account, it is also your responsibility to ensure that course emails and attachments are making it through to your account. Emails that are bounced back from Gmail or other outside ISP accounts will not be resent. Because of the difficulty with attachments and because email cannot be guaranteed to arrive in a timely manner, we will not accept assignments by email without prior approval. It is also important to note that your instructor and TAs will make an effort to promptly respond to your email requests, but they receive many, many emails each day. There will be times during the semester when responses might not always be made the same day messages are submitted. With that said, if you do not receive a reply from the instructor or TA within 48 hours of submitting your message, it is worth re-sending your note as it may have been missed.

Academic dishonesty: Academic dishonesty is a broad topic. The following statements outline Penn State Policies for what constitutes Academic Dishonesty and for dealing with it when it occurs. If you have any questions about what constitutes academic dishonesty, it is your responsibility to discuss the issue with the course instructor.

Academic integrity is the pursuit of scholarly activity in an open, honest and responsible manner. Academic integrity is a basic guiding principle for all academic activity at The Pennsylvania State University, and all members of the University community are expected to act in accordance with this principle. Consistent with this expectation, the University's Code of Conduct states that all students should act with personal integrity, respect other students' dignity, rights and property, and help create and maintain an environment in which all can succeed through the fruits of their efforts.

Academic integrity includes a commitment not to engage in or tolerate acts of falsification, misrepresentation or deception. Such acts of dishonesty violate the fundamental ethical principles of the University community and compromise the worth of work completed by others. The consequence of academic dishonesty vary according to many factors (seriousness of the action, evidence of premeditation, etc.), but can range from a reduction in your grade on the assignment (typically a zero; for minor offenses) to an F for the course (for major offenses). Regardless of severity, all instances of academic dishonesty are referred to the relevant College and University offices, which can result in additional disciplinary steps (e.g., including permanent recording of an academic integrity violation on your academic transcript) in serious cases.

Examples of academic dishonesty are provided below; these are not intended to be an exhaustive list, but are provided to give an idea of behaviors that will not be tolerated:

- Cheating:** using crib sheets of any kind, preprogrammed calculators or cell phones, use of notes during a closed book exam
- Copying on tests:** looking at other students' exams, copying with a plan with another student, passing notes during exams; exchanging exams with another student
- Plagiarism:** fabricating information or citations; copying from the Internet or submitting the work of others from journals, articles and papers, or books; submitting other students' papers as one's own. Any material, regardless of length, that is the work of somebody else and who is not given explicit credit by citation, submitted as one's own, is plagiarized material. It is recommended that students visit the following plagiarism Site for PSU students: <http://tlt.its.psu.edu/plagiarism>
- Tampering with work:** changing one's own or another student's work; tampering with work either as a prank or to sabotage another's work
- Acts of aiding and abetting:** Facilitating academically dishonest work by others; unauthorized collaboration on work; permitting another to copy from one's exam; writing a paper for another; inappropriately collaborating on home assignments or exams without permission or when prohibited
- Unauthorized possession:** Buying or stealing of exams or other materials; failing to return exams on file or reviewed in class; selling exams; photocopying exams; any possession of an exam without the instructor's permission
- Submitting previous work:** Submitting a paper, case study, lab report, or any assignment that had been submitted for credit in a prior class without the knowledge and permission of the instructor
- Ghosting or misrepresenting:** Taking a quiz or exam or performing a class assignment in place of another student; having another student do the same in one's place; signing in as present in class for another student or having another student do the same in one's place
- Altering exams:** Changing incorrect answers and seeking favorable grade changes when instructor returns graded exams for in-class review and then collects them; asserting that the instructor make a mistake in grade. Other forms include changing the letter and/or numerical grade on a test.
- Computer theft:** Electronic theft of computer programs or other software, data, images, art, or text belonging to another.

Cell phones and other devices: As noted, the BBH 101 classroom is a cell-free environment. Please respect your peers and the instructor by ensuring that your cell phone and other devices are **off or silent** when you are in the classroom. The use of laptop computers and similar devices to take notes is acceptable, but the use of such devices in a manner that may disrupt the learning of those around you is not permitted (e.g., posting on Facebook, watching videos, reading ESPN, etc.). Please use common sense here and be courteous to your fellow students and to the instructor.

Students with a disability: Penn State welcomes students with disabilities into the University's educational programs. If you have a disability-related need for reasonable academic adjustments in this course, contact the Office for Disability Services (ODS) at [814-863-1807](tel:814-863-1807) (V/TTY). For further information regarding ODS, please visit the Office for Disability Services Web site at <http://equity.psu.edu/ods/>. In order to receive consideration for course accommodations, you must contact ODS and provide documentation (see the guidelines at <http://equity.psu.edu/ods/guidelines/documentation-guidelines>). If the documentation supports the need for academic adjustments, ODS will provide a letter identifying appropriate academic adjustments. Please share this letter and discuss the adjustments with your instructor as early in the course as possible (some time is required to arrange, in particular, alternate testing formats/locations/etc., so please alert your instructor at least two weeks prior to your first exam). You must contact ODS and request academic adjustment letters at the beginning of each semester.

Students in Crisis: It is not uncommon for students to experience crises of one kind or another. If you, or someone you know, are struggling to cope with something or otherwise feel you need support, please explore the services offered by the Counseling and Psychological Services [CAPS]: <http://www.sa.psu.edu/caps>.

Statement on religious holidays: Students are reminded of Penn State's policy regarding students' requests for absence from class for the purpose of observing a religious holiday. The University Faculty Senate Policy on Class Attendance (42-47) states that instructors should provide, within reason, opportunity to make up work for students who are obligated to miss classes for legitimate reasons. You are responsible for alerting the instructor as to your absences at least two weeks in advance should they require you missing an examination. An alternate examination, typically following the regularly scheduled examination date, will be provided in these circumstances.

As further clarification, Academic Administrative Policy on Religious Holidays (R-4) states that while the University makes every effort to avoid conflicts with religious holidays, when conflicts are unavoidable, the policy is to try and make special arrangements for the student affected. In consultations with campus and community religious leaders, The Center for Ethics and Religious Affairs has compiled a listing of those holy days of the major world religions for which observance may require a student to depart from his or her normal routine at the University. Only those holy days that occur when classes are in session are included. This is not, therefore, an exhaustive list of all major holy days in each religious tradition. The list is available on the web at www.sa.psu.edu/cera/relhol.html

Coda: Things often change as the semester progresses. If vital, the instructor reserves the right to change parts of the syllabus at any time during the semester. If major changes are required, students will be notified in writing. Such changes shall not be made capriciously, but rather only to address unusual circumstances. Any student who encounters any problem with any aspect of this course should not hesitate to talk with the professor as soon as possible (please note that TAs do not have the authority to alter course policy or other practices, so please reserve such requests for the instructor). If you disagree with the policies described in this document, however, you should not take the course. To remain in the course is to accept the policies described both herein and announced in class, as well as recognize the possibility that such policies may change at the discretion of the instructor.