Instructor:  Douglas A. Granger, Ph.D.
E-310A Health & Human Development Bldg.
Office Hours: W 1:30 – 3:00
Phone: 863-8402; Email: dag11@psu.edu

Title:  Introduction to Biobehavioral Health (Honors)

Course Objectives:

Upon completion of the course, the student will:

1. Appreciate the historical and philosophical background and current thinking about the importance of integrating biological and behavioral approaches to health.
2. Appreciate the importance of examining the impact of biological processes on behavior, as well as the impact of behavior on biological processes, when examining health issues.
3. Be able to apply these principles and the research findings to the issues involved in health promotion and disease prevention.
4. Be able to consider the implications of health and social policy and public health in light of these principles and research findings.

Overview of Course Content:

Topical Outline:

1. Concepts of health
2. Behavioral epidemiology
3. Health promotion
4. History of science and medicine
5. Hormones and behavior
6. Brain and behavior
7. Immune system and behavior
8. Cardiovascular system and behavior
9. Nutrition, behavior, and health
10. Health, behavior and genetics
11. Models of alternative health care
Required Reading:


Grading Criteria

There will be three quizzes each worth 30% of your grade and one 3-5 page thought paper worth 10% of your grade. There is NO FINAL EXAMINATION. Quizzes will cover lectures, guest lectures, discussions, videos, and assigned readings. Additional details on the thought paper will be provided in class.

Extra credit will be given for 1 hour of student participation as a subject in a Penn State project or a 2-page report on an empirical study published on a biobehavioral research issue. Additional details will be provided in class.

There will be no makeup quizzes.

Grading (approximate):

A = 93-100
A- = 90-92
B+ = 86-89
B = 83-85
2 = 80-82
C+ = 76-79
C = 70-75
D = 60-69
F = Below 60

OFFICE OF PERSONS WITH DISABILITIES. The Pennsylvania State University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact the office of Disability Services at (814)-863-1807. The Pennsylvania State University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact the office of Disability Services at (814)-863-1807 in advance of your participation or visit. PLEASE NOTIFY DR. GRANGER AT THE BEGINNING OF THE SEMESTER IF YOU NEED SPECIAL ARRANGEMENTS FOR CLASS OR LABORATORY SESSIONS. IF IN DOUBT ABOUT YOUR SITUATION, PLEASE CONSULT WITH DR. GRANGER.

ACADEMIC DISHONESTY: Academic dishonesty is a broad topic. The examples given here are not intended to be an exhaustive list, but are provided to give an idea of behaviors that will not be tolerated. The following statements describe Penn State Policies for what constitutes Academic Dishonesty, and for dealing with it when it occurs. If you have any question 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 free from fraud and deception and is an educational objective of this institution. Academic dishonesty includes, but is not limited to, cheating, plagiarizing, fabricating of information or citations, facilitating acts of academic dishonesty by others, have unauthorized possession of examinations, submitting work of another person or work previously
(or concurrently) used without informing the instructor, or tampering with the academic work of other students. The usual punishment for academic dishonesty is an “F” for the course or a lesser penalty if the alleged infraction is of a more minor nature.

****Students should also be aware of the rules regarding plagiarism. It is recommended that PSU students visit the following site: Cyber-plagiarism Site for PSU students: http://tlt.its.psu.edu/suggestions/cyberplag/.

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. 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 consultation 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 which 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.

STATEMENT ON PRINCIPLES FOR PROMOTING A VIBRANT LEARNING CULTURE

A vibrant learning culture with teachers and students energetically participating in the learning process requires dedicated interaction between teacher and learner. Whereas the teacher has the responsibility to apply effective teaching methods and learning tools, overall improvement in learning can take place only if the student responds responsibly to the teacher and applies the learning tools as instructed. Both quality teaching and quality learning require hard work, diligence, and major time commitment. Students are encouraged to review the principles of promoting a vibrant learning culture developed by the University Faculty Senate, available on the web at www.psu.edu/oue/vibrant.html