

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

**FALL 2005**

**BBH 101H: INTRODUCTION TO BIOBEHAVIORAL HEALTH (HONORS)  
MWF 12:20 PM to 1:10 PM in 208 THOMAS BLDG.**

**INSTRUCTOR**

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**INSTRUCTOR FOR NUTRITION TOPICS**

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**COURSE OBJECTIVES**

This course is designed to introduce you to basic principles related to health, with an emphasis on environmental, social and psychological influences. We will discuss health as a state of physical, mental, and social well-being, and not just as the absence of disease. This course will prepare you for other courses in the Biobehavioral Health Department as well as for other courses in the health sciences. **Although not all students are enrolled in the honors program, I assume that because you are in this class you are willing to read and participate more than the typical student in the 200+ student class.**

Upon completion of the course, the student should be able to:

1. Describe the importance of integrating biological, behavioral, and sociocultural approaches to health
2. Define current and historical concepts of health
3. Explain basic biological processes
4. Gather and evaluate health information from multiple sources
5. Critically analyze, synthesize, and interpret health information
6. Identify behavioral factors that contribute to (individual) differences in health risk
7. Apply health principles and research findings to health promotion and disease prevention strategies and public health policies
8. Recognize reasons for variability in health among diverse populations
9. Identify possible careers that require Biobehavioral training.

**COURSE PHILOSOPHY:** "You do not receive an education any more than you receive a meal. You have to seek it, order or prepare it, and assimilate and digest it for yourself." Frank H.T. Rhodes, President Emeritus, Cornell University. You are expected to come to class, read the assignments and be ready to discuss them in class.

**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](http://www.psu.edu/oue/vibrant.html).

## OVERVIEW OF COURSE CONTENT

- |                                          |                                            |
|------------------------------------------|--------------------------------------------|
| 1. Background and Health Psychology      | 7. Substance Use                           |
| 2. Research Methods in Health Psychology | 8. Cardiovascular Health                   |
| 3. Health and Behavior                   | 9. Cancer                                  |
| 4. HIV & AIDS                            | 10. Complementary and Alternative Medicine |
| 5. Nutrition and Obesity                 |                                            |
| 6. Stress, Coping, and Health            |                                            |

Throughout the semester, there will be several practicum sessions that will focus on applications and current topics. Typically, practica will involve a presentation or an activity followed by discussion. A brief written assignment will be assigned during each practicum.

**REQUIRED READING:** Straub, R. O. (2002). Health Psychology. NY, Worth. On occasion, additional readings will be required. These readings will be distributed in class or via Angel.

**ATTENDANCE:** Many of the most important activities in this class will take place at lecture. Also, the course schedule listed at the end of this syllabus is not absolute; schedule changes will be announced at the beginning of class, along with other important items such as extra credit opportunities and assignment changes. Supplemental materials also will be provided during several lectures. It is your responsibility to obtain announcement information and any supplemental material if you miss class or arrive late. Please note: If you have to miss class once, you do not need to email me. If you are missing more than one class in a row, you should contact me to explain why.

## ASSIGNMENTS

**Exams:** There will be 3 exams, which will account for **40%** of your grade. You get to drop your lowest exam grade and thus, the 2 highest grades will account for 40% of your grade. Exams will cover lectures, guest lectures, discussions, films, and assigned readings. Exams will be in a variety of formats including some of the following: short answer, multiple choice, and essays. **THERE WILL BE NO EXAM MAKE-UPS, BUT IF YOU MISS ONE EXAM THAT WILL BE THE ONE THAT GETS DROPPED.** There is no final exam.

**Practicum Sessions:** Your participation and brief written assignments from the practicum sessions will account for **30%** of your grade. Practicum sessions will be focused on applications and extension of the material covered in lecture. Attendance at practica is mandatory.

**Class Participation:** Class participation will account for **5%** of your grade. Sign in sheets will be kept for each class (but PLEASE do not email me if you are just missing one class). This class will involve both in-class activities and class discussions. Participation is essential. This is especially important for student presentations. If you miss more than one class during student presentations, your participation grade will decrease.

**Final paper (20%) and presentation (5%):** The term paper will be 5 pages long, double spaced. Topic is to determined after consultation with Dr. West. Students will make presentations (10-12 minutes long) derived from their term paper. Topic must be approved by instructor.

### **GRADING**

A = 93-100	B = 83-85	C = 70-75
A- = 90-92	B- = 80-82	D = 60-69
B+ = 86-89	C+ = 77-79	F = Below 60

Rounding rule: 0.5 or higher is rounded to next whole number.

### **EXTRA CREDIT**

You will be offered several extra credit options throughout the semester. Each time you complete an extra credit session, you will receive 1 point added to your final grade in the class. You are encouraged to attend as many of these events as you can. You can accumulate up to 3 extra credit points.

### **EMAIL and CELL PHONES**

Throughout the semester, email will be used to provide you with last minute, up-to-date, and important information regarding this course. The course management system (CMS, aka “Angel”) will be used for email. I will send duplicate messages to your own Penn State accounts whenever possible. If your PSU email is forwarded to an outside account, it is your responsibility to ensure that course emails and attachments are making it through to your account. Emails that are bounced back from AOL, Hotmail, Yahoo and other outside ISP accounts will not be re-sent. Your instructor receives dozens of emails each day and will make an effort to respond to your questions quickly. If you do not receive a reply from the instructor within 24-36 hours, it is worth re-sending your note as it may have been misplaced.

The classroom is a cell-free environment. Please turn off cell phones and pagers in class.

### **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, having 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 assignment, with an F in the course for a second infraction.

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/>

### **STUDENTS 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 Dr. West at the office shown above. You should also call the office of Disability Services at (814)-863-1807 in advance of your participation or visit.

## **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](http://www.sa.psu.edu/cera/relhol.html).

**BBH 101 Tentative Schedule (This will be changed and updated!)**

	<b>Class #</b>	<b>Topic</b>	<b>Reading</b>
<b>Week 1</b>			
8/31	1	Introduction to the class	Syllabus
9/2	2	Basic Concepts in Health Psychology	Chapter 1
<b>Week 2</b>			
9/5	---	---	---
9/7	3	Research in health psychology	Chapter 2
9/9	4	Guest Speaker: Philip Galewitz, health journalist and Kaiser Media Fellow	
<b>Week 3</b>			
9/12	5	Complementary and alternative medicine, I	Chapter 14
9/14	6	Complementary and alternative medicine, II	
9/16	7	Practicum 2: Biobehavioral Models of Disease	TBA
<b>Week 4</b>			
9/19	8	Brain and Endocrine Systems	Chapter 3. pp 83-95, Chapter 4 pp. 129-133
9/21	9	<i>Exam 1: covers first 8 classes</i>	
9/23	10	Behavioral endocrinology: Guest Katie Kivlighan, BBH doctoral student	TBA
<b>Week 5</b>			
9/26	11	Field trip to Salimetrics	TBA
9/28	12	Cardiovascular and Respiratory Systems	Chapter 3, pp 96-103
9/30	13	Cardiovascular disease	
<b>Week 6</b>			
10/3	14	Diabetes, Guest: Dr. Jan Ulbrecht, an endocrinologist and BBH professor	Chapter 9, pp 401-410
10/5	15	Immune and Reproductive Systems	Chapter 3, pp 104-113, Chapter 4, pp. 156-161
10/7	16	HIV and AIDS	Chapter 11
<b>Week 7</b>			
10/10	17	Substance Abuse	
10/12	18	Healthy behaviors and the science of behavior change	Chapter 6
10/14	---	No class study day	
<b>Week 8</b>			
10/17	19	Practicum: Healthy behaviors survey data	Complete survey and bring to class with you
10/19	20	<i>Exam 2 covers classes 10-18</i>	
10/21	21	Rob Turrisi, Guest lecturer. Prevention of alcohol related harm in college students	TBA

Week 9			
10/24	22	Cancer	Chapter 10
10/26	23	Stress and Health	Chapter 4
10/28	24	Research in Biobehavioral health	
Week 10			
10/31	25	Theoretical views of stress and health. Guest: Dr. Laura Cousino Klein. The tend and befriend response.	Corwin and Klein (2002) paper
11/2	26	Practicum: General Clinical Research Center	
11/4	27	Graduate student research in BBH	
Week 11			
11/7	28	TBA	
11/9	29	Nutrition, Dr. Colin D. Kay---an expert in oxidative stress and nutrition	Chapter 7
11/11	30	Obesity—Dr. Kay	
Week 12			
11/14	31	Eating Disorders – Dr. Kay	
11/16	32	<i>Exam 3 Lectures 20-31</i>	
11/18	33	Practicum: Special Topics in Nutrition, Dr. Kay	Efficacy and safety of low-carbohydrate diets: A systematic review.
Week 13			
11/21	34	Student Presentations	None, work on your term paper
11/22*(T)	35	Student Presentations	None
11/23	----	<b>NO CLASS</b> Thanksgiving	None
11/25	----	<b>NO CLASS</b> Thanksgiving	None
Week 14			
11/28	36	Student Presentations	None
11/30	37	Student Presentations	None
12/2	38	Student Presentations	None,
Week 15			
12/5	39	Student Presentations	None, Final paper due today
12/7	40	Student Presentations	None
12/9	41	<b>Wrap up and do semester evaluations</b>	Please attend

There is no final exam.