



BAKER COLLEGE
STUDENT LEARNING OUTCOMES

PSY3050 Health Psychology

3 Semester Hours

Student Learning Outcomes and Enabling Objectives

1. Examine biological, psychological, and socio-cultural factors that influence health.
 - a. Identify biological factors of health and well-being.
 - b. Identify psychological factors of health and well-being.
 - c. Identify socio-cultural factors of health and well-being.
2. Examine theories and models related to health and well-being.
 - a. Discuss the history of health theories and models.
 - b. Compare contemporary health frameworks, theories, and models.
3. Analyze behaviors and external factors that influence health and well-being.
 - a. Explore nutrition, exercise, and obesity.
 - b. Discuss alcohol, tobacco, drugs, and substance abuse.
 - c. Discuss sexual health and risk awareness.
 - d. Discuss stress and the health implications.
4. Explore individual characteristics and personality traits that can affect health.
 - a. Discuss personality traits that influence the ability to cope with pain and illness.
 - b. Examine personality traits and doctor/patient relationships.
 - c. Discuss personality traits and treatment compliance and noncompliance.
5. Assess strategies to promote health and well-being.
 - a. Describe strategies for promoting health literacy.
 - b. Explore strategies for disease prevention.
 - c. Discuss strategies for changing unhealthy behaviors.
6. Assess factors related to illness, chronic illness, terminal illness, and death.
 - a. Identify the role of the patient, health professionals, caregivers, and support system.
 - b. Explore effective strategies for coping with illnesses.
7. Examine current research in health psychology.
 - a. Identify research methods used in health psychology research.
 - b. Discuss trends and key issues in health psychology research.
 - c. Examine legal and ethical issues related to health psychology.
8. Explore education and careers in health psychology.
9. Communicate using the standards and guidelines established for the profession.
 - a. Develop APA skills by incorporating proper APA format in written assignments.
 - b. Demonstrate effective writing and/or presentation skills for different purposes.

Effective: Fall 2017