

Course number		U-LAS40 10013 LE26					
Course title (and course title in English)		Health Psychology I-E2 Health Psychology I-E2		Instructor's name, job title, and department of affiliation		Institute for the Future of Human Society Senior Lecturer,DE ALMEIDA, Igor	
Group	Health and Sports		Field(Classification)		Health and Sports Sciences(Foundations)		
Language of instruction	English		Old group		Number of credits	2	
Number of weekly time blocks	1	Class style	Lecture (Face-to-face course)		Year/semesters	2025 • First semester	
Days and periods	Wed.2	Target year	All students		Eligible students	For all majors	
[Overview and purpose of the course]							
This course will introduce students to the social and psychological variables that influence our physical health and our ability to cope with illness. Topics include stress reactions, risk factors in chronic disease, and prevention of disease.							
[Course objectives]							
<p>At the conclusion of this course, students will be able to:</p> <ol style="list-style-type: none"> 1. Describe the basic function of the cardiovascular, immune, and endocrine system, and how health behaviors, personal relationships, and stress can influence these systems 2. Demonstrate understanding of the methods and evidence that exists to explain how psychology can impact physical health 3. Critically apply research findings in health psychology to real world health problems and solutions <p>This course will also develop students' communication and critical thinking skills in English.</p>							
[Course schedule and contents)]							
<p>As required, and with advanced notice to students, the instructor may make some minor adjustments to the schedule below.</p> <ol style="list-style-type: none"> 1 Course welcome and topic introduction 2 Health Behaviours I 3 Health Behaviours II 4 Class activity I 5 Class activity II 6 Stress and illness I 7 Stress and illness II 8 Class activity III 9 Patients, providers and the health system 10 Pain, coping and alternative medicine 11 Chronic illness 12 Health status and quality of life 13 Culture and health 14 Class Activity IV 							
<div style="text-align: right;">Continue to Health Psychology I-E2 (2)</div>							

Health Psychology I-E2 (2)

15 Presentations and feedback

The course format includes interactive lectures accompanied by powerpoint slides and demonstrations (interactive activities, short film) to illustrate concepts. Course time regularly includes small group / class discussions.

[Course requirements]

None

[Evaluation methods and policy]

Each class activity and presentation accounts for 20% of the grade.

This course uses a raw score grading system (0-100).

Optional extra activities such as reports and participation in research may be introduced during class. These activities may provide additional points to the final grade.

[Textbooks]

Instructed during class

Class contents are based on several sources, these are the main references:

Ogden, J. (2019). Health Psychology. ISBN: 0335251862

Cassidy, T. (2022). Stress, Cognition and Health. ISBN: 0367564181

Straub, R. O. (2014) Health Psychology: A Biopsychosocial Approach. ISBN: 1464109370

Irwin, M. R. (2008). Human psychoneuroimmunology: 20 years of discovery. Brain, behavior, and immunity, 22(2), 129-139.

[References, etc.]

(References, etc.)

Tony Cassidy 『Stress, Cognition and Health』 (2022) ISBN:0367564181 (Reference book)

Jane Ogden 『Health Psychology』 (2019) ISBN:0335251862

Richard O. Straub 『Health Psychology: A Biopsychosocial Approach』 (2014) ISBN:1464109370

[Study outside of class (preparation and review)]

To make satisfactory progress in the course, students will be expected to spend approximately 90 minutes each week outside of class reviewing lecture materials, class notes, and recommended texts.

[Other information (office hours, etc.)]

Walk-in office hours will be available each week. Students may use office hours to discuss course material or for other general questions, such as studies / careers in psychology. The time and location for walk-in hours will be announced in the first week. Students are also welcome to make appointments for office hours by emailing the instructor in advance and arranging a mutually convenient time.