

Course discipline/number/title: PSYC 1660: Health Psychology

- A. CATALOG DESCRIPTION
1. Credits: 3
 2. Hours/Week: 3
 3. Prerequisites (Course discipline/number): None
 4. MnTC Goals (if any): Goal 5/ History and the Social and Behavioral Sciences, and Goal 7a/Human Diversity
- B. COURSE DESCRIPTION: This course will examine the psychological and social factors that lead to the enhancement of physical health and the prevention and treatment of illness.
- C. DATE LAST REVISED (Month, year): November, 2024
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. Foundations of health psychology
 2. Behavioral and psychological factors in health
 3. Stress, illness, and coping
 4. Health psychology and specific medical conditions
- E. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Demonstrate an understanding and application of the biopsychosocial model.
 2. Analyze health behavior and change.
 3. Evaluate patient-provider interactions.
 4. Examine the psychology of chronic and terminal illness.
- F. LEARNING OUTCOMES (MNTC):
- Goal 5/History and the Social and Behavioral Sciences: The student will be able to:
1. Employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
 2. Use and critique alternative explanatory systems or theories.
 3. Develop and communicate alternative explanations or solutions for contemporary social issues.
- Goal 7a/Human Diversity: The student will be able to:
1. Demonstrate an awareness of the individual and institutional dynamics of unequal power relations between groups in contemporary society.
 2. Analyze their own attitudes, behaviors, concepts, and beliefs regarding diversity, racism, and bigotry.
 3. Describe and discuss the experience and contributions (political, social, economic, etc.) of the many groups that shape American society and culture, in particular those groups that have suffered discrimination and exclusion.
 4. Demonstrate communication skills necessary for living and working effectively in a society with great population diversity.
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Exams
 2. Projects
 3. Homework
 4. Writing Assignments
 5. Group work
 6. Presentations
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Course Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None