

Department of Public and Community Health

HLTH 498H: Mind - Body Health

Instructor: Dr. David H. Hyde

Office/Phone: HHP 2374 301-405-2523

Email: dhyde1@umd.edu

Semester: Summer 2005

Classroom/Time: HHP 1301 M, Tu, W, Th: 11:00-12:45

Office Hours

Monday through Thursday

10:00am to 11:00am

and

By appointment

Textbook Mind / Body Health: The Effects of Attitudes, Emotions and Relationships 3rd Edition).
Karren, KJ; Hafen, BQ; Smith, NL; and Frandsen, KJ.

Course Description What is the connection between one's attitudes and emotions and their health? Can worry, anxiety, negative thoughts, depression, hostility and anger increase our susceptibility to illness? If so, how? Conversely, can positive attitudes and emotions improve or protect our health? Using a seminar format, the course will explore and discuss a variety of emotional and attitudinal factors influencing our health. The course is appropriate for graduate and undergraduate students.

Course Policies

Attendance & Participation...

In most courses there is a direct relationship between class attendance and grades. If one of your goals is to get an "A" in this course, please come to class. Since this course has been structured as a 'seminar' course, attendance becomes even more important. If you are missing a significant number of classes due to an illness, or for some personal difficulties, please contact me during the 'situation' - as it is developing - so we can work something out. Please do not 'disappear' for a few class days and then suddenly reappear with the excuse that you have been caring a sick grandmother in Hawaii and expect to hand in late work. Keep in mind that this is *your* class so try to participate each day. Students should feel free to share information, ask questions and express personal opinions. Please respect the comments and opinions of others.

Accommodations or students with disabilities...

If you have a documented disability and wish to discuss academic accommodations for test taking or other needs, please talk to me as soon as possible. You will need documentation from Disability Support Service (314-7682.) If you intend to take any or all exams at DSS it is your responsibility to notify me as soon as possible.

Academic Integrity...

The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, shall constitute academic dishonesty:

- ✓ CHEATING : intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.
- ✓ FABRICATION: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
- ✓ FACILITATING ACADEMIC DISHONESTY: intentionally or knowingly helping or attempting to help another to violate any provision of this code.
- ✓ PLAGIARISM: intentionally or knowingly representing the words or ideas of

another as one's own in any academic exercise.

For additional information see:

<http://www.inform.umd.edu/CampusInfo/Departments/PRES/policies/iii100a.html>

Religious Observances...

The University System of Maryland policy provides that students *should not be penalized because of observances of their religious beliefs; students shall be given an opportunity, whenever feasible, to make up within a reasonable time any academic assignment that is missed due to individual participation in religious observances.* **It is the student's responsibility to inform the instructor in advance of any intended absences for religious observance.**

Assignments...

For each day's reading assignment please bring to class on a sheet of paper (typed and single spaced):

- (1) Two questions for that day's discussion.
- (2) Two things you liked from the reading, or found most interesting, and why (a short paragraph of at least 5-6 sentences for each one).
- (3) How it applies to you or how you might use something you read.

Submit at the end of class.

Must attend class to receive credit.

Maximum of 13 points.

Missed classes can be partially made up by submitting a 3 page paper (minimum of 4 references) within 3 days of the missed class.

Maximum of 6 points.

Grading

Above 250 points	A+
250 - 246 points	A
245 - 241 points	A-
240 - 236 points	B+
235 - 231 points	B
230 - 226 points	B-
225 - 221 points	C+
220 - 216 points	C
215 - 211 points	C-
210 - 206 points	D+
205 - 201 points	D
200 - 196 points	D-
195 & below	F+

If it becomes apparent that the chapters are not being read, daily quizzes will become part of the points for each daily assignment.

TENTATIVE CLASS SCHEDULE

Monday, July 11	Discussion - Health
Tuesday, July 12	Preface & Chapter 1 (pgs. 3-15)
Wednesday, July 13	Chapter 1 (pgs. 16-38)
Thursday, July 14	Chapter 2
Monday, July 18	Chapter 3
Tuesday, July 19	Chapter 4
Wednesday, July 20	Chapter 5
Thursday, July 21	Chapter 6
Monday, July 25	Chapter 7
Tuesday, July 26	Chapter 8
Wednesday, July 27	Chapter 9
Thursday, July 28	Chapter 10
Monday, August 1	Chapter 11
Tuesday, August 2	Chapter 12
Wednesday, August 3	Chapter 13
Thursday, August 4	Chapter 14
Monday, August 8	Chapter 15
Tuesday, August 9	Chapter 16
Wednesday, August 10	Chapter 17
Thursday, August 11	Chapter 18
Monday, August 15	Chapter 19
Tuesday, August 16	No Class
Wednesday, August 17	Chapter 20
Thursday, August 18	Chapter 21 & Epilogue