

DOCUMENT N: COURSE AND PROGRAM DEVELOPMENT COVER SHEET

See Course and Program Development Policy and Procedures for Instructions

SCHOOL: LAW <input type="checkbox"/> MSB <input type="checkbox"/> YGCLA <input checked="" type="checkbox"/>	Contact Name: Helga Walz	Phone: X 5279
DEPARTMENT / DIVISION: Applied Behavioral Sciences		
SHORT DESCRIPTION OF PROPOSAL (state name of action item 1-20 and course name, code & number / program affected):		
4, 6, 7: Change number and prerequisites for PSYC 449 Health Psychology to be consistent with numbering system within new 4-year PSYC BA program; modify course description. Numbering change is from PSYC 449 to PSYC 330.		
PROPOSED SEMESTER OF IMPLEMENTATION: Fall <input checked="" type="checkbox"/> Spring <input type="checkbox"/> Year: 2007		

Box 1: TYPE OF ACTION	ADD(NEW) <input type="checkbox"/>	DEACTIVATE <input type="checkbox"/>	MODIFY <input checked="" type="checkbox"/>	OTHER <input type="checkbox"/>
Box 2: LEVEL OF ACTION	Non-Credit <input type="checkbox"/>	Undergraduate <input checked="" type="checkbox"/>	Graduate <input type="checkbox"/>	OTHER <input type="checkbox"/>

Box 3: ACTION ITEM (check appropriate boxes)		DOCUMENTS REQUIRED (see box 4 below)	IMPACT REVIEWS (see box 5 on back)	APPROVAL SEQUENCE (see box 6 on back)
	1. Experimental Course ¹	NOP	a, c, e	AC
	2. Course Title	NO		ABCD
	3. Course Credits	NO		ABCD
<input checked="" type="checkbox"/>	4. Course Number	NO		ABCD
	5. Course Level	NO		ABCD
<input checked="" type="checkbox"/>	6. Pre & Co-Requisite	NO		ABCD
<input checked="" type="checkbox"/>	7. Course Description	NOP		ABCD
	8. New Course	NOP		ABCDEF
	9. Deactivate a Course	NO		ABCDEF
	10. Program Requirements	NO	b, c, d, e	ABCDEF
	11a. UG Specialization (24 credits or less)	NO	a, b, c, d, e	ABCDEF
	11b. Masters Specialization (12 credits or less)	NO	a, b, c, d, e	ABCDEF
	11c. Doctoral Specialization (18 credits or less)	NO	a, b, e	ABCDEF
	12. Closed Site Program	NOT	e	ABCDHIK
	13. Program Suspension ⁹	NO,5	a, e	ABCDEGIK
	14a. Certificate Program (ug/g) exclusively within existing degree program	NO	a, c, e	ABCDEFHIK
	14b. Certificate Program (ug/g) where degree programs do not exist or where courses are selected across degree programs (12 or more credits)	NOQR, 6	a, c, e	ABCDEFHJL
	15. Off-Campus Delivery of Existing Program	NO, 4	a, b, c, e	ABCDEFHIL
	16a. UG Concentration (exceeds 24 credit hours)	NO, 5	a, c, d, e	ABCDEFGHJL
	16b. Masters Concentration (exceeds 12 credit hours)	NO, 5	a, c, d, e	ABCDEFGHJL
	16c. Doctoral Concentration (exceeds 18 credit hours)	NO, 5	a, c, d, e	ABCDEFGHJL
	17. Program Title Change	NO, 5	a, c, d, e	ABCDEFGHJL
	18. Program Termination	NO, 10	d, e	ABCDEFGHIK
	19. New Degree Program	NOQR, 3,8	a, c, d, e	ABCDEFGHJL
	20. Other	Varies	Varies	Varies

Box 4: DOCUMENTATION (check boxes of documents included)			
<input checked="" type="checkbox"/>	N. This Cover Sheet	<input type="checkbox"/>	Q. Full 5-page MHEC Proposal
<input checked="" type="checkbox"/>	O. Summary Proposal	<input type="checkbox"/>	R. Financial Tables (MHEC)
<input checked="" type="checkbox"/>	P. Course Definition Document	<input type="checkbox"/>	S. Contract
			T. Other





- Approval of experimental course automatically lapses after two offerings unless permanently approved as a new course.
- Codes: a) Library Services (Langsdale or Law) b) Office of Technology Services c) University Relations d) Admissions
- Letter of Intent is required by USM at least 30 days before a full proposal can be submitted. Letter of Intent requires only the approval of the dean and the provost and is forwarded to USM by the Office of the Provost.
- One-page letter to include: Program title & degree/certificate to be awarded; resources requirements; need and demand; similar programs; method of instruction; and oversight and student services (MHEC requirement)
- One-page letter with description and rationale (MHEC requirement)
- One or two-page document that describes: centrality to mission; market demand; curriculum design; adequacy of faculty resources; and assurance program will be supported with existing resources. (MHEC requirement)
- Learning objectives, assessment strategies; fit with UB strategic plan
- Joint Degree Program or Primary Degree Programs require submission of MOU w/ program proposal. (MHEC requirement)
- Temporary suspension of program to examine future direction; time not to exceed two years. No new students admitted during suspension, but currently enrolled students must be given opportunity to satisfy degree requirements.

DOCUMENT N: COURSE AND PROGRAM DEVELOPMENT COVER SHEET (Page 2 of 2)

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10. Provide:
- evidence that the action is consistent with UB mission and can be implemented within the existing program resources of the institution.
 - proposed date after which no new students will be admitted into the program;
 - accommodation of currently enrolled students in the realization of their degree objectives;
 - treatment of all tenured and non-tenured faculty and other staff in the affected program;
 - reallocation of funds from the budget of the affected program; and
 - existence at other state public institutions of programs to which to redirect students who might have enrolled in the program proposed for abolition.
11. University Council *review* (for a recommendation to the President or back to the Provost) shall be limited to curricular or academic policy issues that may potentially affect the University's mission and strategic planning, or have a significant impact on the generation or allocation of its financial resources.

Box 5: IMPACT REVIEW	SIGNATURES (see procedures for authorized signers)	DATE
a. Library <input type="checkbox"/> No impact <input type="checkbox"/> Impact statement attached	Director or designee:	
b. OTS <input type="checkbox"/> No impact <input type="checkbox"/> Impact statement attached	CIO or designee:	
c. University Relations <input type="checkbox"/> No impact <input type="checkbox"/> Impact statement attached	Director or designee:	
d. Admissions <input type="checkbox"/> No impact <input type="checkbox"/> Impact statement attached	Director or designee:	
e. Records <input type="checkbox"/> No impact <input type="checkbox"/> Impact statement attached	Registrar or designee:	

Box 6: APPROVAL SEQUENCE	APPROVAL SIGNATURES	DATE
A. Department / Division	Chair: 	1-23-07
B. Final faculty review body within each School	Chair: 	2-15-07
C. College Dean	Dean: 	2/19/07
D. Provost and Senior Vice President for Academic Affairs	Provost: 	2/28/07
E. Curriculum Review Committee (UFS subcommittee)	Chair:	
F. University Faculty Senate (UFS option)	Chair:	
G. University Council (see # 11 above)	Chair:	
H. President	President:	
I. Board of Regents – notification only		
J. Board of Regents – approval		
K. MHEC – notification only		
L. MHEC – approval		
M. Middle States Association notification	Required only if the mission of the University is changed by the action	

DOCUMENT O: SUMMARY PROPOSAL

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SCHOOL: LAW <input type="checkbox"/> MSB <input type="checkbox"/> YGCLA <input checked="" type="checkbox"/>	Contact Name: Helga Walz	Phone: x 5279
DEPARTMENT / DIVISION: Division of Applied Behavioral Sciences		
SHORT DESCRIPTION OF PROPOSAL (state action item 1-23 and course name & number or program affected):		
4, 6, 7: Change number and prerequisites for PSYC 449 Health Psychology to be consistent with numbering system within new 4-year PSYC BA program; modify course description. Numbering change is from PSYC 449 to PSYC 330.		
PROPOSED SEMESTER OF IMPLEMENTATION: Fall <input checked="" type="checkbox"/> Spring <input type="checkbox"/> Year: 2007		

O-1: Briefly describe what is being requested:

4 – Change course number from PSYC 449 to PSYC 330

6 - Change course prerequisites to:

PSYC 100 or an equivalent introductory psychology course or permission of program director.

7 – Change course description to

Scientific psychology as applied to enhance health, prevent and treat disease, identify risk factors, improve the health care system, and shape public opinion with regard to health. The course focuses on the biopsychosocial model of health and the interactive influences of biological, behavioral, and social factors on health/well-being, and illness.

For new courses or changes in existing courses (needed by Registrar)

OLD Title: Health Psychology	Course # / HEGIS Code: PSYC 449	Credits: 3
NEW Title: Health Psychology	Course # / HEGIS Code: PSYC 330	Credits: 3

O-2: Set forth the rationale for the proposal:

4 – Numbering change necessitated by need for lower-division courses within the new 4-year PSYC BA program. Health psychology fits better as a 3rd-year course in our curriculum, with our other three survey courses in applied psychology (i.e., PSYC 320 Industrial Psychology, PSYC 325 Forensic Psychology, and PSYC 340 Counseling Psychology).

6 – Prerequisite change necessitated by previously approved renumbering of courses within new 4-year PSYC BA degree program.

7 –New course description is more informative of actual course content.

Document P: Required Format for Course Definition Document

1. **Date Prepared:** 1/22/2007
2. **Prepared by:** Helga Walz
3. **Department:** Division of Applied Behavioral Sciences
4. **Course Number(s), including HEGIS code(s):** PSYC 330
5. **Course Title:** Health Psychology
6. **Credit Hours:** 3
7. **Catalog Description (Paragraph should reflect general aims and nature of the course)**

Health Psychology uses the science of psychology to enhance health, prevent and treat disease, identify risk factors, improve the health care system, and shape public opinion with regard to health. The course focuses on the biopsychosocial model of health and the interactive influences of biological, behavioral, and social factors on health/well-being, and illness.
8. **Prerequisites:** PSYC 100
9. **Faculty qualified to teach course:**

Dr. John Bates, Dr. Courtney Gasser, Dr. Elaine Johnson, Dr. Deborah Kohl, Dr. Thomas Mitchell, Dr. Bridal Pearson, Dr. Helga Walz, Dr. Janet Yun
10. **Course Type / Component (clinical, continuance, discussion, field studies, independent study, laboratory, lecture, seminar, supervision, thesis research, workshop)**

Lecture/Discussion
11. **Suggested approximate class size:** 20-25
12. **Content Outline**
 1. Introduction to Health Psychology
 2. Conducting Health Research
 3. Seeking Health Care
 4. Adhering to Medical Advice
 5. Defining and Measuring Stress
 6. Understanding Stress and Disease
 7. Understanding Pain
 8. Managing Stress and Pain, Defining and Measuring Stress

9. Behavioral Factors in Cardiovascular Disease and Cancer
10. Living with Chronic Illness
11. Preventing Injuries
12. Smoking Tobacco, Using Alcohol and Other Drugs
13. Eating and Weight
14. Exercising
15. Future Challenges

13. Learning Goals

By the end of this course students should be able to:

1. Discuss the Biomedical versus Biopsychosocial Model
2. How research in Health Psychology is conducted
3. Theories of health-seeking behavior
4. Preventive health behaviors, primary, secondary, and tertiary
5. Psychological processes, stress, and illness
6. The role of psychological processes in staying healthy
7. Coping with illness and the importance of psychosocial issues
8. Apply Health Psychology principles to enhance personal health and prevent illness.

14. Assessment Strategies

Assessment of student learning will be evaluated through 1) in-class presentation, 2) exams that consist of essays and/or multiple choice questions and 3) term papers on topics pertinent to course content and individual student interest supported by information from library and/or electronic sources, written in APA style.

15. Suggested Text(s) and Materials (example: textbooks, equipment, software, etc.)

Brannon, L., & Feist, J. (2007). *Health Psychology: An introduction to behavior and health*. Belmont, CA: Thomson Wadsworth.

Gurung, R.A.R. (2006). *Health Psychology: A cultural approach*. Belmont, CA: Thomson Wadsworth.