**PSY 323 Tentative Schedule**

Note: All materials that you will need for any given week are located under the tab for that week in blackboard.

<table>
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<tr>
<th>CLASS WEEK &amp; DATE</th>
<th>READINGS</th>
<th>ASSIGNMENTS &amp; DUE DATES</th>
<th>MODULE #S &amp; TOPICS/FILMS TO REVIEW</th>
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| Week 1
Mon., 12/15 – Fri., 12/19 | Textbook Chapters 1 – 4 (Foundations of Health Psychology; Conducting Health Research; Seeking and Receiving Health Care; Adhering to Healthy Behavior) | Syllabus Quiz – Complete anytime between Mon., 12/15 at 8:00 AM and Wed., 12/17 by 5:00 PM  
Exam 1 – Complete anytime between Wed., 12/17 at 5:00 PM and Fri., 12/19 by 5:00 PM (Chapters 1 – 4 and Modules 1-2)  
Discussion Board, Week 1 – Respond by 10:00 PM, Fri., 12/19 **Course drop date: Wed., Dec. 17** | Module 1: Introduction to Health Psychology and Research Methods  
Module 2: Health Care and Adherence |
| Week 3
Mon., 12/22 – Fri., 12/26 | Textbook Chapter 5 – 7 (Defining, Measuring, and Managing Stress; Understanding Stress, Immunity, and Disease; Understanding and Managing Pain) | Exam 2 – Complete anytime between Wed., 12/24 at 5:00 PM and Sun., 12/28 by 5:00 PM (extended due to holiday; Chapters 5 – 7 and Module 3)  
Discussion Board, Week 2 – Respond by 10:00 PM, Fri., 12/26 **Dec. 25 is a holiday, so complete the exam and discussion board post EARLY if you have plans!** | Module 3: Stress, Pain & Coping |
| Week 3 | Mon., 12/29 – Fri., 1/2 | Textbook Chapters 14 – 15 (Eating and Weight; Exercising)  
*Fast Food Nation*  
(Complete reading book by Mon., 12/29) | Exam 3 – Complete anytime between Wed., 12/31 at 5:00 PM and Sun., 1/4 by 5:00 PM  
(*extended due to holiday*; Chapters 14 – 15, *Fast Food Nation*, Super Size Me, and Modules 4-5)  
Complete Phase 1 of Health Behavior Change project by 10:00 PM, Fri., 1/2  
Discussion Board, Week 3 – Respond by 10:00 PM, Fri., 1/2  
**Jan. 1 is a holiday, so complete the exam and discussion board post EARLY if you have plans!** | **Module 4:** Obesity, Eating Disorders, and Food Choices  
**Module 5:** Physical Activity and its Benefits  
Super Size Me film  
http://www.hulu.com/watch/63283 |
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| Week 4 | Mon., 1/5 – Fri., 1/9 | Textbook Chapters 12 – 13 (Smoking Tobacco; Using Alcohol and Other Drugs)  
New York Times (NYT), special feature on marijuana legalization; Read all six parts:  
http://www.nytimes.com/interactive/2014/07/27/opinion/sunday/high-time-marijuana-legalization.html?op-nav | Final Exam 6 (non-cumulative) – Complete anytime between Wed., 1/7 at 5:00 PM and Fri., 1/9 by 5:00 PM (Chapters 12 – 13, NYT reading, and Module 6)  
Complete Phase 2 of Health Behavior Change project by 10:00 PM, Fri., 1/9 (*no late assignments accepted AFTER Fri., 1/9; no exceptions*)  
Discussion Board, Week 6 – Respond by 10:00 PM, Fri., 1/9 | **Module 6:** Tobacco, Alcohol, and Other Drug Use |