PUBH 122: HEALTH PSYCHOLOGY

In Workflow

1. PUBH Chair (aleta.baldwin@csus.edu)
2. HHS College Committee Chair (irwin.thompson@csus.edu)
3. HHS Dean (patterson@csus.edu)
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Approval Path

1. 2026-09-25T17:43:21Z
   Aleta Baldwin (aleta.baldwin): Approved for PUBH Chair
2. 2026-10-07T18:34:56Z
   Scott Thompson (irwin.thompson): Approved for HHS College Committee Chair
3. 2026-10-13T01:28:53Z
   Aishah Patterson (patterson): Approved for HHS Dean

History

1. Aug 9, 2019 by Janett Torset (torsetj)
2. Mar 29, 2021 by Janett Torset (torsetj)

Date Submitted: 2026-09-23T23:37:10Z

Viewing: PUBH 122 : Health Psychology

Formerly known as: HLSC 122

Last approved: Mon, 29 Mar 2021 14:03:08 GMT

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Changes proposed by: Michael Mink (223000505)

Contact(s):

Name (First Last)	Email	Phone 999-999-9999
Michael Mink	m.mink@csus.edu	916-278-6004

Catalog Title:
Health Psychology

Class Schedule Title:
Health Psychology

Academic Group: (College)
HHS - Health & Human Services

Academic Organization: (Department)
Public Health

Will this course be offered through the College of Continuing Education (CCE)?
No

Catalog Year Effective:
Spring 2027 (2026/2027 Catalog)

Subject Area: (prefix)
PUBH - Public Health

Catalog Number: (course number)
122

Course ID: (For administrative use only.)
172037

Units:
3

Is the ONLY purpose of this change to update the term typically offered or the enforcement of existing requisites at registration?
No

In what term(s) will this course typically be offered?
Fall, Spring

Does this course require a room for its final exam?
Yes, final exam requires a room

This course complies with the credit hour policy:
Yes

Justification for course proposal:
Updating learning outcomes to better reflect content that has slowly evolved over time.

Course Description: (Not to exceed 90 words and language should conform to catalog copy.)
Introduction to behavioral and social factors that influence health and illness. Explores the causes of premature death, the relationships between personality and health, and the development of health problems. Includes an overview of psychological principles in behavioral medicine, physiological foundations of health psychology, the role of emotions in immune function, and topical theories of, techniques for, and research on how psychology can help people live longer, healthier lives.

Are one or more field trips required with this course?
No

Fee Course?
No

Is this course designated as Service Learning?
No

Is this course designated as Curricular Community Engaged Learning?
No

Does this course require safety training?
No

Does this course require personal protective equipment (PPE)?
No

Does this course have prerequisites?
Yes

Prerequisite:
Must be a Public Health, Health Science, or Child Development major or minor

Prerequisites Enforced at Registration?
Yes

Does this course have corequisites?
No

Graded:
Letter

Approval required for enrollment?
No Approval Required

Course Component(s) and Classification(s):
Lecture

Lecture Classification
CS#02 - Lecture/Discussion (K-factor=1WTU per unit)
Lecture Units
3

Is this a paired course?
No

Is this course crosslisted?
No

Can this course be repeated for credit?
No

Can the course be taken for credit more than once during the same term?
No

Description of the Expected Learning Outcomes and Assessment Strategies:

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	Describe how foundational concepts in health psychology inform public health practice.	• Smartbook Practice Exercises 1, 9 • Exams 1, 2. 3
2	Explain the relationship between biological, behavioral, social, psychological and environmental dimensions of health across the life span.	• Smartbook Practice Exercises 11, 12 • Week 14 Online Discussion • Exams 1, 3
3	Apply health behavior theories to identify and address health determinants as a part of health promotion interventions.	• Theory Assignment • Smartbook Practice Exercises 3, 5 • Exam 1
4	Analyze how psychological concepts influence the adoption and maintenance of behaviors that impact health.	• Smartbook Practice Exercises 4, 10, 13 • Week 4 Online Discussion • Exam 1
5	Explain the relationship of the immune system, nervous system, and the psyche on everyday wellbeing.	• Week 13 Online Discussion • Stress Management Project • Exams 2, 3
6	Describe the stress cycle and its impacts on health outcomes.	• Stress Management Project • Smartbook Practice Exercises 6, 7 • Week 9 Online Discussion • Exam 2

Attach a list of the required/recommended course readings and activities:
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Is this course required in a degree program (major, minor, graduate degree, certificate?)
Yes

Has a corresponding Program Change been submitted to Workflow?
No

Identify the program(s) in which this course is required:

Programs:
BS in Health Science
BS in Public Health (Health Promotion)

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?
No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Knowledge of human cultures and the physical and natural world
Intellectual and practical skills
Personal and social responsibility
Integrative learning

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

Is this a General Education (GE) or Graduation Requirement (GR) course or is it being considered for GE/GR?

Is this a General Education (GE) course or is it being considered for GE?

No

Key: 2756