



**BAKER COLLEGE**  
**STUDENT LEARNING OUTCOMES**

**PSY3050 Health Psychology**  
**3 Semester Hours**

---

**Student Learning Outcomes & Enabling Objectives**

1. Examine biological, psychological, and socio-cultural factors that influence health. (APA 1.1D; 1.3B)
  - a. Identify biological factors of health and well-being.
  - b. Identify psychological factors of health and well-being.
  - c. Identify socio-cultural factors of health and well-being.
2. Examine theories and models related to health and well-being. (APA 1.2C; 2.1C)
  - a. Discuss the history of health theories and models.
  - b. Compare contemporary health frameworks, theories, and models.
3. Analyze behaviors and external factors that influence health and well-being. (APA 1.3b; 2.1C)
  - a. Explore nutrition, exercise, and obesity.
  - b. Discuss alcohol, tobacco, drugs, and substance abuse.
  - c. Discuss sexual health and risk awareness.
  - d. Discuss stress and the health implications.
4. Explore individual characteristics and personality traits that can affect health. (APA1.3A,B)
  - a. Discuss personality traits that influence the ability to cope with pain and illness.
  - b. Examine personality traits and doctor/patient relationships.
  - c. Discuss personality traits and treatment compliance and noncompliance.
5. Assess strategies to promote health and well-being. (APA 1.3C; 2.3C)
  - a. Describe strategies for promoting health literacy.
  - b. Explore strategies for disease prevention.
  - c. Discuss strategies for changing unhealthy behaviors.
6. Assess factors related to illness, chronic illness, terminal illness, and death. (APA 1.3a)
  - a. Identify the role of the patient, health professionals, caregivers, and support system.
  - b. Explore effective strategies for coping with illnesses.
7. Examine current research in health psychology. (APA 2.2A)
  - a. Identify research methods used in health psychology research. (APA 2.4a)

- b. Discuss trends and key issues in health psychology research. (APA 2.2A)
  - c. Examine legal and ethical issues related to health psychology. (APA 3.1c)
8. Explore education and careers in health psychology. (APA 5.5a,b)
9. Communicate using the standards and guidelines established for the profession. (APA 4.1)
- a. Develop APA skills by incorporating proper APA format in written assignments. (APA 4.1C,D)
  - b. Demonstrate effective writing and/or presentation skills for different purposes. (APA 4.1B,C,D; 4.2 C,D)

**Note:** Each SLO/EO is aligned to the American Psychological Association (APA) guidelines for undergraduate learning outcomes.

---

These SLOs are not approved for experiential credit.

**Effective: Fall 2017**