

## 2025Year 1st Semester Syllabus

Created Date	2025-01-30 19:14:21		Last-Modified	2025-01-30 19:22:43	
Course Title	HEALTH PSYCHOLOGY		Course Code-Section	PSY3102-01	
Credit/Time/ Experiment, Lab, Practical Technique Time	3/Tue2,3,Thu3		Department	Psychology	
Time	Tue2,3,Thu3		Location	WDHB05	
Exam Date & Time	Midterm exam		Final exam		
Class Language	English		Evaluation Type	Absolute evaluation	

Instructor's Profile	Name	Lee Sung-Ha		Telephone	
	Department	PSYCHOLOGY		Mail	SUNGHALEE@YONSEI.AC.KR
	Office			Interview information	Thursday 14:00-16:00

TA's Name & Contact Information	Name		Contact Information	Telephone	
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Course Description Brief Introduction of the Course	Health psychology is the study of how biological, psychological, and social factors influence health, illness, and healthcare. This course aims to (1) understand the field of health psychology, (2) examine the biopsychosocial model in health promotion and risk behaviors, (3) integrate biological, psychological, and social approaches to prevention and treatment, and (4) analyze how behaviors and psychosocial factors like stress impact physical and mental health.				
Course Goals	1.	Korean	건강심리학의 이해		30%
		English	Understanding the field of health psychology		
	2.	Korean	건강, 건강 증진 및 위험 행동의 생물심리학적 모델 이해		35%
		English	Understanding the biopsychosocial model of health, including its role in health promotion and risk behaviors.		
	3.	Korean	신체적-정신적 건강의 관련성을 이해하며, 행동이 안녕감에 영향을 줄 수 있는 메커니즘에 집중하고자 함		35%
		English	Understanding the relationship between physical and psychological health, focusing on the mechanism through which our behaviors influence well-being		
	4.	Korean			0%
		English			
	5.	Korean			0%
		English			

Core Competencies	The total measurable competencies must be 100%. Each course objective should set the competency as 25%. The core and major competencies should equal at least 50%.							
	문제발굴 및 해결능력	50%	융합기술능력	30%	심리과학적 분석능력	20%		
Sub-Competencies/Learning Unit1								
Sub-Competencies/Learning Unit2								
Sub-Competencies/Learning Unit3								
Core Competencies(Liberal Arts)/Major competency(	<b>Must reflect the interrelationship between core competencies (elective courses) and major competencies (major studies).</b>							
문제발굴 및 해결능력								
Sustainable Development Goals								
Average Recommended Amount of Learning per	Average Reading Volume	1-2 book chapters		Average amount of writing(Based on A4)				
Course Methods (%) Total Amount 100	Lecture	Practice Training	Presentation	Dabate	Team Project			
	80%	0%	0%	20%	0%			
Course Methods 2 Select Relevant Items	PBL Subject	Capstone Design	CBL, Social Innovation Course	Flipped Classroom	Work Experience, Internsh			
Grading Policy(%) Total Amount 100 Free Input for Other Information	Midterm exam	Final exam	Quiz	Individual Assignment	Team Assignment	Attendance	Others	
	35%	35%	0%	15%	0%	10%	5%	
Assignment/ Report, Project Guide	Title of Assignment/Project Name, and Method of Filling Out			Submission Deadline	Type of Submission and Method			
Prerequisite				Online Course Address				

Course Material	Course Material Name	Author	Publisher	Publish Year	ISBN
주교재	Health Psychology (11th edition)	Shelley Taylor and Annette L. Stanton	McGraw Hill	2020	1260253902

Main Learner Precautions	
Attachment	

## Weekly Plan

week	Period	Weekly Topic & Contents	Remarks
1	2025-03-04 2025-03-10	Course overview / What is Health Psychology	(3.4.) Spring semester classes begin (3.6. - 3.10.) Course add and drop period
2	2025-03-11 2025-03-17	The systems of the body	
3	2025-03-18 2025-03-24	Stress	
4	2025-03-25 2025-03-31	Coping, resilience and social support	
5	2025-04-01 2025-04-07	Health behaviors	
6	2025-04-08 2025-04-14	Health promoting behaviors	(4.9.) First third of the semester ends
7	2025-04-15 2025-04-21	Health compromising behaviors	(4.15. - 4.17.) Course withdrawal period
8	2025-04-22 2025-04-28	Midterm exam	(4.22. - 4.28.) Midterm Examinations
9	2025-04-29 2025-05-05	The management of pain and discomfort	(4.29. - 5.1.) Application period for S/U evaluation (5.5.) Children's day, The day of Buddha's coming 05.05 부처님오신날
10	2025-05-06 2025-05-12	Management of chronic health disorders	(5.6.) Alternative holiday for Children's Day 05.06 대체공휴일
11	2025-05-13 2025-05-19	Psychological issues in terminal illness	(5.16.) Second third of the semester ends
12	2025-05-20 2025-05-26	Heart disease, hypertension, stroke, and Type II Diabetes	
13	2025-05-27 2025-06-02	Psychoneuroimmunology and immune-related disorders	
14	2025-06-03 2025-06-09	Using health services / Patients, providers, and treatments	(6.6.) Memorial day 06.06 현충일
15	2025-06-10 2025-06-16	(to be announced)	(6.10. - 6.16.) Self-study
16	2025-06-17 2025-06-23	Final exam	(6.17. - 6.23.) Final Examinations

- Students with disabilities(SWDs) can request accommodations related to lectures, assignments, or tests by contacting the course professor at the beginning of semester.  
(However, accommodations may vary depending on the essentiality of lecture and discretion of professors.)

[Lecture]

- Visual Impairment: alternative, braille, enlarged reading materials, note-taker

- Physical Impairment: alternative reading materials, access to classroom, note-taker, assigned seat
  - Hearing Impairment: note-taker/stenographer, recording lecture
  - Intellectual Disability/Autism: note-taker
- [Assignments and Test]
- Visual/Physical/Hearing Impairment: (reasonable) extra days for submission, alternative type of assignment, extended test time, alternative type of test, arranging separate test room, and proctors, test ghostwriter
  - Intellectual Disability/Autism: (reasonable) extra days for submission, alternative type of assignment