

NEW COURSE PROPOSAL

Courses must be submitted by October 15, 2010, and finalized by the end of the fall semester for the next catalog production.

Use YELLOWED areas to enter data.

DATE (*Change if modified and redate file with current date*)

15 OCTOBER 2010; REV 11.9.10; REV 11.17.10

PROGRAM AREA(S)

PSYCHOLOGY

1. Course Information. *[Follow accepted catalog format.]*

Prefix(es) (Add additional prefixes if cross-listed) and **Course No.** PSY 375

Title: PSYCHOLOGY OF HEALTH COUNSELING **Units:** 3

1 Prerequisites PSY 213

Corequisites

Consent of Instructor Required for Enrollment

Catalog Description (Do not use any symbols): Examines health counseling methods designed to promote good health and prevent illness, deal effectively with the treatment people receive for medical problems, help people cope with and reduce stress and pain, and aid in the recovery, rehabilitation, and psychosocial adjustment of patients with serious health problems.

Grading Scheme:

X A-F Grades

Credit/No Credit

Optional (Student Choice)

Repeatability:

Repeatable for a maximum of units

Total Completions Allowed

Multiple Enrollment in Same Semester

Course Level Information:

X Undergraduate

Post-Baccalaureate/Credential

Graduate

Mode of Instruction/Components (*Hours per Unit are defaulted*).

	Units	Hours per Unit	Benchmark Enrollment	Graded Component	CS & HEGIS # (Filled in by the Dean)
Lecture	3	1	25	Y	
Seminar		1			
Laboratory		3			
Activity		2			
Field Studies					
Indep Study					
Other Blank					

Leave the following hours per week areas blank. The hours per week will be filled out for you.

3 hours lecture per week

hours blank per week

2. Course Attributes:

General Education Categories: All courses with GE category notations (including deletions) must be submitted to the GE website: <http://summit.csuci.edu/geapproval>. Upon completion, the GE Committee will forward your documents to the Curriculum Committee for further processing.

A (English Language, Communication, Critical Thinking)

A-1 Oral Communication

A-2 English Writing

A-3 Critical Thinking

B (Mathematics, Sciences & Technology)

B-1 Physical Sciences

B-2 Life Sciences – Biology

B-3 Mathematics – Mathematics and Applications

B-4 Computers and Information Technology

C (Fine Arts, Literature, Languages & Cultures)

C-1 Art
C-2 Literature Courses
C-3a Language
C-3b Multicultural

D (Social Perspectives)

E (Human Psychological and Physiological Perspectives)

UDIGE/INTD Interdisciplinary

Meets University Writing Requirement

Meets University Language Requirement

American Institutions, Title V Section 40404: ☐ Government ☐ US Constitution ☐ US History

Refer to website, Exec Order 405, for more information: <http://senate.csuci.edu/comm/curriculum/resources.htm>

☐ **Service Learning Course** (Approval from the Center for Community Engagement must be received before you can request this course attribute).

3. Justification and Requirements for the Course. (Make a brief statement to justify the need for the course)

A. Justification: Supports the Gerontology track in the Health Science major.

Requirement: ☒ Requirement for the Major/Minor **Note: Submit Program Modification if**

☒ Elective for the Major/Minor **this course changes your program.**

☐ Free Elective

4. Student Learning Outcomes. (List in numerical order. You may wish to use the following resource in utilizing measurable verbs: <http://senate.csuci.edu/comm/curriculum/resources.htm>)

Upon completion of the course, the student will be able to:

- Describe and explain the complex interplay among physical well-being, psychological and social factors.
- Summarize how to apply psychological health counseling to promote health and wellness.
- Explain the nature of the stress response and its impact in the etiology and course of health problems.
- Apply behavioral and cognitive methods to help individuals cope with stress.
- Propose programs to improve personal health habits and lifestyles.
- Describe the difficulty patients experience in deciding whether or when to seek treatment for disturbing symptoms.
- Describe the experience of patients in the hospital setting, factors that affect adherence to medical regimens, and sources of problems in patient/practitioner relationships.
- Compare and contrast psychological and medical methods for relieving pain.
- Explain the use of psychological methods and principles to help patients manage and cope with chronic illness.

5. Course Content in Outline Form. [Be as brief as possible, but use as much space as necessary]

1. Health and counseling: An introduction.
2. Theories of and methods for controlling pain
3. Stress and illness
4. Compliance/adherence with medical regimens
5. Cardiovascular disease and cancer
6. Tobacco use
7. Nutrition, weight management and control
8. Illness behavior
9. Biofeedback and relaxation training
10. The Type A behavior pattern
11. Psychoneuroimmunology
12. Exercise
13. Medical settings and the relationships between patients and practitioners
14. Ethical considerations and issues

Does this course content overlap with a course offered in your academic program? Yes ☐ No ☒

If YES, what course(s) and provide a justification of the overlap.

Does this course content overlap a course offered in another academic area? Yes ☐ No ☒

If YES, what course(s) and provide a justification of the overlap.

Overlapping courses require Chairs' signatures.

6. Cross-listed Courses (Please note each prefix in item No. 1)

A. List Cross-listed Courses (Signature of Academic Chair(s) of the other academic area(s) is required).

List each cross-listed prefix for the course:

B. Program responsible for staffing: Psychology

7. References. [Provide 3 - 5 references]

Bloom, R., & Watter, D. (2005). *Health counseling: A microskills approach*. Sudbury, MA: Jones and Bartlett.

Donnelly, J. (2003). *Health counseling: Application and theory*. Belmont, CA: Brooks Cole.

Gurung, R. (2009). *Health psychology: A cultural approach*. Belmont, CA: Wadsworth.

Marks, D. F., Murray, M., Evans, B., Willig, C., Woodall, C., & Sykes, C. M. (2005). *Health psychology: Theory, research and practice*. Thousand Oaks, CA: Sage.

8. Tenure Track Faculty Qualified to Teach This Course.

Health Science faculty; Psychology faculty

9. Requested Effective Date:

First semester offered: S2013

10. New Resources Requested. Yes ☐ No ☒

If YES, list the resources needed.

A. Computer Needs (data processing, audio visual, broadcasting, other equipment, etc.)

B. Library Needs (streaming media, video hosting, databases, exhibit space, etc.)

C. Facility/Space/Transportation Needs

D. Lab Fee Requested (please refer to Dean's Office for additional processing) Yes ☐ No ☐

E. Other

11. Will this new course alter any degree, credential, certificate, or minor in your program? Yes ☐ No ☐

If, YES attach a program update or program modification form for all programs affected.

Priority deadline for New Minors and Programs: October 4, 2010 of preceding year.

Priority deadline for Course Proposals and Modifications: October 15, 2010, of preceding year.

Last day to submit forms to be considered during the current academic year: April 15th.

Harley Baker

10-15-2010

Proposer of Course (Type in name. Signatures will be collected after Curriculum approval)

Date

Approval Sheet

Program/Course:

If your course has a General Education Component or involves Center affiliation, the Center will also sign off during the approval process.

Multiple Chair fields are available for cross-listed courses.

Program Chair		
Signature	Date	
Program Chair		
Signature	Date	
Program Chair		
Signature	Date	
General Education Chair		
Signature	Date	
Center for International Affairs Director		
Signature	Date	
Center for Integrative Studies Director		
Signature	Date	
Center for Multicultural Engagement Director		
Signature	Date	
Center for Civic Engagement Director		
Signature	Date	
Curriculum Chair		
Signature	Date	
Dean of Faculty		
Signature	Date	