



UVA IN VALENCIA PROGRAM

KINE3640 2026-2027 PSYCHOLOGICAL ASPECTS OF HEALTH

Prerequisites: PSYC 1010

Description: This course explores the nuances and connections between the psychological, biological, sociological, and spiritual aspects of health and their influences on the population. The aim of health psychology is to not only understand these connections, but employ standards to support healthy endeavors, decrease and prevent adverse health outcomes and poor health behaviors, and maintain quality of life and well-being.

Instructional Methods

This class will consist of blended lectures and discussion based on readings, written examinations, quizzes on the readings, and presentations.

Required Texts and Materials:

1. There is not a formal textbook for this course. We will rely on peer-reviewed journal articles and additional readings provided by the instructor. Please see syllabus for specific details. All readings will be posted on Canvas in PDF format.

Grade Breakdown

Participation	10 %	A	10 - 9	B-	5,9 - 5,5
Quizzes	10 %	A-	8,9 - 8	C	5,4 - 5
Exam (2)	40 %	B+	7,9 - 7	F	4,9 - 0
Behavioral Change Project	20%				
Article Presentation (2)	10 %	B	6,9 - 6		
Assignments	10 %				

Participation (10%). Your class participation grade will consist of an assessment of your constructive, verbal contributions to each class session, as well as the amount of pre-class preparation time evidenced by your in-class performance such as leading and contributing to class discussions and presenting important ideas from the assigned readings

Quizzes (10%). Unit Quizzes will be given throughout the month to test your knowledge of topics covered. The quizzes will be multiple choice and true/false. They will range from 5-10 questions, 30 minutes time limit, and 1 attempt. These are CLOSED NOTES. You should not be using any support: notes, readings, PPTs, friends, classmates. See course outline for tentative dates. *There are no make-up exams.*

Exams (40%). There will be a midterm (25%) and final (25%) exam that will draw on material from the lecture material. Exams may be rescheduled only if the student has an official excuse (severe illness, serious personal-familial

problem) approved by the program director, Dr. Eliseo Valle, and if arrangements have been made *prior* to the exam. Failure to attend the final exam results in an F for the course. ***There are no make-up exams.***

Behavioral Change Project (20%). In an effort to immerse yourself into health psychology and behavioral change theory, you will identify a health-related behavior that you intend to change. You will spend a minimum of 6 weeks working on this change. To assist in this behavioral change, you will be paired with an accountability partner to keep each other accountable for this change! This change can include quitting a bad habit, implementing more physical activity, reading before bed instead of "doom-scrolling," practicing mindfulness, etc. The project is scaffolded into 3 different sections in order to create the best chance for success and decrease procrastination. The 3 parts include Behavioral change theory proposal, weekly goal tracking, and a final reflection.

Article Presentation (10%). Select a recent (2017+) peer-reviewed research article related to one of the major course topics. You will create a 15-minute presentation based on your chosen article. This does not have to be specific to a RCT, systematic review etc. It just needs to be relevant to your chosen subject. (minimum of 15 minutes, maximum of 20 minutes).

PowerPoint Slides: Prepare a short PowerPoint presentation (maximum of 8 slides) summarizing the key points of your article. Use visual aids such as pictures, charts, and graphs to explain the content effectively. You will get a better grade if you don't read the slides word for word & the slides aren't super wordy. Presentation Content:

- **Introduction:**
 - Briefly introduce the topic of your article.
 - State the goals/objectives of the study.
- **Study Overview:**
 - Summarize the methodology and key findings of the study.
 - Highlight any significant data or results.
- **Conclusions:**
 - Discuss the conclusions drawn by the authors.
 - Explain the implications of the results (how they will help society).
- **Relevance:**
 - Connect the study's findings to the course topic.
 - Discuss how the results fit with what you've learned in class.
- **Submission Requirements:**
 - **Article Submission:** a PDF copy of your article & your presentation.

Assignments and homework (10%). In-class assignments will be given to assist in the learning process.

COURSE CALENDAR

Date	Topics
September 8 (Session 1)	Introduction to Psychological Aspects of Health and Health Behaviors
September 10 (Session 2)	History & Biopsychosocial model
September 15 (Session 3)	Systems of Ecology
September 17 (Session 4)	Fundamental Patterns of Development
September 22	Goal Setting & BioPsychoSocial Strategies

(Session 5)	
September 24 (Session 6)	Self-Determination Theory
September 29 (Session 7)	Self-Efficacy Theory
October 1 (Session 8)	Theory of Planned Behavior
October 6 (Session 9)	Stress & health
October 8 (Session 10)	Personality Behavioral Change Proposal Due Begin 7-day behavior monitoring
October 20 (Session 11)	Personality Cont'd
October 22 (Session 12)	Optimism Start BC Project
October 27 (Session 13)	Resiliency and Hardiness
October 29 (Session 14)	Midterm Exam (in class)
November 3 (Session 15)	Self Esteem BC Check in – 1
November 5 (Session 16)	Body Image
November 10 (Session 17)	Social Support BC Check in – 2
November 12 (Session 18)	Environmental Influences
November 17 (Session 19)	Digital Environments BC Check in – 3
November 19 (Session 20)	Spirituality and Health
November 24 (Session 21)	Emotional Intelligence BC Check in - 4
November 26	Altruism
December 1 (Session 22)	Burnout BC Check in – 5 Tracking Ends for BC project
December 3 (Session 23)	Article Presentations
December 8 (Session 24)	Public holiday (No Class)

December 10 (Session 25)	Behavioral Change Final Reflection
December 15 (Session 26)	Final Exam (during class)
December	Enjoy break

IMPORTANT INFORMATION

1) Use of Spanish at the Center

The use of Spanish at the Center is strongly encouraged. Remember that you have come to Spain to learn Spanish and immerse yourself in its culture, and there is no better way to do so than by using Spanish on as many occasions as possible.

2) Class Attendance and Tardiness

2.1) Attendance and punctuality are essential for the successful completion of the course. Consequently, unexcused absences and lateness will negatively affect the final grade.

2.2) Only one unexcused absence is permitted. Please bear this in mind when planning trips or outings.

2.3) Arriving more than 5 minutes late to class will count as half an absence (1/2). It is the student's responsibility to notify the instructor of an absence before the class begins.

2.4) Arriving more than 30 minutes late to class will be considered an absence.

2.5) Four (4) unexcused absences will result in the student not receiving credit for the course.

2.6) Only documented absences will be considered excused: a religious holiday, a family emergency, or a medical appointment. Medical absences must be supported by a doctor's note and submitted at reception on the day the student returns to class after the incident has ended.

3) Academic Integrity

3.1) The exchange of information is not only permitted but is also a way of enriching the knowledge acquired during the course. However, all work submitted for each course must be individual and original in every respect. Any sources and direct quotations used must be properly cited.

3.2) Remember that the use of artificial intelligence to complete assignments or examinations is strictly prohibited unless an instructor expressly states otherwise. Such use constitutes a lack of authenticity, and may amount to direct plagiarism, in addition to undermining the development of critical thinking and writing skills, which are among the primary goals of this program. Failure to comply with this rule will result in a grade of "F" for the course.

3.3) Any work that has received credit for one course will NOT be accepted for credit in another course. There will be NO exceptions to this rule. Reusing such work will result in immediate failure of the second course. If assignments for two different courses are related in any way and the student has questions about whether the second

project is permissible, the matter must be discussed with all instructors involved. This will prevent any possible unintentional violation of this rule.

3.4) As with punctuality, assignments must be submitted on time. Any late submission will result in a reduction of the grade for that assignment.

3.5) Failure to comply with the provisions set out above will result in the loss of the corresponding course credits for the course in which these rules have been violated.

3.6) If you have a documented special need that requires academic accommodations (SDAC), it must be certified by your home institution. Please contact the Head of Studies in Valencia, María Andrés (maria.andres@uvavalencia.org).

4) Activities, Workshops, and Lectures

Throughout the course, various activities, workshops, and lectures are organized. Participation may be voluntary or mandatory if the instructor considers the activity relevant to the course.

5) Classroom Conduct

5.1) It is very important that all students arrive to class on time, prepared, and with the materials needed for the day. During class, students must treat one another and the instructor with respect, demonstrate a positive attitude, and help create a participatory and collaborative environment that supports effective learning. Any violation of these expectations will have direct consequences.

5.2) Electronic devices (laptop, mobile phone, smartwatch) may be used in class only for course-related purposes. If a student uses such technology for personal reasons during class, the student may be penalized with an unexcused absence.

5.3) The use of computer or electronic technology during examinations is prohibited unless the instructor determines otherwise in accordance with the examination format.

6) Course Content

On occasion, and always within the context of the course, certain “sensitive” topics may be addressed both inside and outside the classroom. Therefore, if a student feels offended by such content in a particular class, the student may leave the class, and doing so will not have any negative effect whatsoever on the final grade. Faculty members will always be open to communication and dialogue in order to promote better intercultural understanding.

7) Final Clarification

The instructor may modify or add activities and/or change the dates indicated according to the learning needs of the group. Effective learning requires not only careful planning, but also a certain degree of flexibility.