

## HEALTH PSYCHOLOGY Spring 2024

Module video segments & their quizzes should be completed by 11:59 pm the night before the class where they are discussed and applied.

Activities in green are in-class and you must be physically present! Activities in purple are completed at home.

SARAs and the health intervention/health campaign projects are worked on every class when there is time available.

8-Jan	10-Jan	12-Jan	17-Jan	19-Jan	22-Jan	24-Jan	26-Jan
website exploration	module 1 video segments 1-6	module 1 video segments 7-9	module 1 video segments 10-13	module 2 video segments 1-3	module 2 video segments 4-6	module 2 video segments 7-11	module 2 video segments 12-16
Syllabus quiz	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes
sitting-rising activity	ebscohost searches using scribbr	who am I? activity part 1	who am I? activity part 2	screen recording	guest lecturer		peer review of team presentation slides activity
pod assignments		stunning slides Screenshots & Snippets	facial feedback activity	Framed messages activity		health belief model and COVID activity	
choose your SARA		pick health intervention OR health campaign					7 minute workout challenge activity

29-Jan	31-Jan	2-Feb	5-Feb	7-Feb	9-Feb	12-Feb	14-Feb
module 3 video segments 1-3	module 3 video segments 4-9	module 4 video segments 1-3	module 4 video segments 4-6	module 4 video segments 7-10	module 4 video segments 11-13	module 4 video segments 14-19	module 4 video segments 20-26
segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes
top three stressors activity	Experiment: Find the flaws activity			BP & HR biofeedback activity	walk 1 activity Spiderweb of social networks activity	diaphragmatic breathing activity	PMR activity
health intervention people - start your baseline observations		phase 1 team presentations	phase 1 team presentations	phase 1 team presentations	Health Intervention Phase 2 part A due	mindfulness & walk 2 activity	Health Campaign Phase 2 due

16-Feb	21-Feb	23-Feb	4-Mar	6-Mar	8-Mar	11-Mar	13-Mar
module 5 video segments 1-3 segment quizzes  guided imagery activity	module 5 video segments 4-7 segment quizzes  vagus nerve stim activity Intro the Wild activity	module 5 video segments 8-12 segment quizzes hassles & uplifts activity project work Health Campaign Phase 2 Part B due	module 6 video segments 1-2 segment quizzes  project work	module 6 video segments 3-4 segment quizzes  finger prick pain activity	module 7 video segments 1-5 segment quizzes  project work Begin health intervention	module 7 video segments 6-10 segment quizzes  health APP explore & expt project work	module 7 video segments 11-14 segment quizzes  binder clip pain activity

15-Mar	18-Mar	20-Mar	22-Mar	25-Mar	27-Mar	29-Mar	1-Apr
module 7 video segments 15-21 segment quizzes behav. intervention group sharing activity SARA round 1 due	module 8 video segments 1-5 segment quizzes  pre Fed-Up activities	module 8 video segments 6-9 segment quizzes  Fed-Up movietime activity	module 8 video segments 10-13 segment quizzes behav. intervention group sharing activity	module 8 video segments 14-18 and Skinny on Obesity segment quizzes  post Fed-Up activity	module 9 video segment 1-6 segment quizzes  CPR activity	module 9 video segments 7-10 segment quizzes  Food portion sizes activity Sugar tracking activity	module 10 video segments 1-5 segment quizzes  project work Public Health Message Campaign phase 3 due

3-Apr	5-Apr	8-Apr	10-Apr	12-Apr	15-Apr	17-Apr
module 10 video segments 6-11 segment quizzes self-esteem booster activity SARA round 2 due  SARA movie marathon	module 11 video segments 1-6 segment quizzes  Spirituality booster activity  SARA movie marathon	module 11 video segments 7-9 segment quizzes  Health Intervention phase 3 due  SARA movie marathon	module 11 video segments 10-14 segment quizzes Environmental Connect & Protect activity  No Class RMPA	No Class RMPA	Soothing forces of nature activity  Public Health Message Campaign phase 4 due  SARA movie marathon	SARA movie marathon

Final Exam  
April 22-25