

HSP 4347

Health Behaviors

Spring 2022



Instructor: Dr. Jay Brown, DrPH, MPH

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Office: HHS 222A

Office Hours: Mondays, Wednesdays, & Fridays 11 AM – 12 PM

Course Schedule: Mondays, Wednesdays, & Fridays 10 – 10:50 AM (2nd 8 Weeks)

Location: HHS 106

Course Information

Course Description

This course is an overview of the health behaviors contributing most dramatically to increased morbidity and mortality in the United States. The course emphasizes theoretical foundations, design, implementation and evaluation of public health interventions and strategies to promote healthy behaviors and discourage unhealthy behaviors.

Course Credits

3 Advanced Credit Hours

Prerequisite and Co-requisite Courses

None

Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the Health Science Professions.

Course Objectives

Upon completion of this course, students will be able to:

1. Identify and describe key factors that influence health behaviors, and recommend strategies to address these factors.
2. Be familiar with the most prominent social theories, concepts, and models used in health education practice and research.
3. Identify the theories, constructs, and/or models most likely to be effective for specific health behavior/adaptation issues, populations of interest, and practice settings.
4. Apply these social science theories and models to design appropriate and efficacious intervention strategies.

Student Learning Outcomes

By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:
Identify and describe key factors that influence health behaviors, and recommend strategies to address these factors.	Quizzes 1 – 10 Presentations 1 – 5 Midterm Exam Final Exam
Be familiar with the most prominent social theories, concepts, and models used in health education practice and research.	Quizzes 1 – 10 Presentations 1 – 5 Midterm Exam Final Exam

By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:
Identify the theories, constructs, and/or models most likely to be effective for specific health behavior/adaptation issues, populations of interest, and practice settings.	Quizzes 1 – 10 Presentations 1 – 5 Midterm Exam Final Exam
Apply these social science theories and models to design appropriate and efficacious intervention strategies.	Quizzes 1 – 10 Presentations 1 – 5 Midterm Exam Final Exam

Course Delivery

This course is of the hybrid format, which is intended to provide the opportunity for face-to-face communication among students and between students and faculty. The hybrid course is designed to integrate face-to-face and online activities so that they reinforce, complement, and elaborate one another. Much of the course material will be delivered online and all course assignments will be submitted online. The course will use the Blackboard Learning Management System. The course site can be accessed at [ASU's Blackboard Learning Management System](#)

Required Texts and Materials

Introduction to Health Behavior Theory, 3rd Edition (2017)
Joanna Hayden. Jones & Bartlett Learning.
ISBN 13: 978-1284125115

Technology Requirements

To successfully complete this course, students need to access Respondus Lockdown Browser and Monitor (which requires a web cam).

To participate in one of ASU's distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Topic Outline

- Self-Efficacy Theory
- Theory of Reasoned Action/Planned Behavior
- Health Belief Model
- Attribution Theory
- Transtheoretical Model
- Protection Motivation Theory
- Social Cognitive Theory
- Diffusion of Innovation
- Social Ecological Model
- Social Capital Theory

Communication

Use ASU email accounts only. Email from other providers will be deleted due to virus concerns. Include course name, section in subject line, a salutation in the body and sign your emails with your full name. Your instructor is not responsible for non-delivery of forwarded mail.

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements

and policy changes. In your emails to faculty, include the course name and section number in your subject line.

Virtual communication: Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Skype, etc.

Grading

Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Points of Total Grade
Quizzes (10 x 30 points each)	300
Presentations (5 x 50 points each)	250
Midterm Exam	150
Final Exam	150
Class Participation & Attendance	100
Peer Review	50
Total	1000

Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

A	90-100%	900-1000 points
B	80-89%	800-899 points
C	70-79%	700-799 points
D	60-69%	600-699 points
F	59% or <	0-599 points (Grades are not rounded up)

Teaching Strategies

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions

Exams: Access to the Midterm and Final Exam will be through Respondus Lockdown Browser and will be video recorded via Respondus Monitor [See Other Required Materials for a list of needed equipment]. Both will be timed at no more than 120 minutes. Use of any assistance or other electronic device is prohibited. A thorough environmental scan is necessary to ensure adherence. Cheating on an exam will result in failure of the course. Leaving the room during an exam should not occur.

Material for exams will come from lecture recordings, textbook readings, supplemental materials, and companion website. Makeup exams are contingent to the presentation of a valid excuse according to the student’s manual and University regulations.

Readings: You are responsible for the material covered in the book prior to attending class. Please note that the week’s readings are specified in the class schedule on the following pages. In addition to these readings, the instructor may assign supplemental readings throughout the semester. These supplemental readings do not appear on the schedule, as these readings will be assigned at the instructor’s discretion.

Quizzes: Bi-weekly online quizzes will be given throughout the semester and will require that you read and respond to material in the textbook as well as revisit topics discussed in class. Access to quizzes will be through Respondus™ Lockdown Browser [see Other Required Materials for a list of needed equipment] via Blackboard. Students may use written materials as well as their textbook; however, use of another electronic device is prohibited.

There is a *Readiness Quiz*, which will serve as a webcam test and will give you an opportunity for bonus points. These tools will be available to the student to assure accessibility. Students will have multiple (3) attempts to complete the practice quiz. This process will allow you to become familiar with the technology associated with testing and improve testing environment. Instructional videos and more information regarding Respondus Monitor can be found under the Respondus Monitor Help tab in your Blackboard course.

Presentations: There will be a group presentation every 3rd class period. Each presentation will require the creation of a health promotion/intervention program using one of the discussed health behavior theories/models for that week. Presentations should last between 5 – 7 minutes and every group member should be given the opportunity to speak. A grading rubric will be used to assess points for all presentations.

Assignment Submission

All assignments **MUST** be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at jay.brown@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

Late Work or Missed Assignments Policy

Late Work Policy

The course is set up on weekly modules. The week begins on Monday and ends on Sunday. Assignment due dates are shown on the calendar/schedule or posted within Blackboard. Late assignments are not accepted without prior approval of faculty. Faculty reserve the right to deduct points for late assignments that are accepted past the original due date.

General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)¹
- [Angelo State University Catalog](#)²

Student Responsibility and Attendance

Students are expected to attend classes. Class attendance and participation will be evaluated. According to the undergraduate handbook, a week's worth of cumulative absences (regardless of the nature of the absence) in any one course will result in faculty evaluation of the student's ability to meet course objectives and may result in failure of the course. Emergencies and illness do happen, but these are the exceptions not the rules. Make every effort to be in every class. Also, students are expected to be on time to class and remain in class until the end of the session. Student Contribution: Students are expected to actively contribute to class and group discussions, but not to dominate them.

Respect & Tolerance: Students are expected to listen to other people's views, even if you don't agree with them. Please be respectful and professional at all times. Students are expected to stay focused in class. Please do not side talk or do your other work while in class.

Questions: Students are strongly encouraged to use the instructor as a resource person in solving any problems or questions concerning the course. If you are unclear concerning any concepts or assignments, please feel free to contact the instructor.

Cell Phones: Cell phones are to be turned off during class. If there is an expected need to receive a cell phone call, then please talk to me before class. In these cases, your phone should be set to vibrate and can be left on your desktop. There will be no text messaging in the class.

Computers: Computers can be used to write or access class notes, but internet surfing for unrelated material should not be occurring. Please do not surf the web, shop online, log into Facebook, send personal emails, or do anything else that is unrelated to class. This is distracting and inconsiderate to other students and may affect your participation grade.

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).³

Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the [Student Disability Services website](#).⁴ The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services

Office of Student Affairs

325-942-2047

dallas.swafford@angelo.edu

Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)⁵ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁶ in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).⁷

Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)⁸ for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University

Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

Course Schedule

To view course schedule, please go to the "**Course Calendar**" link in your Blackboard course.

Grading Rubrics

To view grading rubrics, please go to the "**My Grades**" link in your Blackboard course, and select **View Rubric** under each graded item.

Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences. Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

End of Syllabus

¹ <https://www.angelo.edu/student-handbook/>

² <https://www.angelo.edu/catalogs/>

³ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁴ <https://www.angelo.edu/services/disability-services/>

⁵ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁶ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁷ https://www.angelo.edu/dept/writing_center/academic_honesty.php

⁸ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>