

Western University School of Health Studies

Health Sciences 4202a: Health Behavior

Instructor: Dr. Tamara Thompson

Email: tamara.thompson@uwo.ca

Office Hours: By appointment

Office Hours: Virtual Zoom Meetings or Microsoft Teams

Course Day/Time/Room: Online/Asynchronous Course Delivery

Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Prerequisites: Registration in the third or fourth year of the School of Health Studies

Antirequisites: Health Sciences 4091A section 002 if taken in 2010

See www.westerncalendar.uwo.ca for further details.

Course Information

This course will explore theoretical frameworks as they relate to health behaviors. Students will be introduced to the main constructs of various health behavior theoretical frameworks and their applications to selected behaviors, such as tobacco use, exercise, eating lifestyle, pandemic-related and other illnesses/diseases, substance use, condom use/safer sex practices, vaccines, hygiene, oral health.

Course Objectives:

By the end of this course, you should be able to:

- Describe major theoretical frameworks commonly used in health education and behavior change.
- Identify the main constructs and components of the theoretical frameworks and their relationships.
- Explain the unique strengths and weaknesses of the theoretical frameworks.

- Describe how the major health behavior theoretical frameworks have been applied to health, illness and preventive behaviors.
- Apply the health behavior theoretical frameworks to health behavior issues
- Understand how theory can be used in health education, research and public health practice.

We are not able to cover all theories relevant to health behavior, health education and public health practice in one course. The purpose of this course is not to provide definitive coverage of theory, but rather introduce and prepare students for continued work using select health behavior theories throughout their professional careers.

You will be expected to read all lecture material, review guest lecture videos, participate in the Weekly Blogs Forums and complete the readings. You will also be expected to submit any required assignments by the due date and write all scheduled exams for this course.

Course Materials

There is no required textbook for this course.

The required materials for this course will include published articles or other media-related materials that will be available virtually/online. The information on how to access the articles and materials will either be provided on our OWL site or the articles and materials themselves will be posted to our OWL site.

Course Evaluation:

1. Why? Reflection Assignment Part 1: 10%
2. Weekly Discussion Posts: 10%
3. Midterm Exam: 33%
4. Why? Reflection Assignment Part 2: 12%
5. Final Culminating Assignment: Teaching Case Studies: 35%

Course Evaluation Details:

1. Why? Reflection Assignment (10%)

Write a reflection paper on why you think people engage in the behaviors they do. Please discuss both positive and negative behaviors. In addition, pose 1-2 questions for online discussions on strategies for behavior change. Reflection assignment should be 3-5 pages, Arial, 12-point font, single or double space is fine. You are welcome to use first person, but please ensure your paper is still written in a succinct, scholarly manner. Submit your assignments via owl under the assignments tab.

DUE DATE SEPTEMBER 30th, 2020 VIA OWL

2. Weekly Discussion Posts (10%)

Each week, questions will be posted on OWL. Students are required to read these questions, provide thoughtful responses and then reply to at least two other student responses. Please remember that our class is a safe and welcoming environment, so please do not post rude or disrespectful responses, either on your response or when you are responding to other students. These Weekly Discussion Posts are meant to be a collaborative and interactive tool for students to discuss issues related to health behavior. You will be graded on the frequency of your posts, the quality of your analysis, and your commentary on fellow students' posts.

DUE DATES POSTED ON OWL.

3. Midterm Exam (33%)

The midterm exam will cover the information from this course from the first day up to and including any material presented the week of October 19th. The midterm exam will take place online in a format that will be provided at a later date.

MIDTERM EXAM DATE: OCTOBER 28TH, 2020

***Midterm dates and times are currently tentative. Final midterm timing will be finalized within the first few weeks of the course, and you will be notified via OWL as to the final midterm date and time**

4. Why? Reflection Assignment Part 2 (12%)

Use the template posted under the assignment tab to complete a final reflection component for this course. Please answer all of the questions completely and thoroughly. Arial, 12-point font, single or double-spaced, 3-5 pages.

DUE DATE NOVEMBER 18th, 2020 VIA OWL

5. Final Culminating Assignment (35%)

The purpose of the Teaching Case Studies is to combine the theoretical knowledge you have learned over the past semester with application to behaviors. You will choose three theories that we covered this term as the basis for your teaching case studies. Your final culminating assignment is to develop three case studies that you would use in an undergraduate course to teach the students about health behavior theory. For each case study, you will develop a teaching case that will incorporate your knowledge of the theory and its application to behaviors. Further details will be provided on OWL and communicated in the first few weeks of the class.

DUE DATE DECEMBER 9th, 2020 VIA OWL

TENTATIVE SCHEDULE

***Please note, the dates for Guest Lecturers are tentative. Once I have confirmation I will let everyone know.**

Week	Date	Topic	Readings
1	Week of September 7th	Introduction to the Course, Health, Behavior and Theory	Posted on OWL
2	Week of September 14th	Value-Expectancy Theories	Posted on OWL
3	Week of September 21st	Value-Expectancy Theories	Posted on OWL
4	Week of September 28th September 30th	Value-Expectancy Theories Fear-Based Theories Why? Reflection Assignment DUE	Posted on OWL
5	Week of October 5th	Fear-Based Theories	Posted on OWL
6	Week of October 12th	Stage Models	Posted on OWL
7	Week of October 19th	Stage Models	Posted on OWL
8	Week of October 26th October 28th	Social/Community Frameworks Social Cognitive Theory MIDTERM EXAM	Posted on OWL
9	Week of November 2nd	FALL READING WEEK NO CLASSES	NO READINGS ASSIGNED
10	Week of November 9th	Health Communications and Social Marketing Guest Lecture Video: Brian Lester, RHAC	Posted on OWL

11	Week of November 16th November 18th	Diffusion of Innovations Theory Why? Reflection Assignment Part 2 DUE	Posted on OWL
12	Week of November 23rd	Ecological Model Guest Lecture Video: Chris Blain, City of London	Posted on OWL
13	Week of November 30th	Evaluating Theory-Based Programs and Public Health Pandemics Guest Lecture Video: Laura Gibbs, Public Health	Posted on OWL
14	Week of December 7th December 9th	Precede-Proceed Planning Model Wrap Up Final Exam Review Final Culminating Assignment DUE	Posted on OWL

Grading scheme:

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is expected that the grades for this course will fall between 74 and 80. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.

OWL

I will post all reading material and assignments on OWL.

Contacting Me

You can contact me by email or through OWL. I will respond to emails until 5pm during the week. I will answer emails/messages within 24 hrs of receipt (except for weekends). If you have not received a response email from me within 24 hours, please resend your email as I did not receive it the first time.

Policies

Late Material

All assignments must be turned in on time. Please submit both an electronic copy to OWL and maintain a hard copy of your assignments should a back-up copy need to be provided. If you have a medical reason for not being able to complete any assignments or exams, a note from your Physician indicating the severity of your condition must be submitted to the Health Sciences office. You may visit Western's Policy on Accommodation for Medical Illness at: <https://studentservices.uwo.ca/secure/index.cfm> for further details. If you are given academic accommodation by the Academic Counselling Office for missing an assignment deadline or exam, you will be required to see an academic counsellor in Health Studies to discuss your reasons and provide documentation. If you receive academic accommodation, you will be required to submit the assignment according to the academic accommodation time you receive from the counsellor. If you do not have academic accommodation, all late assignments will receive an automatic 5% deduction if not handed in by the end of class on the assigned due date and a subsequent 10% deducted for every 24-hr period after the due date, including weekends. If you do not write the midterm exam on the regularly scheduled exam date and time, you will be required to see an academic counsellor in Health Studies to discuss your reasons and provide documentation. If you receive academic accommodation, your midterm exam will be re-weighted to your final exam. If you have any specific questions or concerns, please do not hesitate to ask me. If you do not have academic accommodation, you will receive a grade of zero on any missed exam or assignment.

Electronic devices

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

For Online Lectures: Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

ADDITIONAL STATEMENTS

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behavior that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>.

English Proficiency for the Assignment of Grades

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

Accommodation for Medical Illness or Non-Medical Absences

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web

site:http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

Additionally,

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>)

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating

Support Services

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while

pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>). Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

If you are in emotional or mental distress should refer to Mental Health@Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: https://uwo.ca/health/mental_wellbeing/education/module.html.

Creating a “healthy” online classroom

Teaching and learning is a two-way process and to ensure the best and most productive experience for us all I ask that we all be considerate of the following: respect one another, be attentive in your learning, and be willing to challenge yourself. Disrespectful language will not be tolerated in our online classroom environment.