

UNIVERSITY OF WESTERN ONTARIO
SCHOOL OF HEALTH STUDIES
HS4202A: HEALTH BEHAVIOUR
FALL 2021

Instructor: Ivan Culum, PhD
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Office: Virtual (Microsoft Teams)
Office Hours: By appointment

Lectures: Wednesdays 15:30 – 17:30
Thursdays 16:30 – 17:30 PM
SH-2355

Required Textbook*:

DiClemente, Salazar, & Crosby (2019). *Health Behavior Theory for Public Health, Principles, Foundations, and Applications* (2nd Ed.). Burlington, MA: Jones & Bartlett Learning

*The Book Store has no access to the electronic version of this textbook, but it can be obtained through [VitalSource](#). Please note that the Book Store does not provide any support for external sites – the link is provided as a courtesy.

A. COURSE DESCRIPTION

This course will explore theories/models of health behavior. Students will be introduced to the main tenets of various health behavior theories/models and their applications to selected health (e.g., smoking, exercise, substance use), illness (e.g., HIV/AIDS, Cancer) and preventive (e.g., condom use) behaviors. Antirequisite(s): Health Sciences 4091A section 002 if taken in 2010.
Extra Information: 3 lecture hours.

B. LEARNING OBJECTIVES

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

1. Describe major theories/models in health behaviour.
2. Identify constructs and elements of different theories/models and how they relate to one another.
3. Critically evaluate theories/models.
4. Recognize examples of theories/models used in health intervention/prevention.
5. Apply the theories/models to specific health issues.

C. READINGS

Required readings will posted in OWL. Additional readings may be posted later.

D. ASSESSMENTS

Students will be graded based on their performance on **3 essays (1000-1500 words, each worth 20% of the final grade)**. The broad topics for these essays are **health behaviour**,

behaviour change, and population health. Students will have a lot of freedom in specific topic choice within these three broad categories. Additional information will be provided via OWL and during lecture. There will be one final 3 hour examination (combination of multiple choice, short answer, and essay questions; worth 40% of the grade). See section E for due dates.

E. COURSE TIMETABLE ***(SUBJECT TO CHANGE)***

DATE	TOPIC
Sep 08	No Lecture
Sep 09	Course Overview
Sep 15	Health Behaviour & Theory
Sep 16	PRECEDE-PROCEED Model
Sep 22	Value-Expectancy Theories
Sep 23	Threat/Fear Models
Sep 29	Stage Models
Sep 30 (Assignment 1 Due)*	
Oct 06	Behavioural Economics
Oct 07	
Oct 13	Social Cognitive Theory
Oct 14	
Oct 20	Health Communication
Oct 21	
Oct 27	Diffusion of Innovations Theory
Oct 28 (Assignment 2 Due)*	
Nov 03	Reading Week (No Classes)
Nov 04	
Nov 10	Ecological Approaches
Nov 11	
Nov 17	Measurement and Design
Nov 18	
Nov 24	Evaluating Health Programs
Nov 25	
Dec 01	From Theory to Practice
Dec 02 (Assignment 3 Due)*	
TBA	FINAL EXAMINATION

*Due via OWL by 23:55 Eastern Time

F. 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.

G. PLAGIARISM

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.

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: [Academic Calendar - Western University \(uwo.ca\)](#)

H. ACADEMIC CONSIDERATION

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) *Submitting a Self-Reported Absence form, provided that the conditions for submission are met;*
- (ii) *For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or*
- (iii) *For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.*

Students seeking academic consideration:

- *Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;*
- *Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;*
- ***Must communicate with their instructors no later than 24 hours*** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- ***Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities***

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare

using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. *Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;*
- b. *The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 08:30 the following morning if the form is submitted after 16:30;*
- c. *The duration of the excused absence will terminate prior to the end of the 48 hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;*
- d. *The duration of an excused absence will terminate at 08:30 on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;*
- e. *Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., “bellringers”);*
- f. *Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;*
- g. *Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed.*

I. USE OF 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 electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

*During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **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.***

J. SUPPORT SERVICES

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

1. Student Development Centre -- <http://academicsupport.uwo.ca/>
2. Student Health -- <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

K. HEALTH & WELLNESS

As part of a successful undergraduate experience at Western, we encourage you to make The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at <http://www.health.uwo.ca/>. You can also check out the Campus Recreation Centre or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year.

Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western [Mental Health Support - Health & Wellness - Western University \(uwo.ca\)](#)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: [Health & Wellness - Western University \(uwo.ca\)](#). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

L. GRADE POLICY

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

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

It is expected that the grades for this course will fall between 74-80. 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.

M. COURSE COMMUNICATION STANDARDS

Students are encouraged to **post any course-related questions in the Q&A forum in the OWL course page** so that other students ay benefit from the answer without having to reach out directly. If your question is of sensitive nature, you are welcome to email your instructor directly. Please ensure that you use your Western email to minimize the risk of your message getting sent to spam. If you wish to discuss any grade, please ensure that you email the person that graded your assignment before reaching out to your instructor.