

UNIVERSITY OF WESTERN ONTARIO
SCHOOL OF HEALTH STUDIES
HS4202A: HEALTH BEHAVIOUR
FALL 2022

Instructor: Ivan Culum, PhD
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Office Hours: By appointment

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Lectures: Wednesdays 15:30 – 17:30
Thursdays 16:30 – 17:30
PAB-34

Required Textbook*:

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

1. 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 per week; reliable internet connection for accessing course materials, submitting assignments, and completing examinations.

2. 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.

3. LEARNING OUTCOMES

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

1. Describe major theories and models in health behaviour
2. Understand the relationship between different health theories and models
3. Critically evaluate theories/models
4. Identify specific theories and models used in applied and preventative health programs
5. Apply a range of theories and models to specific health issues

4. READINGS

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

5. ASSESSMENTS

Students will be graded based on their performance on **2 essays (2000 words, each worth 20% of the final grade)**. For the first essay (due October 14), students will write about the impact of a positive or negative health behaviour on individual and population health. For the second essay (due December 2), students will choose a negative health behaviour and apply a theory or model from the course to show how the negative behaviour can be changed. Additional information will be provided via OWL and during lecture. There will be **two exams (midterm and final) (combination of multiple choice, short answer, and essay questions; worth 25% and 35% of the grade, respectively)**. The midterm exam will be completed online via OWL, whereas the final will be completed in-person.

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

DATE	TOPIC
Sep 07 Sep 08	Course Overview; Health Behaviour & Theory PRECEDE-PROCEED Model
Sep 14 Sep 15	Value-Expectancy Theories Threat/Fear Models
Sep 21 Sep 22	Stage Models I Stage Models II
Sep 28 Sep 29	Social Cognitive Theory I Social Cognitive Theory II
Oct 05 Oct 06	Health Communication I Health Communication II
Oct 12 Oct 13 Oct 14	Ecological Approaches I Ecological Approaches II Essay 1 Due*
Oct 19 Oct 20	Social Network Theory Social Network Analysis
Oct 26 Oct 27	Midterm Exam** (No Lectures)
Oct 31 Nov 06	Reading Week (No Lectures)
Nov 09 Nov 10	Diffusion of Innovations Theory I Diffusion of Innovations Theory II
Nov 16 Nov 17	From Theory to Practice Intervention Mapping
Nov 23 Nov 24	Measurement and Design I Measurement and Design II
Nov 30 Dec 01 Dec 02	Program Evaluation I Program Evaluation II Essay 2 Due*
TBA	FINAL EXAMINATION (In-Person)

**Due via OWL by 23:55 Eastern Time*

***Available via OWL from 00:00 Oct 26 to 23:55 Oct 27; 2 hours to complete once started*

7. 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 \(uwo.ca\)](http://www.uwo.ca)

8. 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) 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*
- (ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to academic advising office 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 an SMC;*
- **Are advised that all necessary documentation, forms, etc. are to be submitted to the academic advising office within two business days after the date specified for resuming responsibilities***

9. 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.**

10. 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/>

11. HEALTH & WELLNESS

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 \(uwo.ca\)](http://www.uwo.ca/mentalhealthsupport) for a complete list of options about how to obtain help or Thames Valley Family Services (<https://www.family servicethamesvalley.com/>), a trusted provider within the community. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: [Health & Wellness - Western University \(uwo.ca\)](http://www.uwo.ca/healthandwellness). 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.

12. GRADE POLICY

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 74-80. 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.

13. COMMON CONCERNS GUIDELINES

The table below summarizes a list of common student concerns and how they are to be resolved. If you have a concern that is not listed here, then please email your instructor.

Concern	How to address concern
Course administrative matters	Read through the course outline or email instructor if question cannot be answered from information in the course outline
Course content questions	Refer to the OWL Resources (notes, calendar, etc). Email the instructor.
Grade disputes and requests for appeals	<p>A student requesting an appeal to a specific course with respect to a grade for an assignment or examination must first contact their instructor to discuss such matters.</p> <p>Visit the following website for guide on submitting an appeal: https://uwo.ca/fhs/policies/appeals.html</p>

14. 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 may 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.

15. CONTINGENCY PLAN FOR IN-PERSON PIVOTING TO ONLINE LEARNING

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor.

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, tests and examinations in this course will be conducted using a remote proctoring service. By taking this course, you are

consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.