

The University of Western Ontario
School of Health Studies

Health Sciences 4202a: Health Behavior

: Tamara Landry
tmlandry@uwo.ca

September 2014

HSB 207

: Tuesday 10:00am-11:00am or by appointment

: Tuesdays 11:30am-1:30pm and Thursdays 11:30am-1:30pm
UWO Soc 0 0 0 19-05-7e32 cm BT 200

Course Information

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.

Course Objectives:

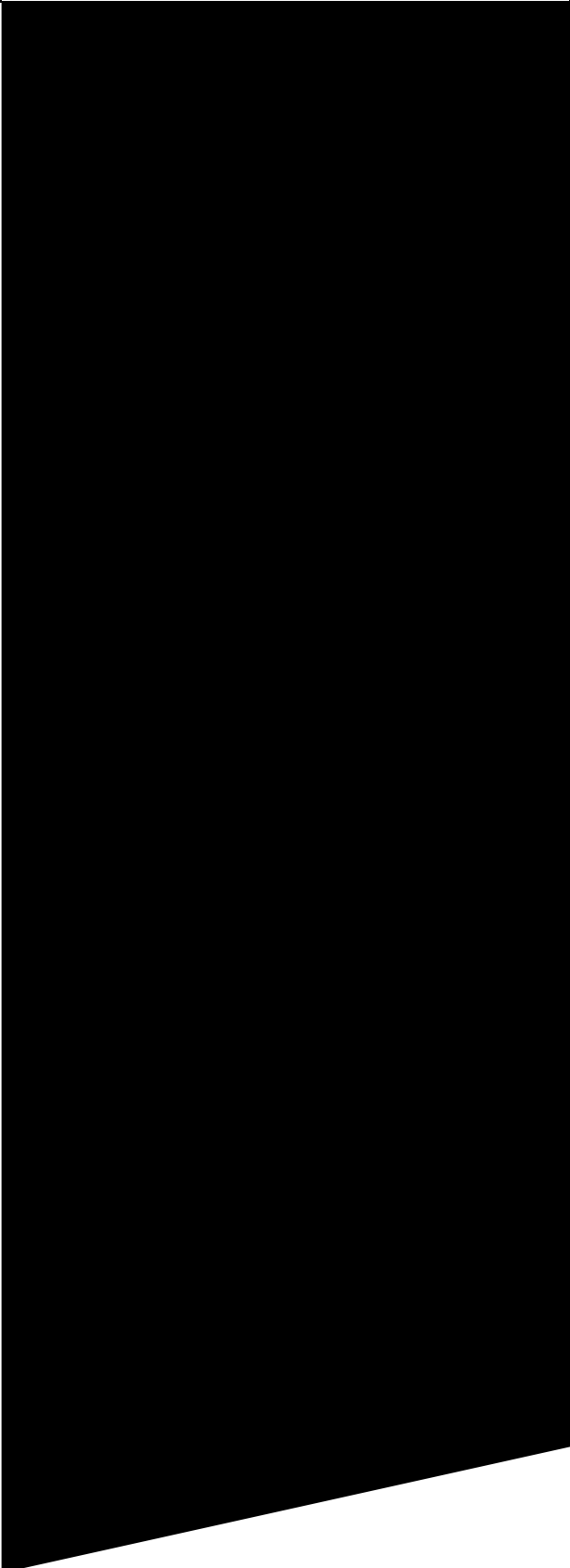
By the end of this course, you should be able to:

- ✚ Describe the major health behavior theories/models we've discussed in class
- ✚ Identify the main constructs and components of each of those health behavior theories/models

Course Materials

The required course textbook for this class is “Health Behavior Theory for Public Health” by DiClemente, Salazar and Crosby, 2013. This text is available in the campus bookstore. There will also be a few additional required artic

TENTATIVE COURSE SCHEDULE

WEEK	DATE	TOPIC	READINGS
1	September 4 (Th)	Introduction to the Course	No Readings
2	September 9 (Tu)		Chapter 1 Chapter 2

THEORY ABBREVIATIONS:

HBM: Health Belief Model, TRA: Theory of Reasoned Action, TPB: Theory of Planned Behavior, TMC: Transtheoretical Model of Change, PAPM: Precaution Adoption Process Model, DOI: Diffusion of Innovation, SCT: Social Cognitive Theory, IMB: Information-Motivation-Behavioral Skills Model, EPPM: Expanded Parallel Process Model, AT: Attribution Theory

Grading scheme:

I use the format provided below for grading, which is the university-wide scale that has

Accommodation for Medical Illness or Non-Medical Absences

http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.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:

<https://studentservices.uwo.ca/secure/index.cfm>.

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 Counseling 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 Counseling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counseling 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 website:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf

between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

2. 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/>

Creating a “healthy” 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: arrive on time, do not be disruptive, respect one another, be attentive, and be willing to challenge yourself. Behavior during class such as talking during lectures, wearing headphones, using cell phones, facebooking, emailing, texting and surfing the Internet for non-class purposes is considered disrespectful and disruptive behavior. The professor will use her discretion in deciding the best way to deal with any situation that may arise.