

Western University
School of Health Studies

Health Sciences 4202a: Health Behavior

Instructor: Dr. Tamara Thompson

Fall 2018

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Office Hours: By appointment

Office Hours Location: Room 124, St

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 attend the lectures, complete the readings in advance of the lectures and participate in class discussions. You will also be expected to submit any required assignments on the due date and write all scheduled exams for this course.

Course Materials

The required course textbook for this class is: **Health Behavior Theory for Public Health, Principles, Foundations, and Applications.**

Health Behavior/Theory

TENTATIVE COURSE SCHEDULE

Week	DATE	TOPIC	READINGS
1	September 7 (F)	Introduction to the Course	No Readings
2	September 11 (T)	Health, Behavior and Theory	Chapters 1 and 2
	September 14 (F)	Precede-Proceed Planning Model	Chapter 3
3	September 18 (T)	Value Expectancy Theories	Chapters 4
	September 21 (F)	Value Expectancy Theories Fear-Based Models	Chapters 4 Chapter 5
4	September 25 (T)	Fear-Based Models	Chapter 5
	September 28 (F)	Stage Models -Why? Assignment due today	Chapter 6
5	October 2 (T)	Stage Models	Chapter 6
	October 5 (F)	Theory Application	Reading posted on OWL
6	October 9 (T)	No Class Reading Week	No Readings
	October 12 (F)	No Class Reading Week	No Readings
7	October 16 (T)	Health Communication Social Marketing	Chapter 8 Reading posted on OWL
	October 19 (F)	Social Cognitive Theory	Chapter 7
8	October 23 (T)	Guest Lecture: Dr. Bill Fisher Information-Motivation-Behavior Skills Model, Western University	Reading posted on OWL
	October 26 (F)	Theory Application	Reading posted on OWL
9	October 30 (T)	Guest Lecture: Leanne Powell,	

		Group Project 2 Evaluations Due	
	December 7 (F)	Last Day of Class: Final Exam Review Group Project 3 Evaluations Due	No Readings
	December 8-9	Study Days	
	December 10-21	Final Exam TBD	

This schedule is subject to changes. I will notify you immediately of any changes

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

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

ADDITIONAL STATEMENTS

Student Code of Conduct

The purpose of the Code of Student Conduct

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 --

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.