

UNIVERSITY OF WESTERN ONTARIO
SCHOOL OF HEALTH STUDIES
HS4202A: HEALTH BEHAVIOUR
FALL 2019

Instructor: Ivan Culum, PhD
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Office: HSB 216
Office Hours: By appointment

Lectures: Tuesdays 11:30 AM – 1:30 PM
Fridays 12:30 PM – 1:30 PM
AHB 2B04

Required Textbook:

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

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

D. ASSESSMENTS

Students will be graded based on their performance on **3 written assignments (each worth 20% of their final grade)** and **1 final examination (worth 40% of their grade)**. Assignment and exam information will be posted in OWL. **See section E for due dates.**

E. COURSE TIMETABLE ^{*}(SUBJECT TO CHANGE)^{***}**

DATE	TOPIC
Sep 06 (F)	Course Overview
Sep 10 (T) Sep 13 (F)	Health Behaviour & Theory PRECEDE-PROCEED Model
Sep 17 (T) Sep 20 (F)	Value-Expectancy Theories Threat/Fear Models
Sep 24 (T) Sep 27 (F) Assignment 1 Due	Stage Models
Oct 01 (T) Oct 04 (F)	Behavioural Economics
Oct 08 (T) Oct 11 (F)	Social Cognitive Theory
Oct 15 (T) Oct 18 (F)	Health Communication
Oct 22 (T) Oct 25 (F) Oct 29 (T) Nov	Diffusion of Innovations Theory

- 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 8:30am the following morning if the form is submitted after 4:30pm;*
- 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 8:30am 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*

L. HEALTH & WELLNESS

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

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://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, please visit Western Psychological Services (<https://www.uwo.ca/health/psych>)