**Division**: KHS Kinesiology, Health, Sport Studies  
**Program Area**: Health Education  
**Course**: HE 5220  
**Course Title**: Health Behavior Change  
**Credits**: 3 Semester Hours  
**Term**: Winter 2014

**Location**: Macomb Center (not the University Center/WSU)  
**Time**: Tuesdays 5:30-8:15pm

**Instructor**: Patricia Steele M.Ed  CHES

Office hours by Appointment  
Cell Phone: 810-444-5690  
email: psteele@misd.net

**Course Description**:  
This course will describe the best known theories of health behavior change and how these theories are applied in a classroom setting.

**Course Outcomes**:  
1. Describe the definition, scope and evolution of health education and health behavior.  
2. Define theory and its characteristics and features.  
3. Discuss the interrelationship of theory, practice and research.  
4. Present the key components of the Health Behavior Model.  
5. Explain the main constructs in the Theory of Planned Behavior.  
6. Define the Attribution Theory.  
7. Define the principles of the Social Cognitive Theory Model.  
9. Present models of community organization, community building and Organizational Change Theory.  
11. List the four core principals of Ecological Models of Health Behavior.  
12. Summarize and synthesize four theoretical approaches to health behavior change.  
13. Apply several types of behavior change theory to actual behavioral scenarios.

Jones and Bartlett Publishing: Burlington, MA.
Course Assignments and Grading:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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<tbody>
<tr>
<td>7 In-Class Quizzes *</td>
<td>49</td>
</tr>
<tr>
<td>(7 points each)</td>
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</tr>
<tr>
<td>1 final exam</td>
<td>20</td>
</tr>
<tr>
<td>Participation and Attendance</td>
<td>11</td>
</tr>
<tr>
<td>1 final demonstration project</td>
<td>20</td>
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</tbody>
</table>

*Note regarding quizzes:
Quizzes will be based on the questions of each chapter. The paper should be one page in length and notes may be used, but not books. The paper will be judged on accuracy (3 points), evidence of analysis (2 points) and quality of writing (2 points).

Quiz Dates

Jan. 21 – Ch. 3
Jan. 28 – Ch. 4
Feb. 4 – Ch. 5
Feb. 11 – Ch. 6
Feb. 18 – Ch. 7
Feb. 25 – Ch. 8
March 4 – Ch. 9

Final Grade:

97 – 100  A+
93 – 96   A
90 – 92   A–
87 – 89   B+
83 – 86   B
80 – 82   B–
77 – 79   C+
73 – 76   C
70 – 72   C–
67 – 69   D+
63 – 66   D
60 – 62   D–

Policies

1. Attendance is expected.

2. Late work will be accepted, but a point will be deducted for each day late.

3. Withdrawal Policy - Students who withdraw from a course after the end of the 4th week of class will receive a grade of WP, WF, or WN.
WP will be awarded if the student is passing the course (based on work due to date) at the time the withdrawal is requested.

WF will be awarded if the student is failing the course (based on work due to date) at the time the withdrawal is requested.

WN will be awarded if no materials have been submitted, and so there is no basis for a grade.

Students must submit their withdrawal request on-line through Pipeline. The faculty member must approve the withdrawal request before it becomes final, and students should continue to attend class until they receive notification via email that the withdrawal has been approved. Withdrawals can be requested at any point from the fifth week of class through the tenth week of classes (Saturday, March 24, 2012).

4. Academic Dishonesty - Academic dishonesty of any type will not be tolerated. (See WSU Student Code of Conduct). Students are responsible for knowing what constitutes academic dishonesty. If there is any question, it is better to ask me for an opinion in advance. Examples of academic dishonesty include, but are not limited to, giving or receiving aid during an exam (i.e. cheating), giving or receiving unauthorized information prior to an exam regarding the content of that exam, stealing a copy of the exam, having another student assist you during an on-line exam, deceiving the professor by representing the work of another as your own, plagiarizing the words or ideas of another person, submitting the same written work to fulfill the requirements of more than one course. Should cases of academic dishonesty be found, I reserve the right to impose the following sanctions:

Assign the student an “F” for the assignment, project, paper, or exam in question.

Assign the student an “F” for the entire course. Recommend the student be placed on probation or suspended for a period of time.

Recommend that the student be expelled from the university (repeated offenses.)

Anyone with specific questions regarding academic misbehavior should consult the source document at http://www.doso.wayne.edu/codeofconduct.pdf or http://www.doso.wayne.edu/judicial/academic-integrity.htm

5. Plagiarism - The definition of plagiarism is "to use/steal the language, ideas, or thoughts from another and to represent them as your own original work." If you use another person's words, ideas, or thoughts in your papers, you must cite the author(s) in your paper using APA style. I can check for plagiarism by running your papers through a software application that instantly detects papers with unoriginal material. For your own sake, please avoid the temptation to use someone else's words as your own. Any cases of detected plagiarism will result in an "F" on the assignment. A second offense will result in an "F" for the course.

6. Accommodations for students - In accordance with university policy, if you have a documented disability and require accommodations to obtain equal access in this course, or are a student athlete and need accommodations, please contact the instructor at the beginning of the semester or when given an assignment for which an accommodation is required

7. Students with Disabilities - If you have a documented disability that requires accommodations, you will need to register with Student Disability Services (SDS) for coordination of your academic accommodations. The Student Disability Services (SDS)
office is located at 1600 David Adamany Undergraduate Library in the Student Academic Success Services department. SDS telephone number is 313-577-1851 or 313-577-3365 (TDD only). Once you have your accommodations in place, I will be glad to meet with you privately during my office hours to discuss your special needs. Student Disability Services’ mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

Please be aware that a delay in getting SDS accommodation letters for the current semester may hinder the availability or facilitation of those accommodations in a timely manner. Therefore, it is in your best interest to get your accommodation letters as early in the semester as possible.

8. **Religious Observance Policy** - Because of the extraordinary variety of religious affiliations represented in the University student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is University policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

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### Class Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Due</th>
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<tbody>
<tr>
<td>1</td>
<td>January 7</td>
<td>Intro to Health Behavior and health trends</td>
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<tr>
<td>2</td>
<td>January 14</td>
<td>Theory of Planned Behavior</td>
<td>Read Ch. 3</td>
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<tr>
<td>3</td>
<td>January 21</td>
<td>Health Belief Model</td>
<td>Read Ch. 4</td>
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<td></td>
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<td></td>
<td>Quiz – Ch. 4</td>
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<tr>
<td>4</td>
<td>January 28</td>
<td>Attribution Theory</td>
<td>Read Ch. 5</td>
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<td></td>
<td>Quiz – Ch. 4</td>
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<tr>
<td>5</td>
<td>February 4</td>
<td>Transtheoretical Theory</td>
<td>Read Ch. 6</td>
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<td></td>
<td>Quiz – Ch. 5</td>
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<tr>
<td>6</td>
<td>February 11</td>
<td>Social Cognitive Theory</td>
<td>Read Ch. 7</td>
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<td></td>
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<td></td>
<td>Quiz – Ch. 6</td>
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<tr>
<td>7</td>
<td>February 18</td>
<td>Diffusion of Innovation Theory</td>
<td>Read Ch. 8</td>
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<td>Quiz – Ch. 7</td>
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<tr>
<td>8</td>
<td>February 25</td>
<td>Communication Theory</td>
<td>Read Ch. 9</td>
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<td>Quiz – Ch. 8</td>
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<tr>
<td>9</td>
<td>March 4</td>
<td>Evaluating and Choosing Models</td>
<td>Quiz – Ch. 9</td>
</tr>
<tr>
<td>10</td>
<td>March 11</td>
<td>NO CLASS – WSU closed for Spring Break</td>
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<tr>
<td>11</td>
<td>March 18</td>
<td>NO CLASS – Time to plan presentations</td>
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<tr>
<td>12</td>
<td>March 25</td>
<td>Application of Theories to Selected Work Sites</td>
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<tr>
<td>13</td>
<td>April 1</td>
<td>Project Presentations</td>
<td>Presentation</td>
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<tr>
<td>14</td>
<td>April 8</td>
<td>Project Presentations</td>
<td>Presentation</td>
</tr>
<tr>
<td>15</td>
<td>April 15</td>
<td>Final Exam and Class Evaluation</td>
<td>Good Luck!</td>
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</tbody>
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