any required assignments on the due date and write all scheduled exams for this course.

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 articles that will be posted on OWL for this course. I will also post the suggested readings on OWL for anyone interested.

Evaluation:

Reflection Questions: (2 reflection pieces x 10% each) 20% Health Behavior Change Assignment 40% Final Exam 40%

You will be provided with 2 questions on the health behavior theories course material throughout the semester. You will be required to submit a two-page response to each question. Please see the class timetable for the assigned dates and due dates. These must be submitted during class.

Your task is to design a health promotion component to behavior change that addresses a significant health concern. Be as creative as you can in your suggested ways to change a health behavior. Please clear your topics and chosen theory with me before proceeding. The DEADLINE to clear your topics is OCTOBER 15, 2012.

Emails received after 4pm will be answered the next morning. If you have not received a response email from me within 24 hours, please resend your email.

Policies

Late aterial

All assignments must be turned in on time. Please submit both an electronic copy to my UWO email tmlandry uwo ca and a hard copy of your assignments during class if you have a medical reason for not being able to complete an assignment or the final examination a note from your Physician indicating the severity of your condition must

Accommodation for edical Ilness at: https: studentservices uwo ca secure index cfm for further details if you are given academic accommodation by the Academic Counselling Office for missing an assignment deadline you will be required to see an academic counsellor in Health Studies to discuss your reasons and provide documentation if you receive 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 write the final 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 provide documentation if you receive academic accommodation you will be required to write a make up final exam if you have a non medical reason for handing in a late assignment will be deducted per day including weekends if you have any specific questions or concerns please do not hesitate to ask me if you do not have academic accommodation you will receive a grade of zero on any miss

September 10 (T)	Introduction to the Course	Chapter 1
	Introduction to Health: The intersection	
	between behavior, health promotion, the	
	environment and prevention	
September 12 (Th)	Where does Theory come in and how can	Chapter 2
	we use it to understand Health Behavior?	
September 17 (T)	The Precede-Proceed Model	Chapter 3
September 19 (Th)	Value-Expectancy Theories-TRA/ TPB	Chapter 4
September 24 (T)	Value-Expectancy Theories	

HBM: Health Belief Model, SET: Self-Efficacy Theory, MI: Motivational Interviewing TRA: Theory of Reasoned Action, TPB: Theory of Planned Behavior, SDT: Self