

Western University
School of Health Studies

Health Sciences 4202a: Health Behavior

: Dr. Tamara Thompson
tlandry4@uwo.ca

Fall 2017

To be determined

: By appointment

: Tuesday 11:30am-1:30pm (in class) AHB-2B02 (Arts and Humanities Building) and Friday 12:30pm-1:30pm (online).

Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Prerequisites: Registration in the third or fourth year of the School of Health Studies

Antirequisites: Health Sciences 4091A section 002 if taken in 2010

See www.westerncalendar.uwo.ca for further details.

Course Information

This course will explore theoretical frameworks of health behavior. Students will be introduced to the main constructs of various health behavior theoretical frameworks and their applications to selected healthy/unhealthy behaviors, such as tobacco use, exercise, eating lifestyle, substance use, condom use/safer sex practices, vaccines, hygiene, oral health.

Course Objectives:

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

- ✚ Describe the major health behavior theoretical frameworks commonly used in the field of health education and behavior change.
- ✚ Identify the main constructs and components of each of those health behavior theoretical frameworks and their relationships.
- ✚ Explain the unique strengths and weaknesses of the health behavior theoretical frameworks.
- ✚ Describe how the major health behavior theoretical frameworks have been applied to health, illness and preventive behaviors
- ✚ Apply the health behavior theoretical frameworks to health behavior issues
- ✚ Understand how to theory can be used in health education, research and public health practice

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, Research, and Practice, 5th edition. Jossey-Bass. Glanz, K., Rimer, B. K., & Viswanath, K. (2015).

10	November 7 (T)	Diffusion of Innovations	Chapter 16
	November 10 (F)	Interpersonal Communication in Health and Illness Online -No Assignment for Chapter 13, but responsible for reading the chapter	Chapter 13
11	November 14 (T)	Social Marketing Public Health Group/Individual Project Due in class at 11:30am	Chapter 21
	November 17 (F)	Communication and Health Behavior Change in a Changing Media Environment -Assignment 5 posted on OWL	Chapter 17
12	November 21 (T)	Group Project Presentations 1	No Readings
	November 24 (F)	Behavioral Economics Online -Assignment 6 posted on OWL Group Project 1 Assessments Due	Chapter 20
13	November 28 (T)	Group Project Presentations 2	No Readings
	December 1 (F)	Group Project 2 Assessments Due	No Readings
14	December 5 (T)	Last Day of Class: Precede-Proceed Model Final Exam Review	Chapters 18 and 19
	December 8 (F)		

for data gathering and for evaluating the student, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

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/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

Additionally,

1. 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>).
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/>
2. StudentHealth--<http://www.uwo.ca/health/services/students/index.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.