



COLLEGE OF EDUCATION
DEPARTMENT OF EXERCISE SCIENCE & HEALTH PROMOTION
HSC 6585: Health Behavior, Health Education, and Health Promotion - Summer 2009

I. Professor: Dr. Tina M. Penhollow, CHES
Office: Boca Campus, Field House
Office Hours: Tuesday & Thursday 10:00-2:00, or by appointment
Contact: E-mail: tpenholl@fau.edu
Course Schedule: Distance Learning: <http://blackboard.fau.edu>
Sect. 001, Call No. 53619

II. Catalog Description:

This course provides the fundamental concepts of health behavior within social and psychological contexts. Focus is on applying health behavior theories to development of effective health promotion programs. Health education skills addressing problems relating to lifestyle and physical health will be introduced.

III. Required Text:

Glanz, K., Rimer, B., Viswanath, K. (2008). Health Behavior and Health Education: Theory, Research, Practice (4th ed.). Wiley Publishers. ISBN: 978-0-7879-9614-7.

IV. Competencies/Objectives:

The learning experiences and activities in the course are designed to enable the student to:

1. Discuss the various health behavior theories introduced.
2. Utilize the various health behavior theories to identify the target behaviors for health education and promotion intervention.
3. Apply the various health behavior theories to developing frameworks for health education and promotion program planning and evaluation.
4. Practice health education and promotion as well as deal with problems related to lifestyle and health.
5. Develop a hypothetical theory-based health promotion intervention.

V. Course Outline and Important Dates:

Summer 2009: Term 1	Term Dates: May 11 – Aug. 4
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		TOPIC	READINGS/ASSIGNMENTS
Week 1:	5/15	Health Behavior & Education	Chapter 1
Week 2:	5/22	Theory, Research, & Practice, Health Belief Model	Chapter 2, 3
Week 3:	5/29	TRA/TPB	Chapter 4
Week 4:	6/5	Stages of Change, Intrapersonal Theories	Chapter 5, 7
Week 5:	6/12	Journal Article Review Due	
Week 6:	6/19	Social Cognitive Theory, Social Support	Chapter 8, 9
Week 7:	6/26	Midterm Exam	
Week 8:	7/3	Stress, Diffusion of Innovations	Chapter 10, 14
Week 9:	7/10	PRECEDE/PROCEED, Social Marketing	Chapter 18, 19
Week 10:	7/17	Ecological Models, Evaluation	Chapter 20, 21
Week 11:	7/24	Theory Paper and PowerPoint Presentation Due	
Week 12:	7/31	Final Exam	

VI. Evaluation: Your final grade will be calculated as follows:

A.) Exams (2 @ 100):	200 points
B.) Journal Article Review:	50 points
C.) Theory Paper:	100 points
D.) Theory PowerPoint Presentation:	50 points

Total Points	400 points
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A. Exams: 200 points

There will be two exams in this course worth 100 points each (midterm and final). Exams will cover information based on assigned readings. Tests will primarily be multiple-choice and short answer/essay. Students are required to take the exam on the day scheduled. Exams will be available from 6:00am-midnight on the day of the exam. Students are required to contact the instructor 48 hours prior to missing a scheduled exam with a legitimate excuse (ex: military commitment, death in the family, court-imposed legal obligations, or participation in a university athletic or scholastic event). Make-up exams will be different than the scheduled exam. If the student does not contact the instructor before missing an exam, a grade of “0” will be recorded. If an exam is not made up within three days, a grade of “0” will be recorded. See course outline for exam dates.

B. Journal Article Review: 50 points

Find an original research article that introduces the use of a behavioral theory covered in the text. The study may examine how the theory works, how it relates to something else, how it predicts behavior, etc. You may find the study in a health journal, a psychology journal, or other journals cited in the references after each chapter in the text. Write a brief overview describing what the study problem and research questions/hypotheses were, what theory/ies were used, how elements of the theory/ies were personalized (what measurable units the author(s) translated the theoretical elements into action, how the authors collected the information and from whom, and what the main conclusions were). Are there program elements and components that do not relate to the theory/ies? How well do you think the authors applied the theory/ies, and why do you feel this way? Also discuss the study’s strength and weaknesses (especially with regard to the theory used), including what you liked about it and what you think could have been done better. The paper should be 2-3 pages. Please reference the original research article with your review. The journal article review is due through TurnItIn June 12th by 5:00PM.

C. Theory Paper: 100 points

The purpose of this assignment is to help students practice synthesizing and integrating different perspectives into more meaningful programs and research studies. Now that students have seen and critiqued what others have done, the final assignment is to develop a hypothetical program based on theory. For this assignment, you are required to use/integrate at least two theories. Write it as if I know nothing about the theories. Describe the problem or condition, the target population, the theories you are using, why you chose these theories (why they are the best ones to apply to the problem), what elements of the theory apply to your program, and how you will translate the theoretical constructs into action in your program (how you will operationally utilize them). Include a diagram of how the various pieces of the theory and the program relate. A minimum of ten scientific references is required. All references must be from peer-reviewed scientific sources. APA (5th edition) style referencing is required. APA guidelines for writing and referencing can be obtained from: www.apastyle.org for information and/or questions. Students must source all references within the text of the paper. A separate reference page(s) must be included at the end of the paper. Include the following sections in your manuscript:

List of Figures

List of Graphs

Overview and Rationale

Statement of Purpose

Program Goal

Health Objectives

Behavioral Objectives

Program Objectives

Proposed Intervention Theory/Model

Proposed Intervention Strategies and Learning Activities

Proposed Implementation of the Program

Proposed Evaluation of the Program

References

Appendix/Appendices

If you have additional sub-heading (s) under any of the above headings within the text, follow APA style. The theory paper is due through TurnItIn July 24th by 5:00PM.

D. PowerPoint Presentation: 50 points

Each student must construct a PowerPoint presentation (including appropriate visuals) based on his or her individual theory research paper. Each presentation must be a minimum of 15 slides. A reference slide must also be included with the presentation. APA (5th edition) style referencing is required. The powerpoint presentation is due through TurnItIn July 24th by 5:00PM.

Grading Scale:

A = 94% (376-400 points), **A⁻** = 90-93% (360-375 points)

B⁺ = 87-89% (348-359 points), **B** = 84-86% (335-347 points), **B⁻** = 80-83% (320-334 points)

C⁺ = 77-79% (308-335 points), **C** = 74-76% (296-307 points), **C⁻** = 70-73% (280-295 points)

D⁺ = 67-69% (268-279 points), **D** = 64-66% (256-267 points), **D⁻** = 60-63% (240-255 points)

F = 0-59% (< 240 points)

VII. Course Policies & Procedures:

1. You are expected to read and follow the syllabus.
2. Assignments **MUST** have a written title in the subject area and submitted using Microsoft Word (2007⁺) or they will not be graded.
3. Late assignments will not receive credit.
4. It is important to check your FAU e-mail account for messages and announcements regularly. If you forward your FAU e-mail to another account be aware that you may miss e-mails. Do not rely on forwarded messages getting through (read the caveat against forwarding e-mail to another account. You will find this on the login page of BlackBoard).
5. **DO NOT** e-mail or fax any assignments to the instructor. Submit all assignments through the appropriate BlackBoard site as per the instructions found in the Assignment section via BlackBoard or in this syllabus.
6. All assignments are to be submitted no later than 5:00PM on the due date.
7. Exams will be given via the BlackBoard site. You are required to take the exam at the designated time and day. All exams will be available from 6:00AM until midnight. Make-up tests **WILL NOT** be given unless there is a legitimate excuse (ex: military commitment, death in the family, court-imposed legal obligations, or participation in a university athletic or scholastic event).
8. Any changes to the syllabus will be made by an e-mail announcement and BlackBoard by the instructor.
9. Plagiarism, cheating, or academic dishonesty of any kind on any assignment or exam will not be tolerated and will result in a failing grade on the assignment or exam or possibly even the course. Appropriate university guidelines will be followed for disciplinary action.
10. Submitting any assignment, research papers, etc. for this course that was previously completed for another course is considered academic dishonesty and will result in a zero for that assignment. TurnItIn, an academic dishonesty program, will be used to evaluate plagiarism. By signing up for this course the student agrees to allow TurnItIn to check any and all papers submitted to BlackBoard for plagiarism. Appropriate FAU guidelines will be followed for disciplinary action. See FAU catalog for specifics.
11. Two separate tutorials are available for you in the Course Information section of BlackBoard. They are designed to help you with APA writing style and to familiarize you with what constitutes plagiarism. Please read them.
12. All scientific references used for this class must be published/written within the last nine years (year 2000 or greater).
13. In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.
14. If you have a learning disability and need special assistance, please notify the instructor by the end of the first week of the semester.
15. Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf