

**PH 587 Health Behavior Theory
Course Syllabus
Fall 2024**

Instructor

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Office Hours: Via Weekly Meeting and by Appointment

Course Description

Applications of concepts and theories used in social and behavioral sciences to identify and conceptualize solutions to public health problems.

Learning Outcomes

By the end of this course, students will be able to:

- Synthesize epidemiologic and other scientific evidence to demonstrate the public health importance of a particular health issue.
- Synthesize scientific literature to describe relations between specific human health behaviors and a specific health issue.
- Describe concepts and constructs of specific major theories of human health behavior.
- Describe the role of theory in understanding and responding to factors related to human behaviors and their influence on health outcomes.
- Synthesize scientific literature to describe the current state of knowledge related to theoretical determinants and social determinants and their influence on the health behaviors of humans.
- Develop a behavioral model to communicate relations between health issues, measurable behaviors, and both theoretical determinants and social determinants of health.

MPH Foundational Knowledge and Concentration Competency Assessment

This course adheres to required knowledge areas and competencies associated with the WKU MPH program's accreditation by the Council on Education for Public Health. Below is a description of these areas and how they will be assessed in this course.

Foundational Knowledge: Explain behavioral and psychological factors that affect a population's health. Assessment Method: Through the semester-long project described below and the course's final exam, students will demonstrate attainment of this knowledge.

MPH Concentration Competency: Apply health behavior theories and models to address public health problems. Assessment Method: Through a semester-long project, students prepare a written synthesis of the scientific literature, and an accompanying behavioral model, in which they document the social, behavioral, and environmental determinants, with a focus on theory-driven determinants, of a specific health behavior as it relates to a particular health issue prevalent among a specified population.

Required Textbooks (Provided by instructor inside Blackboard)

1. Glanz, K., Rimer, B. K., & Viswanath, K. (Ed.) (2008). Health Behavior: Theory, Research and Practice. San Francisco, CA: John Wiley & Sons, Inc.
2. Rimer, B. K., Glanz, K., National Cancer Institute. (2005). Theory at a Glance: a Guide For Health Promotion Practice. Bethesda, MD: US Department of Health and Human Services.

Multiple other required readings and other media will be made available by the instructor via the course website.

Course Assignments

There are 275 total points available in this class, with points assigned according to the following required assignments. An in-depth description of each required assignment will be provided during class.

Preliminary Assignments

Course Introduction Assignment	15 points
Public Health Focus Assignment	10 points

Major Assignments

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| A. Literature Review and Health Behavior Model. | 150 points (MPH Concentration Competency) |
| Lit Review and Model I: Health Issue and Social Determinants | (30 points) |
| Lit Review and Model II: Measurable Behaviors | (30 points) |
| Lit Review and Model III: Theoretical Behavioral Determinants | (30 points) |
| Lit Review and Model IV: Final Literature Review and Health Behavior Model | (60 points) |
| B. Final Exam | 100 points (MPH Concentration Competency and Foundational Knowledge) |

Grading Scale

The table below provides the minimum points required for each grade possible. The instructor reserves the right to use +/- designations based on individual student performance and effort.

Grade	% of Total Points Attained
(A-) to (A)	90-100
(B-) to (B)	80-89
(C-) to (C)	70 – 79
(D-) to (D)	60 - 69
F	Below 60

Late Assignment Policy

Due to the nature of the assignments and the pace of the course schedule, we have assigned due dates. It is very important that you submit all of your assignments on a timely basis. To maintain fairness to all students the following policies will be implemented regarding late assignments.

- 1. During this class, any assignment received after the deadline, but within two days of the original due date, will receive an automatic 25% point deduction prior to being graded.***
- 2. Any late assignment that is not received within two days of the original due date and time will not be accepted and will result in a grade of zero. As assignments are due on Sunday, for example, any assignment not received by 11:59 on the subsequent Tuesday will result in a grade of zero.***
- 3. The due date for the final exam in this course is firm and the above policies do not apply. Under no circumstances can the final exam be submitted past the established due date and any late submissions will receive a grade of zero.***

Challenges with Completing Course Assignments

Only university-recognized mitigating circumstances such as a death in the immediate family or serious illness (for which documentation may be required) may be used to request an extension without penalty. If life has interfered, and despite your planning you cannot do an assignment justice, consult with the instructor in advance of the due date.

Technical Submission Difficulties. Occasional technical difficulties are common when we depend so wholly on technology. Therefore, it is important not to wait until the very last moment to submit assignments. You should keep copies of your work and check to make sure submissions show up on Blackboard. When you turn in an assignment, make sure that it has appeared ready for grading in Blackboard. If you have planned ahead and it is not there, you will have time to troubleshoot and/or notify your instructor. If you wait until you notice there is a zero in the grade book, it will be too late to remedy the situation.

Finally, **please do not just disappear.** Keep your instructor posted on any difficulties you encounter.

Communicating with the Instructor

If you contact the instructor with a question, you can expect to receive a response within 48 hours as long as your email is received by Friday at 5 p.m. Eastern. Note that any contact received by the instructor after 5 p.m. Eastern on a Friday is likely to receive a response on Monday of the subsequent week.

Academic Honesty

Students are required to comply with all policies and standards of Western Kentucky University related to academic honesty and other aspects of student conduct.

ADA ACCOMMODATION

In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, Room 1074. The SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.

PREGNANT AND PARENTING STUDENTS

Western Kentucky University does not discriminate against any student or exclude any student from its educational programs or activities, including classes or extracurricular activities, on the basis of pregnancy and/or pregnancy-related conditions such as, but not limited to, childbirth, false pregnancy, termination of pregnancy, or recovery therefrom. Students who seek pregnancy or pregnancy-related accommodations should make their requests as soon as possible via WKU's Title IX Website at www.wku.edu/titleix/ under the heading, "Pregnancy or Pregnancy-Related Conditions." Students can also contact the Title IX Coordinator, Ena Demir, via email at ena.demir@wku.edu or by phone at (270) 745-6867 to request accommodations or seek assistance. We encourage students and faculty to work together to establish a plan that allows the student to complete the class and coursework without jeopardizing academic integrity and course standards. The Title IX Coordinator can help facilitate conversations between students and faculty regarding appropriate and reasonable accommodations. If you are a WKU student and believe that you have experienced an incident(s) of discrimination or harassment based on pregnancy (or pregnancy related conditions or issues), please report it to the Title IX Coordinator via email at ena.demir@wku.edu or by phone at (270) 745-6867. Additional resources for pregnant and parenting students can be found on WKU's Title IX Website at www.wku.edu/titleix/.

TITLE IX/ DISCRIMINATION & HARASSMENT

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's [Sex and Gender-Based Discrimination, Harassment, and Retaliation](#) (#0.070) and [Discrimination and Harassment Policy](#) (#0.2040). Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Executive Director, Office of Institutional Equity/Title IX Coordinator, Ena Demir, 270-745-6867 or Title IX Investigators or Michael Crowe, 270-745-5429. Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and MUST report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's [Counseling and Testing Center](#) at 270-745-3159.

PH 587 Health Behavior Theory Course Schedule Fall 2024			
Course Week	Topic	Readings	Due
Week One: August 19-25	Course Introduction	Course Syllabus and Schedule; Assigned Other Readings; Textbook Chapter 1	Introductory Assignment Due August 25
Week Two: August 26-September 2	Introduction to Health Behavior Theory	Textbook Chapter 2; Health Promotion Video; IOM Report Parts 1&2; TAG Part 1	Health Issue Due September 2
Week Three: September 3-8	Health Behavior and Social Determinants of Health	Textbook Chapter 2; Assigned Other Readings	
Week Four: September 9-15	Individual Health Behaviors & The Health Belief Model	Textbook Chapters 3; Assigned Other Readings; HBM Theory Brief	Behavior Model and Lit Review I Due September 15
Week Five: September 16-22	The Transtheoretical Model	Textbook Chapter 4; Other Assigned Readings; TTM Theory Brief; TTM Constructs and Processes Supplements	
Week Six: September 23-29	Expectancy Theories: Theory of Reasoned Action and Theory of Planned Behavior	Textbook Chapter 5; Assigned Other Readings; TPB Theory Brief	Behavior Model and Lit Review II Due September 29
Week Seven: September 30-October 6	Individual Lit Review Meetings (No Class Meeting)		
Week Eight: October 7-13	Interpersonal Determinants & Social Cognitive Theory	Textbook Chapters 8 & 9; Other Assigned Readings	Behavior Model and Lit Review III Due October 13
Week Nine: October 14-20	Social Support, Social Networks, and Stress & Coping	Textbook Chapters 10 ; Other Assigned Readings	
Week Ten: October 21-27	Review of Behavioral Models in Public Health		
Week Eleven: October 28-November 3	FLEX WEEK TBD		Final Behavior Model and Lit Review Due November 3
Week Twelve: November 4-10	The Role of Communities & Organizations & Intervention and Dissemination in Public Health	Textbook Chapter 13; Other Assigned Readings	
Week Thirteen: November 11-17	Community-Based Participatory Methods	Textbook Chapter 15; Other Assigned Readings	
Week Fourteen: November 18-24	THANKSGIVING DAY		
Week Fifteen: November 25-December 1	Theory and Public Health Practice	Textbook Chapter 18; Other Assigned Readings; Peer Proposals	
Week Sixteen: December 2-December 5	Final Exam	None	Final Exam Due December 5