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Spring 2018

### PUBH 6150 Theory in Health Education

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**Georgia Southern University/Armstrong Campus**  
**PUBH 6150**  
**Theory in Health Education**  
**Spring 2018**  
**Tuesdays 5:30- 8:15 pm**  
**University Hall 151**

<b>Instructor:</b>	<b>Dziyana Nazaruk, DrPH, MPH, MSSM</b>
<b>Office:</b>	<b>University Hall 154P</b>
<b>Phone:</b>	<b>912-344-2686</b>
<b>E-Mail Address:</b>	<b>Dziyana.Nazaruk@armstrong.edu</b>
<b>Office Hours:</b>	<b>Tuesdays: 12pm- 3pm; Thursdays: 12pm- 3pm</b>

**Required Text:** Glanz (2015). Health Behavior: Theory, Research & Practice, 5<sup>th</sup> Edition.  
ISBN: 9781118628980

**Course Learning Objectives:**

1. Describe multiple dimensions of health and diverse factors that influence health behavior
2. Identify societal levels that make up the social ecology of behavior and health
3. Describe the major scientific perspectives that have shaped modern theories of motivation and behavior
4. Describe the elements of communication process
5. Define the concept of community capacity and how it is applied in community- based interventions
6. Identify and define the main purpose of program evaluation
7. Conduct a literature search using library database in order to identify factors that influence health behavior at multiple socioecological levels.
8. Interview an individual who has expertise related to the selected problem
9. Apply theories and models to develop health education strategies
10. Design an intervention to address your selected problem based on the appropriated framework that consists of concepts, theories, or models of health behavior change
11. Facilitate professional growth of self and others

<b><u>Grading Criteria:</u></b>	A	89.5-	100.0%
	B	79.5 –	89.4 %
	C	69.5 –	79.4 %
	D	59.5 –	69.4 %
	F	0 –	59.5 %

## General Academic Policies and Important Information

**1. College students are adults: You will be treated as adults and are expected to act accordingly.**

While you are expected to respect others in class and act in an appropriate, civil manner, this classroom is a free speech zone. This means that students, faculty, and visitors may offer any ideas they like and use any words available in English (or any other language) they feel necessary to express their ideas. Students, faculty, and visitors are encouraged to exercise this liberty. Comments in class do not necessarily represent the views of Armstrong or the views of the student, faculty member, or visitor making the comment.

**2. Do not miss deadlines. Late or missed assignments/ exams will earn a grade of zero (0).**

All students will be held to the same standards and deadlines on assignments/quizzes/exams (except for situations officially sanctioned by Armstrong). Requesting an unsanctioned exception is unfair to fellow classmates. Extreme extenuating circumstances that prevent timely submission of work must be documented and discussed with the professor within 24 hours of the due date or officially cleared through the university. Students must supply appropriate documentation verifying the extenuating circumstances.

**3. Do not rely on non-academic sources for assignments and exams.**

Web sites and other questionable sources will not count as references, unless otherwise noted.

**4. Cheating, plagiarism, fabrication, and any other form of academic dishonesty will result in a grade of zero (0) for the assignment, exam, and/or the course. It is the responsibility of students to know and understand what constitutes cheating, plagiarism, fabrication, etc. Ignorance is no excuse.**

### ~ Policies of the Department of Health Sciences and Armstrong State University ~

#### Accessibility Statement

Armstrong State University is committed to accessibility and providing accommodations for all persons with disabilities. Students who need course accommodations because of a disability must contact Armstrong's Office of Disability Services, which is responsible for approving and coordinating reasonable accommodations and services for Armstrong's courses. Students who need accommodations must be registered with the Office of Disability Services before requesting accommodations from the professor. The Office of Disability Services can be contacted at (912) 344-2744 or [disability.services@armstrong.edu](mailto:disability.services@armstrong.edu).

**Students must abide by all department and university policies, which are available in full at:**

[http://www.armstrong.edu/Health\\_Professions/Health\\_Sciences/healthsciences\\_policies\\_and\\_honor\\_code](http://www.armstrong.edu/Health_Professions/Health_Sciences/healthsciences_policies_and_honor_code)

[http://www.armstrong.edu/Departments/student\\_affairs/student\\_affairs\\_honor\\_code](http://www.armstrong.edu/Departments/student_affairs/student_affairs_honor_code)

## Course Policies:

1. There will be no make-up exams given. Exams are the property of the professor, any exams removed from the classroom by students will result in the score of a “0” be assigned for that exam, and an “F” for the entire course. No make up tests are given except for **an university excused absence with full documentation**. If you miss a test, you have one week to make the exam up. Make-up tests will be mostly, if not all, essays and computations. If it is not made up **within one week**, you will receive 0 points for the exam. **You have 24 hours** after a test is taken by the class to contact me via email to schedule your make-up exam or a 0 will be assigned to the test.
2. Late work assignments are not accepted, please submit all assignments via D2L. Assignments are due upon entering the class, after that they are considered late and will not be accepted. **I will ONLY accept assignments submitted in .doc or .docx or .pdf formats online**. Any other type of submissions will not be opened and receive automatic “0” points. I do not accept assignments via email or via email as an attachment and if you try to send them this way, an automatic “0” will be assigned.
4. **All assignments** must be typed.
5. For assignments that are submitted via D2L, please note the following. If you are experiencing difficulty with D2L, contact tech support immediately. I am not a computer tech person and therefore cannot give you any help. Please try to do all assignments a day early so that submission of assignments will not be a problem.
6. Samples of your work may or may not be reproduced for inclusion in the professor’s teaching portfolio. You have a right to review anything selected for use, and subsequently ask for its removal.
7. By enrolling in this course, it is understood that you have read the syllabus, understand the rules and policies as stated, and will abide by them.
8. This syllabus, my lectures, and all materials distributed and presented by me during this course are protected by copyright law. You are authorized to take notes in this class but that authorization extends only to making one set of notes for your personal use and no other use. You are not authorized to sell, license, commercially publish, distribute, transmit, display, or record notes from this class unless you have my written consent to do so.
9. If you are receiving services from the Armstrong’s Office of Disability please come and see me as soon as possible, to schedule an appointment to present me with an accommodation letter.
10. This course is online. You are responsible for downloading notes BEFORE you come into class. Please regularly check D2L for any messages that I might have for you.
11. When you need to contact me, please do so through the [dziyana.nazaruk@armstrong.edu](mailto:dziyana.nazaruk@armstrong.edu) email account. Please give me 48 hours to respond to emails. To write a **professional** email, please

include the following: a salutation, identify who you are, what the contact is in reference too, and what you would like me to do. At the bottom of the email, please type out your name. Please be careful of nick names that you have associated with the person because they might show up that way!

12. Cell phone policy: Cell phones are expected to be OFF (or on silent) and OFF your person (in your purse or bookbag) at all times during all classes. If you cell phone goes off during class, you are using the phone (i.e. texting) or cell phone is on your desk/ person at any time during any lecture you will be asked to leave the class and will lose 15 points from your total grade every time this happens. In case of an emergency, please notify me prior to class.

### **My Commitment to You:**

As a student in my class, you are important to me. I am committed to your continued learning and college experience. You are never an interruption of my work. You are the purpose of it. Students are the most important people at Armstrong State University. I am honored that you entrust your education to me. Please feel free to visit my office, call, or e-mail me at anytime.

### **Grading:**

Assignments	Points	%
Description of the Health Problem of Interest and Target Audience	50	10
Literature Search	100	20
Expert Interview (including your critique of the interview)	50	10
The framework driven intervention	100	20
Final Presentations	50	10
Class Participation	50	10
Final Exam	100	20
<b>Total</b>	<b>500</b>	<b>100</b>

## Overview of the Content to be Covered During the Semester

Week	Topic	Readings	Assignments
Week 1: January 9	Introduction Syllabus overview	_____	
Week 2 January 16	The scope of Health Behavior  Theory, Research, and Practice	Chapters 1 and 2	
Week3 January 23	Ecological Models of Health Behavior	Chapter 3	Due: Description of the Health Problem
Week 4 January 30	Models of Individual Health Behavior	Chapters 4-7	
Week 5 February 6	Models of Interpersonal Health Behavior	Chapters 8-10	
Week 6 February 13	Models of Interpersonal Health Behavior	Chapters 11-13	Due: Literature Search
Week 7 February 20	Community and Group Models of Health Behavior Change	Chapters 14 and 15	
Week 8 February 27	Community and Group Models of Health Behavior Change	Chapters 16 and 17	
Week 9 March 6	Using Theory in Research and Practice	Chapters 18 and 19	Due: Expert Interview
<b>Week 10</b> <b>March 13</b>	<b>Spring Break</b>	_____	_____

Week 11 March 20	Using Theory in Research and Practice	Chapters 20	
Week 12 March 27	Social Marketing	Chapter 21	<b>Due: Intervention</b>
Week 12 April 3	GPHA conference No class	_____	_____
Week 13 April 10	Case studies	Readings on D2L	Class Activity
Week 14 April 17	Presentations	_____	Presentations
Week 15 April 24	Presentations	_____	Presentations
Week 16 May 1	Final Exam	Ch. 1- 21	<b>Final Exam</b>

### Course Assignments:

#### 1. Behavior Theory Project (350 points total):

a. *Description of the Health Problem of Interest and Target Audience (50 points):*  
**The detailed description is provided on D2L.**

b. *Literature Search (100 points)*  
**The detailed description of this assignment is posted on D2L.**

c. *Expert Interview (including your critique of the interview) (50 points)*  
**Detailed description of this assignment is provided on D2L**

d. *The framework driven intervention (100 points)*  
**Detailed description of this assignment is provided on D2L.**

e. *Final Presentations (50 points)*  
Organize Assignments **a- d** into a PowerPoint presentation, approximately 10 mins in length. Present your project in class on an assigned day.

**2. Class Participation (50 points)**

Students are required to be prepared to discuss the readings and projects in class.

Students should be prepared with written discussion questions or points they want to raise from the readings. Some reasons for low class participation grade includes: students unprepared to participate in the discussion, students missing more than 3 classes, using cell phones in class, and being disrespectful toward other students or the professor. In addition, students who consistently display negative attitudes and affect other students in class negatively will receive “0” for class participation. It is at the professor’s discretion to ask a student to leave class if the student is disrupting the class session. (50 points)

**3. Final Examination (100 points)**

The in- class final exam will be given on May 1st. The exam is cumulative and worth 100 points. The final exam cannot be taken early or later.