

University of North Texas
Department of Kinesiology, Health Promotion, and Recreation
HLTH 4600-02 – Behavioral Change Strategies in Health Promotion
Fall 2016

Faculty Contact Information

Instructor: Jody Terrell, Ph.D.

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Office: PEB 210D

Class Meeting Time: TTH, 2:00 – 3:20 PM

Classroom: MGYM 110

Phone: Office: 940-565-3533

Office Hours: MW 2:00 – 3:00 &

TTH 3:30 – 4:00 PM

Available upon Request

Required Textbook

Watson, D.L., & Tharp, R.G. (2014). *Self-Directed Behavior. (10th Ed)*. United States: Wadsworth/Cengage Publishing.

Catalog Description: This course analyzes the psychological, cultural and environmental determinants of health behavior and explores behavior change models and theories used in research and practice. Students are trained to work with individual clients in conducting health needs assessment, targeting behaviors, and writing behavior change objectives; and designing, implementing, and evaluating an individually tailored behavior modification program.

Course Objectives

At the completion of this course the student will be able to:

- Demonstrate knowledge of health promotion models and theories used in research and practice.
- Critique methods and interpret results of research applications of behavior change models and theories.
- Conduct an individual health needs assessment that identifies and targets behavior change.
- Design a behavior change program that is tailored to the client's level of self-efficacy, values and lifestyle.
- Incorporate into the behavior change program activities and objectives that foster consistent participation, gradual improvement and appropriate reward systems.
- Develop mechanisms that foster behavior change maintenance after completion of the program.

Course and Learning Format

The course objectives will be presented through a variety of methods.

- Lectures
- Class discussions
- Assigned readings
- Exams
- Homework/Blackboard

Student Responsibilities

The student will be responsible for the all of the following:

- Completion of assigned readings
- Taking all exams, including the final and any quiz given throughout the semester
- Participation in class discussion, in class activity, or group work and or any other activity done during class
- Completion of all course assignments
- Attending class according to university policy

- Securing notes and assignments if class is missed
- Supplying materials needed for daily class participation and exams
- The policies in the current Student Handbook of UNT

Instructor Responsibilities

The student can expect the following from the instructor:

- Fair and impartial treatment
- Regularly scheduled office hours and opportunities to schedule appointments if additional time is needed
- Advance knowledge when possible of class or office hour cancellation
- Prompt return of examinations and other assignments
- Clear statements of acceptable work standards
- Respect for his/her right of privacy to personal views

ADA Statement

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. **Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student.** For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at [940.565.4323](tel:940.565.4323).

The designated liaison for the department is Mrs. Doryce Judd, Physical Education Building – Room 209. Copies of the College of Education ADA Compliance Document are available in the Dean's Office, Matthews Hall 214. The student has the responsibility of informing the course instructor of any disability conditions that will require modifications to avoid discrimination.

Federal Educational Rights and Privacy Act (FERPA)

State law, with few exceptions, gives you the right to be informed about the information UNT collects about you. It also gives you the right to receive and review this information and the opportunity to have UNT change any incorrect information. UNT's Family Educational Rights and Privacy Act and privacy policies are available at www.unt.edu/untpolicy.

Academic Dishonesty and Misconduct

Academic dishonesty and misconduct includes cheating, plagiarism, fabrication, and facilitating academic dishonesty. Cheating refers to collaborating on assignments and using unauthorized materials. Plagiarism refers to presenting ideas, words, or statements of another person without giving credit to that person. Academic dishonesty and misconduct will not be tolerated in this class. Individuals caught in academic dishonesty and misconduct will be charged under the University's Code of Student Conduct. Students found guilty run the risk of having their score changed to a zero, receiving a grade of "F" for the course, and/or dismissal from the University. If you have questions about cheating or plagiarism, please see me.

Email Policy

All students should activate and regularly check their Eagle Mail (e-mail) account. Eagle Mail is used for official communication from the University to students. Many important announcements for the University and College are sent to students via Eagle Mail. For information about Eagle Mail, including how to activate an account and how to have Eagle Mail forwarded to another e-mail address, visit <http://eaglemail.unt.edu>. E-mail will be used for communication purposes outside of class. In your emails, for the subject line, please put your last name, HLTH 4600.002: (Smith – HLTH 4600.02), This is what it should look like. In the email body, please use a salutation (greeting), give me your NAME and what it is you are asking, and a closing. IF you do not identify yourself, **I WILL NOT RESPOND**. IF you write the email in text messaging format, **I WILL NOT RESPOND**. It is expected that individuals become proficient in the use of and checking of their e-mail regularly. At a minimum, e-mail should be read prior to each class. ***DO NOT E-mail me any assignments or attachments, I will not open them regardless of the situation.***

Cell Phones, Laptops and other Electronic Devices

TURN OFF your cellular telephone or beeper while in class. Remove your earphones during class. If you need to have your cell phone on for an emergency, set it on vibrate. **This includes the incoming text messaging chimes.** Some phones when the ringer is on still vibrate and chime for text messaging; Originating text messaging is also prohibited. **You must be sure your phone is set for vibrate for text messages as well.** If I see the phone **UNAUTHORIZED** being used in class **OR** it goes off in class, or if I see a computer or other electronic device opened and on the desk the notes for that day will not be available to any student (this means all students registered for the class – even if you were not present that day.)

LAPTOPS and other electronic devices will not be allowed in class for any reason. If you have a problem please see me. My power points will be posted after the class period so I would advise you to bring a note pad and paper for additional notes. If I see a laptop opened in class, I will not post the notes for that day. Regardless of the reason the laptop was opened.

Acceptable Student Behavior

STUDENTS MAY NOT DISRUPT CLASS BY ANY MEANS WHATSOEVER (including continual sideline conversations, irrelevant comments, constant noise of any kind, checking emails, instant messaging on phone or laptop, etc), which could “*hinder access to or utilization of academic information by others in class*”. The instructor reserves the right to stop class and ask you to leave. When you receive your first warning, you must leave class and miss the following class. On the second warning, you will be asked to leave class and miss the next TWO classes. On the third warning, you will be asked to leave class and miss the next THREE classes, so on and so forth. The instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student’s conduct violated the Code of Student Conduct. The university’s expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at www.unt.edu/csrr.

Attendance Policy

Yes, there is one! Due to the fact that this course involves a personal behavior change, is psychologically driven, and also if you want an ‘A’ for the course, then attendance is **MANDATORY. CLASSES WILL BEGIN ON TIME DAILY-NOT** when you decide to walk in. **IF** you are late to class, it is **YOUR** responsibility to check in with me after class to make sure you are counted as present. Failure to do so will result in an ‘A’ for absence in the grade book. An attendance sheet will be passed around at the beginning of class. It is your responsibility to sign it. If you fail to sign the attendance sheet you will be counted absent, even if you were in class. There are no exceptions to this rule. You are in college now and need to take responsibility for your actions. If you are absent from class, it is **YOUR** responsibility

to let me know upon your return to class, the reason for your absence and **IF** it is to be excused. Only **EXCUSED** absences will be accepted, and that includes illnesses/hospitalizations, funerals of family members, pending court dates. You **MUST** bring me documentation of being present at any of the aforementioned events if you want it to **NOT** count against you. It **DOES NOT** include already booked flights to Cancun, or Padre Island, trips home to mom and dad, etc... Students may miss up to 3 class periods without receiving a penalty. Absences 4, 5, 6 will result in an automatic grade drop, and more than 7 absences, students receive an automatic 'F' (see below).

- Perfect Attendance – 5 points added to your final score. (I will explain on the first day of class)
- Absences 0-3 No penalty; no points
- Absences 4, Drop one letter grade
- Absences 5, Drop another letter grade
- Absences 6, Drop another letter grade
- Absences +7 Automatic 'F'

If you are not in class you will not be able to participate in the class activities and you will not receive credit for those activities. Also, you will not receive the attendance points for that day, regardless of the reason you were not in class. No class, no points.

Exams/Quizzes

- If the exam is administered ONLINE and students will have the entire class period/time allotted to complete the exam. Failure to take quizzes or exams on the schedule date will result in a grade of zero for the quiz or exam unless the student has made arrangements with the instructor **PRIOR** to the class period.

Evaluation Policy

Assignment	Point Value
Exam 1.....	100
Information Paper.....	50
In-Class Activities.....	300
Student Journal Assignments (7@10 pts. Ea.).....	70
Contract.....	20
Behavior Change Program Written Report	100
Blackboard Assignments (7@15 pts. 1 @ 10 pts.).....	100
Project Oral Report	100
Oral Project Student Evaluations.....	60
Exam 2.....	100
Total Points	1000

****EXTRA CREDIT?? THERE IS NONE, SO DON'T ASK!!****

Assignment Description

****All late assignments will receive a 0 unless you have a documented university approved absence. There is No Make Up tests.**

Exams: Exams will assess student's understanding of the material presented through lecture, class discussion, and assigned textbook readings. There are two (2) exams scheduled for the spring 2015 semester. The exams will be objective and include but not limited to, multiple choice and matching. Exams and quizzes will be administered **ONLINE** via Blackboard. For exams, students will have the entire allotted time period to complete the quiz/exam. Failure to take exams on the schedule date will result in a zero on that exam unless the student speaks to or e-mails the instructor **PRIOR** to or the **DAY**

BEFORE the exam, well in advance of the exam time (for example, no later than day before exam). If you log in late to an exam and it is already closed and not available, you will **NOT** be allowed to take the exam. Please speak to the instructor if you are going to have an exam day conflict. Make-up quizzes or exams will **NOT** be given.

Blackboard Assignments

Each chapter will come with a supplemental Blackboard activity on Fridays. Students are to login to Blackboard and go to the Discussion Board section. There, students will find a question/discussion topic/video link related to the week's chapter. You will answer the question/provide your input, and then you **MUST** respond to **TWO** other student's post to receive full credit. ****NOTE:** you **MUST** answer the question fully! That means, you cannot login, find the discussion, and post something along the lines of 'I agree'. ****** In your response to another post, you cannot simply state, 'Well done', or something vague. You must demonstrate insight, offer suggestions and that you have read the material for the week and understand the content. If you do not login and complete the module, you **WILL** be counted as absent!! ****IMPORTANT NOTE:** There will be a set time period for each discussion and if you miss the time period the discussion will be over and you will not receive the points for the discussion.

****IF YOU MISS ANY DISCUSSION BOARDS, DO NOT ASK ME TO RE-RELEASE THEM FOR CREDIT. You missed them, period.**

Behavior Change Project: A Personal Behavior Change

In this behavior change, students are to **CHOOSE** their own personal behavior change they would like to address. Some examples of behavior change include, but not limited to, increase exercise activity, get a more regimented sleep pattern, **STOP TEXTING/TALKING ON PHONE WHILE DRIVING!!** >=(, stop smoking, exercise more, getting to class on time, etc... This behavior change project will include the following:

Behavior Change Program Written Report: Identify the health behavior to change (stress management, inactivity, smoking, etc.), and the dimension(s) of health impacted by this behavior.

- Chart the behavior daily (as referenced in **your journal**)
- Chart the long-term plan of your behavior change: how will you **maintain** this newfound behavior? (Assignment #6)
- Discuss your **relapse prevention plan**: how will you safety net your new found behavior for when the class is OVER?? (Assignment #7)
- Chart includes: when, where and how the behavior occurred, what precipitated the event, and consequences (negative or positive) of the behavior.
- Identify the Health Model/Theory used to guide your behavior change: for accountability purposes! ☺
- Discuss the benefits of changing the behavior. Identify the predisposing, reinforcing, and enabling factors which might make this possible.
- Discuss the tools and skills used the change the behavior. Discuss theories, goals and objectives that apply to your behavior change.
- Provide an evaluation of your efforts.
- This paper is informal in nature and need not be referenced with a bibliography page.

Behavior Change Program Report (oral): Students will give an oral report over their behavior change project at the end of the semester.

- Report should be 5 to 10 minutes in length.
- Explain your target goal/behavior.
- Explain strategies, tools and skills utilized to change the behavior.
- Explain your success or "challenges" in achieving your goal.

- Visuals are required – (minimum 10 power point slides for this presentation – please no prezi presentations.)this is a formal presentation – dress professionally, arrive early enough to check and be familiar with equipment and have the presentation organized.
- **Grade is not determined by the outcome of the attempted behavior change, rather that you attempted the process and that you understand and can implement the theory.**

****DISCLAIMER: assignments, course schedule is SUBJECT TO CHANGE due to unforeseen circumstances that can arise during a semester. This CAN include a change in total points for the course. ****

HLTH 4600-Behavior Change Strategies Tentative Schedule for Fall 2016 <i>This is a tentative schedule and will be adjusted as the class progresses.</i>		
Date	Topic	Chapter/Assignment
8/29	Course Introduction	Read Chapter 1 - Developing a Successful Plan
8/31	Project Management - Start Chapter 1	Some notes are not in the book
9/5	Labor Day - University Closed	Have a safe Holiday
9/7	Continue with Chapter 1 Notes: Self-Regulations	Behavior Change Project Plan Due by 11:59:00 PM Tonight.
9/9	No classes, but you MUST do the Discussion board or you will be counted absent.	Discussion Board 1: Introduce yourself Due Monday, 9/12/16 by 8:00 AM. No excuses.
9/12	Chapter 3: Self-Knowledge: Observation and Recording / Journaling	Start your Journaling and if you have questions, Please see me NOW.
9/14	Chapter 2: Forethought: Planning for Success	
9/16	No classes, but you MUST do the Discussion board or you will be counted absent.	Discussion board: Record Keeping Due
9/19	Chapter 5: Antecedents	Journal Week 1 Due
9/21	Chapter 4: Principles of Self-Regulation: Theory and Practice	
9/23	No classes, but you MUST do the Discussion board or you will be counted absent.	Discussion Board: Antecedents Due
9/26	Theories & Practice Continued (In Class Activity)	Journal Week 2 Due
9/28	Chapter 8: Developing a Successful Plan	
9/30	No classes, but you MUST do the Discussion board or you will be counted absent.	Discussion board: Choosing your theory Due Monday at 8:00:00 AM
10/3	Chapter 6: Behaviors, Actions, Thoughts, and Feelings	Journal Week 3 Due

Date	Topic	Chapter/Assignment
10/5	Mid-term Review	
10/7	Mid-Term	
10/10	The Way we're working isn't working	Notes Not in the Book, Journal Week 4 Due
10/12	Chapter 7: Consequences	
10/14	No classes, but you MUST do the Discussion board or you will be counted absent.	Behavior Project Power point Draft Due by Monday at 8:00:00 AM
10/17	Consequences Continued	Journal Week 5 Due
10/19	Chapter 8: Developing a Successful Plan	
10/21	No classes, but you MUST do the Discussion board or you will be counted absent.	Discussion Board: Tiny Habits Due Monday by 8:00:00 AM
10/24	Coding Notes: Notes are not in the book	Journal Week 6 Due
10/26	Coding In class Assignment	Coding Exercise will be due
10/28	No classes, but you MUST do the Discussion board or you will be counted absent.	Discussion Board: Theory is Due by Monday, 8:00:00 AM No excuses
10/31	Notes not in the book.	Journal Week 7 Due
11/2	Chapter 9: Problem Solving and Relapse Prevention	All Journals will be completed: Journal Summary Due
11/4	No classes, but you MUST do the Discussion board or you will be counted absent.	Journal Summery will be due: Monday by 8:00:00 AM No excuses
11/7	Chapter 10: Staying in Control	
11/9	Presentation Planning	Please see me for help
11/11	Finish your Presentation	Presentations due in the drop box by Monday 8:00:00 AM No excuses. If they are not dropped by the deadline, you will not be able to present and will receive a 0.
11/14	Student Presentations	
11/16	Student Presentations	
11/18	Open for discussion	
11/21	Student Presentations	
11/23	Student Presentations	
11/25	Open for discussion	
11/28	Student Presentations	
11/30	Student Presentations	
12/2	Possible Student Presentations	
12/5	Student Presentations	
12/7	Final Exam Review	
12/9	Day Off for Reading	
12/12	Final Exam Week	