

Kinesiology, Health Promotion, and Recreation
HLTH 4600 – Behavioral Change Strategies in Health Promotion
University of North Texas- Spring 2021

Instructor Contact

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Office Location: Physical Education Building (PEB) 205G

Office Hours: Tuesday and Thursday 12:30p-1:30p (or by appointment)

Class Location: PEB 216

Class Hours: 11:00a-12:20p

Communication Expectations: Primary communication should be delivered via e-mail or Canvas messaging. Students can expect response to e-mails within 2 business days, feedback on assignments and grades within 10 business days. Please be sure to review UNT Guidance:

[Online Communication Tips](#)

Welcome to UNT!

As members of the UNT community, we have all made a commitment to be part of an institution that respects and values the identities of the students and employees with whom we interact. UNT does not tolerate identity-based discrimination, harassment, and retaliation. UNT's full Non-Discrimination Policy can be found in the UNT Policies section of the syllabus.

Course Description

3 hours. Integrates social, behavioral, and psychological content and theory for the purpose of effecting positive behavior change in individuals. Focuses on the development of interpersonal skills in dealing with health behaviors throughout the lifespan.

Prerequisite(s): None.

Course Structure

This course will be delivered in a face-to-face format with Canvas for delivery of assignments and additional readings. The 16-week semester will include weekly reading quizzes and two primary projects (one individual and one group project). Students must check the Canvas site regularly for course updates. Canvas will provide a description of lectures, projects, quizzes, discussions, and other chapter materials. Thus, all students are required to become familiar with their UNT Canvas account.

Textbook

Hilliard, M. E., Riekert, K. A., Ockene, J. K., & Pbert, L. (2018). *The handbook of health behavior change*. (5th Ed). United States: Springer Publishing Company.

ISBN: 978-0-8261-8013-1

Primary Topics

1. Theoretical Models of Health Behavior Change
2. Barriers and Facilitators of Lifestyle Change and Disease Management
3. Lifestyle Change/Disease Prevention Interventions

4. Chronic Disease Management Interventions
5. Interventions to Support Health Behavior Change Across Systems
6. Health Behavior Change Research Methodology

Course Objectives

Upon successful completion of this course the student should be able to:

1. Demonstrate knowledge of health behavior change models and theories used in research and practice.
2. Critique methods and interpret results of research applications of behavior change models and theories for lifestyle change, disease prevention, and chronic disease management.
3. Conduct an individual health needs assessment based on SMART goal principles that identifies and targets behavior change.
4. Design a behavior change program that is tailored to an individual or group's target behavior(s), barriers, and facilitators.
5. Demonstrate ability to incorporate behavior change techniques that foster consistent participation, gradual improvement and are appropriate to the system.
6. Become acquainted with mechanisms that foster behavior change maintenance after completion of a program.

Course Technology and Skills

Minimum Technology Requirements

- Computer
- Reliable Internet access
- Speakers
- Microphone
- Plug-ins
- Microsoft Office Suite
- Review [Canvas Technical Requirements](#) and ensure you meet those standard

Any student who is not able to meet the minimum technology requirements should discuss with the instructor so appropriate resources and adaptations can be identified.

Computer Skills & Digital Literacy

Technical skills learners to succeed in the course include:

- Using Canvas
- Using e-mail with attachments
- Downloading and installing software
- Using presentation programs such as PowerPoint

Technical Assistance

Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

UIT Help Desk: [UIT Student Help Desk site](#)

Email: helpdesk@unt.edu

Phone: 940-565-2324

In Person: Sage Hall, Room 130

Walk-In Availability: 8am-9pm

Telephone Availability:

- Sunday: noon-midnight

- Monday-Thursday: 8am-midnight
- Friday: 8am-8pm
- Saturday: 9am-5pm

Laptop Checkout: 8am-7pm

For additional support, visit [Canvas Technical Help](#)

Rules of Engagement

Rules of engagement refer to the way students are expected to interact with each other and with their instructors. Here are some general guidelines:

- While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law will not be tolerated.
- Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.
- Ask for and use the correct name and pronouns for your instructor and classmates.
- Speak from personal experiences. Use “I” statements to share thoughts and feelings. Try not to speak on behalf of groups or other individual’s experiences.
- Use your critical thinking skills to challenge other people’s ideas, instead of attacking individuals.
- Avoid using all caps while communicating digitally. This may be interpreted as “YELLING!”
- Be cautious when using humor or sarcasm in emails or discussion posts as tone can be difficult to interpret digitally.
- Avoid using “text-talk” unless explicitly permitted by your instructor.
- Proofread and fact-check your sources.
- Keep in mind that online posts can be permanent, so think first before you type.
- Establish rules of engagement and preferred communication with group project team members.

We will discuss these rules of engagement as a group and students will have the opportunity to supplement these rules at any time. Any additions must be agreed up by the majority of the class (i.e., 51% or more of enrolled students).

Course Requirements

Assignments

Assignment	Points Possible	Percentage of Final Grade
Individual Project <ul style="list-style-type: none"> • Proposal 50 points • 4 Discussion Forums @ 25 points ea. • Final Project Report 100 points 	250 points	42%
Group Project <ul style="list-style-type: none"> • Proposal 50 points • Presentation 50 points 	200 points	33%

Assignment	Points Possible	Percentage of Final Grade
<ul style="list-style-type: none"> Final Paper 75 points Peer Evaluation 25 points 		
Weekly Reading Quizzes <ul style="list-style-type: none"> 15 Quizzes @ 10 points ea. 	150 points	25%
Total Points Possible	600 points	100%

Grading

A = 540-600

B = 480-539

C = 420-479

D = 360-419

F = 300-359

Course Evaluation

Student Perceptions of Teaching (SPOT) is the student evaluation system for UNT and allows students the ability to confidentially provide constructive feedback to their instructor and department to improve the quality of student experiences in the course.

Course Policies

Attendance Policy

It is vital that students attend class to improve understanding of course content and stay up to date with course requirements, as the course calendar is subject to change. In the event of illness, students are responsible for notifying the instructor in advance and for making up any missed work. All university excused absences must be accompanied by appropriate documentation. Visit the [University of North Texas' Attendance Policy](http://policy.unt.edu/policy/15-2-) (<http://policy.unt.edu/policy/15-2->) to learn more about absence policies. If a class is missed, it is advisable to contact a classmate or the instructor to review class notes, lecture materials, and/or assignments. In the event that you are scheduled to take part in an official University function on the date of a quiz or in-person assignment deadline, please contact me in order to schedule a make-up session.

COVID-19 Impact on Attendance

While attendance is expected as outlined above, it is important for all of us to be mindful of the health and safety of everyone in our community, especially given concerns about COVID-19. Please contact me if you are unable to attend class because you are ill, or unable to attend class due to a related issue regarding COVID-19. It is important that you communicate with me prior to being absent so I may make a decision about accommodating your request to be excused from class.

If you are experiencing any [symptoms of COVID-19](#) please seek medical attention from the Student Health and Wellness Center (940-565-2333 or askSHWC@unt.edu) or your health care provider PRIOR to coming to campus. UNT also requires you to contact the UNT COVID Hotline at 844-366-5892 or COVID@unt.edu for guidance on actions to take due to symptoms, pending or positive test results, or potential exposure. While attendance is an important part of succeeding in this class, your own health, and those of others in the community, is more important.

Class Materials for Remote Instruction

Remote instruction may be necessary if community health conditions change or you need to self-isolate or quarantine due to COVID-19. Students will need access to a webcam and microphone participate in fully remote portions of the class. Information on how to be successful in a remote learning environment can be found at <https://online.unt.edu/learn>.

Statement on Face Covering

Face coverings are required in all UNT facilities. Students are expected to wear face coverings during this class. If you are unable to wear a face covering due to a disability, please contact the Office of Disability Access to request an accommodation. UNT face covering requirements are subject to change due to community health guidelines. Any changes will be communicated via the instructor.

Class Participation and Etiquette

This course involves lectures and activities in and out of class. Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable, disruptive, and will not be tolerated in any instructional forum at UNT. Students are expected to be respectful to the instructor and other students.

Guidelines:

- Come to class prepared and ready to start on time.
- Turn cell phones off or to vibrate. If your phone rings during class, please quickly and quietly silence the call. If you must take a call, please exit the classroom and speak quietly in the hall.
- Using a laptop to take notes is allowed, but not suggested. According to several recent studies, computers can hinder learning and is distracting to others (Sana, Weston, & Cepeda, 2013). Please sit in the back row with the volume muted if you plan on using a computer during class.

Failure to follow these guidelines will result in you:

- Being asked to leave the classroom,
- Receiving a “zero” on the activity of the day, and
- Possibly being referred to the Center for Student Rights and Responsibilities to consider whether conduct violated the Code of Student Conduct (Policy 07.012).

Late Work

Assignments should be completed on time; late work will not be accepted unless arrangements have been previously made with the instructor.

Assignment Policy

Assignment deadlines are included in a table at the end of the syllabus as well as on Canvas. All assignment instructions will be reviewed in class and formally posted on Canvas. Assignments submission will be required through Canvas and assignments should be saved as Microsoft Word Documents (.doc, .docx) unless otherwise specified. The University is committed to providing a reliable online course system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, the instructor will extend the time windows and provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor via e-mail or phone (940-565-2651) within 30 minutes of final deadline and contact the UNT Student Help Desk: helpdesk@unt.edu or 940.565.2324 and obtain a ticket number. The instructor and the UNT Student Help Desk will work with the student to resolve any issues at the earliest possible time.

The instructor reserves the right to assess all student assignments Turnitin. In the event of an extra credit opportunity, an announcement will be made in class and on Canvas.

Instructor Responsibilities and Feedback

As the instructor I am committed to providing students with a safe learning environment and transparent communication regarding course expectations.

Information about this class and updates to the assignments will be posted as announcements on Canvas and sent via email to your UNT account. If you do not use your UNT account on a regular basis, then please forward your e-mail messages to an account that you check on a regular basis. Please send emails to Stephanie.silveira@unt.edu as opposed to messages through Canvas. Students are expected to carefully and thoughtfully write professional emails. For example, please use a meaningful and specific subject line (e.g., HLTH4600: Group Project Proposal Question), a greeting (e.g., Hello Dr. Silveira), and a signature with your name at the end (e.g., Best regards, John Doe).

Note. Writing professional emails is an important skill for all students so please avoid using abbreviations, all lower/upper case lettering, and please proofread emails before sending them. An estimated timeline for responses to e-mails and feedback on assignments is provided on P.1 “Communication Expectations.”

If you need to speak with me and have a conflict with my office hours, I will be happy to make an appointment at a time that is convenient for us both. Please be punctual when we have a scheduled meeting or when you would like to meet with me during office hours. For example, showing up 20 minutes after a scheduled meeting/office hour may result in my door being closed and cancellation of the meeting. Additionally, come to meetings/office hours focused and ready to talk about your ideas and concerns.

Syllabus Change Policy

The instructor reserves the right to amend this syllabus as necessary.

UNT Policies

Academic Integrity Policy

Academic Integrity Standards and Consequences. According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University. [Insert specific sanction or academic penalty for specific academic integrity violation.]

ADA Policy

UNT 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 a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one’s specific course needs. Students 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. For additional information see the [ODA website \(https://disability.unt.edu/\)](https://disability.unt.edu/).

Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

Emergency Notification & Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

Retention of Student Records

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See UNT Policy 10.10, Records Management and Retention for additional information.

Acceptable Student Behavior

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students 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. Visit UNT's [Code of Student Conduct](https://deanofstudents.unt.edu/conduct) (<https://deanofstudents.unt.edu/conduct>) to learn more.

Access to Information - Eagle Connect

Students' access point for business and academic services at UNT is located at: my.unt.edu. All official communication from the University will be delivered to a student's Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward e-mail [Eagle Connect](https://it.unt.edu/eagleconnect) (<https://it.unt.edu/eagleconnect>).

Student Evaluation Administration Dates

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during weeks 13, 14 and 15 to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey they will receive a confirmation email that the survey has been

submitted. For additional information, please visit the [SPOT website](http://spot.unt.edu/) (<http://spot.unt.edu/>) or email spot@unt.edu.

Sexual Assault Prevention

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking, and/or sexual assault, there are campus resources available to provide support and assistance. UNT's Survivor Advocates can assist a student who has been impacted by violence by filing protective orders, completing crime victim's compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565- 2648. Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX Coordinator at oeo@unt.edu or at (940) 565 2759.

Important Notice for F-1 Students taking Distance Education Courses

Federal Regulation

To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the [Electronic Code of Federal Regulations website](http://www.ecfr.gov/) (<http://www.ecfr.gov/>). The specific portion concerning distance education courses is located at Title 8 CFR 214.2 Paragraph (f)(6)(i)(G).

For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student's full course of study requirement.

University of North Texas Compliance

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student's responsibility to do the following:

- (1) Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
- (2) Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services Office. ISSS has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office (telephone 940-565-2195 or email internationaladvising@unt.edu) to get clarification before the one-week deadline.

Student Verification

UNT takes measures to protect the integrity of educational credentials awarded to students enrolled in distance education courses by verifying student identity, protecting student privacy, and notifying students of any special meeting times/locations or additional charges associated with student identity verification in distance education courses.

See [UNT Policy 07-002 Student Identity Verification, Privacy, and Notification and Distance Education Courses](https://policy.unt.edu/policy/07-002) (<https://policy.unt.edu/policy/07-002>).

Use of Student Work

A student owns the copyright for all work (e.g. software, photographs, reports, presentations, and email postings) he or she creates within a class and the University is not entitled to use any student work without the student's permission unless all of the following criteria are met:

- The work is used only once.
- The work is not used in its entirety.
- Use of the work does not affect any potential profits from the work.
- The student is not identified.
- The work is identified as student work.

If the use of the work does not meet all of the above criteria, then the University office or department using the work must obtain the student's written permission.

Download the UNT System Permission, Waiver and Release Form

Transmission and Recording of Student Images in Electronically-Delivered Courses

1. No permission is needed from a student for his or her image or voice to be transmitted live via videoconference or streaming media, but all students should be informed when courses are to be conducted using either method of delivery.
2. In the event an instructor records student presentations, he or she must obtain permission from the student using a signed release in order to use the recording for future classes in accordance with the Use of Student-Created Work guidelines above.
3. Instructors who video-record their class lectures with the intention of re-using some or all of recordings for future class offerings must notify students on the course syllabus if students' images may appear on video. Instructors are also advised to provide accommodation for students who do not wish to appear in class recordings.

Example: This course employs lecture capture technology to record class sessions. Students may occasionally appear on video. The lecture recordings will be available to you for study purposes and may also be reused in future course offerings.

No notification is needed if only audio and slide capture is used or if the video only records the instructor's image. However, the instructor is encouraged to let students know the recordings will be available to them for study purposes.

Class Recordings & Student Likenesses

Synchronous (live) sessions in this course may be recorded for students enrolled in this class section to refer to throughout the semester. Class recordings are the intellectual property of the university or instructor and are reserved for use only by students in this class and only for educational purposes. Students may not post or otherwise share the recordings outside the class, or outside the Canvas Learning Management System, in any form. Failing to follow this restriction is a violation of the UNT Code of Student Conduct and could lead to disciplinary action.

Academic Support & Student Services

Student Support Services

Mental Health

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

- [Student Health and Wellness Center](https://studentaffairs.unt.edu/student-health-and-wellness-center) (https://studentaffairs.unt.edu/student-health-and-wellness-center)
- [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (https://studentaffairs.unt.edu/counseling-and-testing-services)
- [UNT Care Team](https://studentaffairs.unt.edu/care) (https://studentaffairs.unt.edu/care)
- [UNT Psychiatric Services](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry) (https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)
- [Individual Counseling](https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling) (https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling)

Chosen Names

A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, please let the instructor know. Below is a list of resources for updating your chosen name at UNT.

- [UNT Records](#)
- [UNT ID Card](#)
- [UNT Email Address](#)
- [Legal Name](#)

**UNT eUIDs cannot be changed at this time. The collaborating offices are working on a process to make this option accessible to UNT community members.*

Pronouns

Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and in-person. Just as we ask and don't assume someone's name, we should also ask and not assume someone's pronouns.

You can [add your pronouns to your Canvas account](#) so that they follow your name when posting to discussion boards, submitting assignments, etc.

Below is a list of additional resources regarding pronouns and their usage:

- [What are pronouns and why are they important?](#)
- [How do I use pronouns?](#)
- [How do I share my pronouns?](#)
- [How do I ask for another person's pronouns?](#)
- [How do I correct myself or others when the wrong pronoun is used?](#)

Additional Student Support Services

- [Registrar](https://registrar.unt.edu/registration) (https://registrar.unt.edu/registration)
- [Financial Aid](https://financialaid.unt.edu/) (https://financialaid.unt.edu/)
- [Student Legal Services](https://studentaffairs.unt.edu/student-legal-services) (https://studentaffairs.unt.edu/student-legal-services)
- [Career Center](https://studentaffairs.unt.edu/career-center) (https://studentaffairs.unt.edu/career-center)
- [Multicultural Center](https://edo.unt.edu/multicultural-center) (https://edo.unt.edu/multicultural-center)

- [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (https://studentaffairs.unt.edu/counseling-and-testing-services)
- [Pride Alliance](https://edo.unt.edu/pridealliance) (https://edo.unt.edu/pridealliance)
- [UNT Food Pantry](https://deanofstudents.unt.edu/resources/food-pantry) (https://deanofstudents.unt.edu/resources/food-pantry)

Academic Support Services

- [Academic Resource Center](https://clear.unt.edu/canvas/student-resources) (https://clear.unt.edu/canvas/student-resources)
- [Academic Success Center](https://success.unt.edu/asc) (https://success.unt.edu/asc)
- [UNT Libraries](https://library.unt.edu/) (https://library.unt.edu/)
- [Writing Lab](http://writingcenter.unt.edu/) (http://writingcenter.unt.edu/)

Assignments

Quizzes

There are fifteen quizzes throughout the semester. These quizzes are designed to help you with reading content comprehension. The quizzes will consist of multiple choice and true/false questions. The quizzes will cover the content in the Chapters assigned for that week and are due on Friday unless otherwise specified. For example, Quiz #1 will cover the material covered in Chapters 1 & 2. You will have 2 opportunities to complete all quizzes. There is an additional syllabus quiz due by 11:59p 1/13/21 that can replace your lowest quiz grade as appropriate.

Individual Behavior Change Project

The purpose of the Individual Behavior Change Project is to learn strategies and pitfalls that occur when attempting to change. In this project, students are expected to choose their own personal behavior change. Some examples of behavior change include, but not limited to, stop smoking, lose weight, get more sleep, improve a study skill, etc.

You will be expected to:

1. Complete a proposal with the chosen behavior change based on SMART goal principles
 - a. Instructions and a template for completing the proposal will be provided on Canvas at least 1 week prior to the deadline.
 - b. The proposed behavior change implementation will span 4 weeks (2/1/21-3/1/21)
2. Keep a daily record to self-monitor of progress or lack thereof
 - a. Students will choose an appropriate self-monitoring tool for their chosen behavior
3. Students will be required to complete 4 weekly discussion posts regarding their progress
 - a. Discussion posts should be a full paragraph minimum (4-6 sentences) that reflect on strategies used, successes, setbacks, barriers, facilitators, and plans for the following week.
 - b. Students will receive 2 extra-credit points, added to their final point total in the course for providing constructive and insightful feedback on at least 3 other student's discussion posts.
 - i. Constructive and insightful feedback is defined as a 2-3 sentence response that delves into one of the following areas: (i) ideas for improving compliance with the other student's chosen behavior change project, (ii) positive encouragement that specifically highlights a strategy used by the student during that week, (iii) feedback on how you can specifically relate to their experiences that week such as a shared barrier.
4. Submit a final document that includes a) your original proposal; b) your daily self-monitoring record; c) a brief paper (no less than 1 page and no more than 2 pages) summarizing your success and/or failure. This final paper serves as a reflection, but

should include at least 3-5 concepts from class such as barriers, facilitators, relapse prevention, self-efficacy, intentions, social support, and outcome expectations.

Group Intervention Development Project

The purpose of the Group Intervention Development Project is to work with a team to create a behavioral intervention targeting a behavior and group of common interest among group members. On the first day of class you will choose an assigned seat for the full semester. The classroom is structured in groups of 3 and therefore these will be your group members. You will work with your team members to choose from 1 of 10 potential topics. The group aspect is key to this project because it is very rare in practice that anyone is able to develop an intervention without collaborating in a team. The group members will all receive the same grade for each portion of the project to ensure you are working together and learning to negotiate and collaborate. If you have any concerns about a group member or the safety of the team-based project please reach out to me as soon as possible and prior to submission of the final project.

As a group you will be expected to:

1. Complete an initial intervention proposal that includes the target group, target behavior, and theory.
 - a. Instructions and a template for completing the proposal will be provided on Canvas at least 2 weeks prior to the deadline.
2. Each group will be expected to present to the class during the final week of class. Presentations will last 10 minutes and all group members are expected to contribute to the creation of the presentation and play some role in interaction with the class.
 - a. A rubric for group presentations will be provided on Canvas.
3. Each group will be expected to submit one final paper through Canvas. The final project paper will specifically outline the background and previous interventions with at least 5 peer-reviewed references, target group, target behavior, theory, significance, innovation, methods, and discussion of strengths, limitations, potential problems, and the overarching impact.
 - a. A template and rubric for the final group paper will be provided on Canvas at least 2 weeks prior to the deadline.
4. All group members will be required to complete a short peer evaluation in which they will rate the overall team efforts and experience collaborating to develop the intervention.
 - a. The final evaluation will be delivered in Canvas and due by 4/26/21.

Tentative Course Outline and Schedule

Week	Topic	Assignments Submitting in Canvas
Week 1 1/12 1/14	Theoretical Models of Health Behavior Change Chapters 1 & 2 Discussion Individual Project	1/13 Syllabus Quiz 1/15 Quiz #1
Week 2 1/19 1/21	Barriers and Facilitators of Lifestyle Change Chapters 3, 4, & 5	1/22 Quiz #2
Week 3 1/26 1/28	Lifestyle Change: Diet Interventions Chapter 6, Seward et al. 2016	1/24 Individual Project Proposal 1/29 Quiz #3
Week 4 2/2 2/4	Lifestyle Change: Physical Activity Interventions Chapter 7, Kerr et al. 2018	2/5 Quiz #4
Week 5 2/9 2/11	Disease Prevention: Skin and Tobacco Chapters 8 & 9	2/10 Discussion #1 2/12 Quiz #5
Week 6 2/16 2/18	Disease Prevention: Alcohol and Stress Management Chapters 10 & 11	2/17 Discussion #2 2/19 Quiz #6
Week 7 2/23 2/25	Multiple-Health Behavior Change & Obesity Chapter 12 & 18	2/24 Discussion #3 2/26 Quiz #7
Week 8 3/2 3/4	Disease Management: CVD & Diabetes Chapter 13 & 14	3/3 Discussion #4 3/5 Quiz #8
Week 9 3/9 3/11	Disease Management: Cancer and Respiratory Chapters 17 & 15 Groups Formed and Meeting Time	3/7 Final Individual Project Report 3/12 Quiz #9
Week 10 3/16 3/18	Disease Management: Infectious Diseases Chapter 16 and COVID Paper TBD	3/19 Quiz #10
Week 11 3/23 3/25	Systems: Family and School Chapters 19 & 20	3/21 Group Project Topic Proposal 3/26 Quiz #11
Week 12 3/30 4/1	Systems: Workplace and Healthcare Chapters 21 & 22	4/2 Quiz #12
Week 13 4/6 4/8	Research Methods: Behavior Management Chapter 24 Group Preparation Time	4/9 Quiz #13
Week 14 4/13 4/15	Research Methods: Technology Chapter 25 Group Practice	4/16 Quiz #14
Week 15 4/20 4/22	Group Presentations Chapter 23	4/23 Quiz #15
Week 16 4/25-5/1	FINALS WEEK	4/25 Group Project Report Due