

University of Maryland, College Park

Department of Public and Community Health

HLTH 230 - Introduction to Health Behavior

Instructor: Professor Donna Howard, DrPH
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Semester: Fall 2006
Classroom/Time: Room: 1301
 Date/Time: Tu, Th - 11:00 – 12:15

OFFICE HOURS
 Tuesday: 10:00-11:00; 3:30-4:30
 Thursday: 10:00-11:00; 3:30-4:30
 Or by appointment

Required Textbooks & Other Required Readings	<p>Sarafino, EP. (2006) Health Psychology: Biopsychosocial Interactions (5th edition). New York: John Wiley and Sons (ISBN# 0-471-69100-3).</p> <p>National Cancer Institute (1997). Theory at a glance: A guide for health promotion practice (NIH Publication No. 97 - 3896). Washington, DC. (Call 1-800- 4 - CANCER to order this free booklet. Turn around time is approximately 1 week. If it is back ordered you can procure the publication from the following locations: 1) online- http://oc.nci.nih.gov/services/Theory_at_glance/HOME.html; 2) check-out the publication from Beverly Monis, the secretary in the Department of Public and Community Health, (Room 2387, CHHP), xerox, and return.</p> <p>Finally, where relevant, other required readings, in the form of journal/news articles, are noted (PDF designation). These can be downloaded from the following website, specifically developed for this class: http://www.hhp.umd.edu/dpch/ugrad/course_desc/230pdf.html</p>
Course Handouts	<p>Handouts are an important and necessary adjunct to the course lectures and discussions. A packet of course handouts will be available for purchase from the Design and Duplication Center located in Room 2125, CHHP.</p> <p><u>Students should come to class with the appropriate handout for that session.</u></p>
Course Description	<p>This course is designed to introduce students to the fundamental concepts of health behavior within the contexts of social, psychological, and biological systems. Consideration is given to social, interpersonal, and individual factors that influence health behavior and health status.</p>

<p>Course Objectives</p>	<p>By the conclusion of this course, students will be able to:</p> <ol style="list-style-type: none"> 1. Recognize the multi-dimensional nature of health and identify the determinants of health status; 2. Identify personal, interpersonal, and societal influences on health behavior; 3. Discuss health behavior theories and how they can be applied to particular health problems; 4. Describe the major epidemiological health behavior intervention trials; 5. Discuss basic ethical principles underlying health behavior research.
<p>Course Requirements and Policies</p>	<p><u>Course Requirements</u></p> <p>Students are expected to attend class regularly, participate in class discussions and any group work, and complete required readings. There will be 3 in-class exams. Each exam will consist of multiple choice, fill-in and/or short answer questions and will cover material from class lectures and the assigned readings in the text. There will be 4 homework assignments which are to be written up and submitted for grading on the appropriate due date. As the main project for this course, students must choose to complete <i>either</i> a research paper <i>or</i> a personal behavioral change project. In groups, at the end of the semester, students will summarize their insights on effective behavior change. Class presentations of these findings will be graded. In addition, there will be a series of 12 unannounced “pop” quizzes throughout the semester. These quizzes will cover material from the previous class’s lecture and /or the reading assigned for the day in which the quiz is administered. Each quiz will be worth 5 points however, you will be able to drop two quiz scores from your overall grade. <u>If you are not in class at the time of the quiz, you will not be able to make it up.</u></p> <p><u>Class Policies:</u></p> <p>Assignments turned in <i>up to</i> one class session after the due date will be accepted with a 10 point penalty. After that date, no assignment will be accepted for grading.</p> <p>Make-up exams will be considered only for those students who have a legitimate reason for absence and provide written documentation to substantiate their absence. Otherwise, students are expected to be in attendance on the specified date and time set in the syllabus for all exams, including the final exam. No accommodations will be made unless there is a serious documented illness that precludes attendance. If an unforeseen emergency or illness prevents you from being in class on the day of an exam, the professor <u>must be contacted on that day.</u></p> <p>Assigned reading is to be completed prior to the class for which it is due.</p> <p>It is the student’s responsibility to check with the professor and/or other classmates and procure assignments, notes, handouts, or other information missed during an absence.</p> <p>All work should be word-processed and double-spaced, unless otherwise requested. Unless specifically approved, <u>graded work will NOT be accepted as an email attachment.</u></p>

Ground Rules:

Arrive and depart from class at the appropriate time.

Show respect for yourself and others. It is extremely rude to talk in class when someone else, either the professor or another student, is speaking.

Engaging in outside work, including crossword puzzles and reading the Diamondback, during class time is unacceptable.

Food consumption during class is discouraged.

Please turn your cell phones off before coming to class.

Accommodations for students with disabilities:

If you have a documented disability and wish to discuss academic accommodations for test taking or other needs, please talk to me as soon as possible. You will need documentation from Disability Support Service (314-7682.) If you intend to take any or all exams at DSS it is your responsibility to notify me within the first two weeks of the semester.

Academic Integrity:

The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, shall constitute academic dishonesty:

- ✓ CHEATING: intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.
- ✓ FABRICATION: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
- ✓ FACILITATING ACADEMIC DISHONESTY: intentionally or knowingly helping or attempting to help another to violate any provision of this code.
- ✓ PLAGIARISM: intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.

For more information see:

<http://www.inform.umd.edu/CampusInfo/Departments/PRES/policies/iii100a.html>

If you are experiencing difficulties in keeping up with the academic demands of this course, contact the Learning Assistance Service, 2201 Shoemaker Bldg, 301 (314-7693). Their educational counselors can help with time management, reading, note-taking and exam preparation skills.

Religious Observances:

The University System of Maryland policy provides that students *should not be penalized because of observances of their religious beliefs; students shall be given an opportunity, whenever feasible, to make up within a reasonable time any academic assignment that is missed due to individual participation in religious observances.* **It is the student's responsibility to inform the instructor in advance of any intended absences for religious observance.**

- S y l l a b u s -

Date	Topic	Reading/Assignments
8/31	Review syllabus/ final project/paper Class activity	Purchase Text / Procure Handouts / Order/Download NIH Publication / Download PDF files <u>Assignment #1 distributed</u>
9/5	Questions/Clarifications Class activity Changing patterns of illness / Health dimensions	<i>Sarafino</i> : pgs 1-13
9/7	Health dimensions / Person - Environment transactions The biomedical model of health and illness	<i>Sarafino</i> : pgs 139-143 PDF: <i>Growing Up Healthy: Are Adolescents the Right Target Group?</i> Assignment #1 due <u>Assignment #2 distributed</u>
9/12	The biopsychosocial model of health and illness Primary, secondary, tertiary prevention	<i>Sarafino</i> : pgs 13-17 <i>Sarafino</i> : pgs 144-149
9/14	Case study: Adolescent violence	PDF: <i>Adolescent Violence: A View from the Street</i>
9/19	In-Class Small Group Graded Activity	
9/21	Determinants of health behavior: Sociocultural factors Barriers to adoption of a healthy lifestyle: Social - relational factors	<i>Sarafino</i> : pgs 18-21; 155-160
9/26	Determinants of health behavior: Personal factors Barriers to adoption of a healthy lifestyle: Personal factors	<i>Sarafino</i> : pgs 92-102; 135-137 <u>Study Guide for Exam 1 distributed</u>
9/28	Review for Exam 1	
10/3	Exam 1	Behavior Change Contract or Final Paper Topic due <u>Begin to log your progress at behavioral change this week</u>
10/5	Psychological principles of behavior modification Case study: Weight control	<i>Sarafino</i> : pgs 129-130; 146-148; 173; 305 <i>Sarafino</i> : pgs 204-224
10/10	Sexual intimacy, condom use, STDs	PDF: <i>"Hookups": Characteristics and Correlates of College Students' Spontaneous And Anonymous Sexual Experiences</i> Assignment #2 due <u>Assignment #3 distributed</u>
10/12	Theories / Models of health behavior Intrapersonal Models: Stages of Change/Health Belief Model	<i>NCI: Theories at a Glance</i> pgs 9-20 <i>Sarafino</i> : pgs 149-153 <i>Sarafino</i> : pgs 246-227

12/12	Final Projects: Lessons learned Group presentations Review for Exam 3	Final Project (Parts II- IV) / Paper due
During finals week- 12/14 Thursday	Exam 3 Place: Room 1301 Time: 8:00 – 10:00	

Evaluation		Grading		
<u>Assignment</u>	<u>Points</u>	Grades will be based upon total points earned throughout the semester:		
Exam 1	60	Grade	Points	
Exam 2	60	A+	400 - 382	(100-96 %)
Exam 3	60	A	381 - 370	(95-93 %)
Quizzes	50	A-	369 - 360	(92-90 %)
Assignments	70	B+	359 - 342	(89-86 %)
Final Project/Paper	90	B	341 - 330	(85-83 %)
Presentations	<u>10</u>	B-	329 - 320	(82-80 %)
	400	C+	319 - 302	(79-76 %)
		C	301 - 290	(75-73 %)
		C-	289 - 280	(72-70 %)
		D+	279 - 262	(69-66 %)
		D	261 - 250	(65-63 %)
		D-	249 - 240	(62-60 %)