

Syllabus for HWM 370

Understanding and Effecting Health Behavior Change

IMPORTANT:

This course syllabus document contains basic information of each course. **Please refer to the content pages under the Course Information module on each course site for detailed guidelines, project information, rubrics, course/university policies, and other course-related information for each course.**

Instructor Information

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Course Description

This course provides the basic knowledge of foundational change theories, including the Transtheoretical Stages of Change model, in order to help students understand how health behavior change happens. Included in the course is a self-reflection on personal wellness and strategies for implementing health behavior change.

Prerequisite(s): UW Colleges PSY 202 Intro to Psychology or equivalent and HWM 300 Introduction to Human Health.

Course Learning Outcomes

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

- Understand the basics of health behavior models and change behavior.
- Apply the principles of the Transtheoretical Model.
- Recognize the basics of motivational interviewing.

Course Activities

Readings:

Readings will include chapters from the text, as well as PDFs, Internet sources, and websites. Some documents may be lengthy, yet it is not necessary to remember every detail. Rather the documents/websites are intended to provide a general overview. Finally, when writing reflections and completing assignments, you will be expected to infuse content from the readings into your work. Please note: URLs change frequently. While the URLs were current when this course was designed, some may no longer be valid. If you cannot access a specific link, contact me for an alternative URL.

Students may access the online bookstore via the Health and Wellness Management website. Students may use any source to buy textbooks, but only orders placed through the bookstore can be supported through UW-Extension.

Lectures:

A PowerPoint video lesson corresponds with the content focus of each week. Most PowerPoint lecture-videos are about 30 to 35 slides in length. Take notes on the weekly PowerPoint lecture-video lessons to

highlight key concepts. There is a transcript available for each lecture; just click on the "Transcript" button to download a PDF.

Assignments:

Weekly assignments are intended to parallel and apply material covered in the lesson. Specific instructions and a rubric used in the evaluation will accompany each assignment. If you have any questions at all about an individual assignment, please connect with your instructor.

To develop your ability to apply discipline-specific standards of communication and express your thoughts in writing in a succinct, grammatically correct, organized fashion (including appropriate grammar, word choice, clarity, punctuation, formatting), your written skills will be evaluated along with the content of your work. Specific instructions and a rubric used in the evaluation will accompany each assignment. If you have any questions at all about an individual assignment, please connect with me.

Assignments that include discussion posts are due on Friday at 11:59 p.m. CST of the respective weeks. All other due dates (including responses to discussion posts) are Sunday at 11:59 p.m. CST of their respective weeks.

Quizzes:

A 10-point multiple-choice quiz will correspond with each week's PowerPoint lecture-video lesson and readings. The purpose of these quizzes is to reinforce key concepts and give me (as the instructor) feedback regarding student comprehension of concepts covered in the PowerPoint lecture-videos and readings. You may have two attempts at each quiz and the best score will be recorded. Quizzes will be posted Monday through Sunday at 11:59 p.m. CST of their respective weeks.

Reviewing Instructors' Feedback

Reading the feedback given for each assignment is of paramount importance. It ensures the two-way street of learning that is so essential and is a particular concern/challenge with online courses. This feedback may help you develop your thinking and grow as a wellness professional, and thus help you in your completion of upcoming assignments.

Suggested Weekly Sequence:

- As a general guideline, an effective sequence for accomplishing weekly assignments is the following:
- Check your email daily.
- At least every couple of days, check our D2L course homepage under Newsto read any posted announcements regarding content updates, weekly instructions, etc.
- Review the online PowerPoint presentation and take notes.
- Complete weekly readings.
- Complete the weekly assignment and submit by due date (typically Sunday at 11:59p.m. CST although the discussion post is due on the Friday of week 1).
- Prepare for and complete the weekly quiz by Sunday at 11:59p.m. CST. Remember you have two attempts for each quiz, so take the first one early enough to allow yourself enough time to take the second one in case you decide you want to.
- Check your assignment submission for instructor feedback/comments mid-week of the following week.

Grading Policy

- **Assignments**
There are 14 assignments @ 20 points each for a total of 280 points.
- **Quizzes**
There are 14 quizzes @ 10 points each for a total of 140 points.

Grading Scale:

TOTAL Possible Points = 420 points

A 375-420 pts

B 334-375 pts

C 292-333 pts

D 250-291 pts

F below 250 pts