

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**

**HEAL 230 C01 Introduction to Health Behavior**  
**Summer 2015**

**Duration: Jun 29, 2015 - Aug 1, 2015**

DAY/TIME:	Distance Learning	LOCATION:	Distance Learning
INSTRUCTOR:	Dr. Rich Miller	EMAIL ADDRESS:	<a href="mailto:emiller@gmu.edu">emiller@gmu.edu</a>
OFFICE LOCATION:	10396 Democracy Lane, Kellar Annex II	PHONE NUMBER:	703-993-2066
OFFICE HOURS:	Virtual – Bb Collaborate – by appointment	FAX NUMBER:	703-993-2025

**PREREQUISITES/COREQUISITES:** (None)

**COURSE DESCRIPTION**

Introduces health behavior in context of health psychology. Explores various theoretical models to understand health, illness and sick-role behaviors. Studies health and disease from a biopsychosocial perspective. Examines means of preventing and treating health problems.

**DELIVERY METHOD:**

This course will be delivered online using an **asynchronous** (not “real time”) format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before “@masonlive.gmu.edu) and email password. The course site will be available on Aug. 25, 12:01a. There will also be synchronous learning activities through Bb Collaborate (by appointment).

**TECHNICAL REQUIREMENTS:**

To participate in this course, students will need the following resources:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox. Opera and Safari are not compatible with Blackboard;
- Consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of the course requirements.
- The following software plug-ins for PCs and Macs respectively, available for free downloading by clicking on the link next to each plug-in:
  - Adobe Acrobat Reader: <http://get.adobe.com/reader/>
  - Windows Media Player: <http://windows.microsoft.com/en-US/windows/downloads/windows-media-player>
  - Apple QuickTime Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)
- A headset microphone for use with the Blackboard Collaborate web conferencing tool

**EXPECTATIONS:**

- **Course Week:** Because online courses do not have a “fixed” meeting day, our week will **start** on Mon, and **finish** on Sun.

- **Log-in Frequency:** Students must actively check the course Blackboard site and their GMU email for communications from the instructor, at a minimum this should be 2 times per week.
- **Participation:** Students are expected to actively engage in all course activities throughout the semester/session, which include viewing of all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- **Technical Competence:** Students are expected to demonstrate competence in the use of all course technology. Students are expected to seek assistance if they are struggling with technical components of the course.
- **Technical Issues:** Students should expect that they could experience some technical difficulties at some point in the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- **Workload:** Expect to log in to this course **at least three times a week** to read announcements, participate in the discussions, and work on course materials. Remember, this course is **not** self-paced. There are **specific deadlines** and **due dates** listed in the **CLASS SCHEDULE** section of this syllabus to which you are expected to adhere. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- **Advising:** If you would like to schedule a one-on-one meeting to discuss course requirements, content or other course-related issues, and you are unable to come to the Mason campus, we can meet via telephone or web conference. Send me an email to schedule your one-on-one session and include your preferred meeting method and suggested dates/times.
- **Netiquette:** Our goal is to be **collaborative**, not combative. Experience shows that even an innocent remark in the online environment can be misconstrued. I suggest that you always re-read your responses carefully before you post them to encourage others from taking them as personal attacks. **Be positive in your approach to others and diplomatic with your words.** I will do the same. Remember, you are not competing with each other but sharing information and learning from one another as well as from the instructor.

### **COURSE OBJECTIVES:**

At the completion of this course students should be able to:

1. Identify biological, psychological, and sociological factors influencing health behavior as well as health problems, diseases and injuries;
2. Describe the components comprising health behavior;
3. Differentiate health promoting (well), protecting (ill, injured and sick), and preserving (impaired) behaviors;
4. Recognize various health behavior research designs;
5. Examine and discuss health behavior theories (e.g., reasoned action/planned behavior, behavior modification, self-efficacy, social cognitive learning and others) and models (e.g., health belief, precaution adoption, transtheoretical) and how they can be used to understand and predict health behavior as well as change unhealthy behavior;
6. Demonstrate an understanding of psychometric instruments used to measure health behaviors and conditions/diseases related to not practicing health behaviors;
7. Describe health outcomes in terms of risk, functionality and life satisfaction;
8. Explore and explain determinants of seeking and adhering to conventional and alternative health care;
9. Examine the relationship of stress, immune response and disease;
10. Describe pain experience, pain syndromes and pain management;
11. Explore and explain determinants of adjusting to and recovering from injuries, chronic unhealthy conditions and diseases (e.g., Alzheimer's disease, asthma, diabetes and HIV/AIDS);

12. Describe the theoretical aspects of selected health behaviors: managing stress, having a healthy heart, reducing cancer risk, not using tobacco, responsible drinking and drugging, healthy eating, and exercising; and
13. Demonstrate a basic understanding of health behavior change techniques such as motivational interviewing, behavioral modification, social inoculation, irrational belief dismissal, and others.

**COURSE OVERVIEW:**

This course meets the social/behavioral science requirement, one of the *core requirements* of the University General Education program: to help ensure that students are introduced to the broad range of intellectual domains that contribute to a liberal education. By gaining exposure to the subject matter and ways of knowing in a variety of fields, students will be better able to synthesize new knowledge, respond to fresh challenges, and meet the demands of a complex world. The overall goal of this course is to provide students with an understanding of the social and behavioral sciences. Students will be engaged in reasoning using the scientific method, the use of quantitative and qualitative information, and the analysis of empirical observations in relation to theory, among other methods. The development of major ideas in social science is also addressed. Expected learning outcomes are: *students will be able to* explain how individuals, groups or institutions are influenced by contextual factors; demonstrate awareness of changes in social and cultural constructs; and use appropriate methods and resources to apply social and behavioral science concepts, terminology, principles, or theories in the analysis of significant human issues, past and present. For more information, please see the University Catalog, and the Provost’s Office General Education website, <http://www.gmu.edu/departments/provost/gened/index.html>

**REQUIRED READINGS:**

Brannon, L., & Feist, J. (2013). *Health psychology: An introduction to behavior and health* (8th ed.). Belmont, CA: Wadsworth/Cengage Learning. ISBN: 9781133593072. Additional course material at Blackboard.

**EVALUATION:**

This course will be graded on a point system, with a total of 100 possible points.

<b>Requirements</b>	<b>Possible Points</b>
<u>Tests</u> Test 01 (covers chapters 1-8) Test 02 (covers chapters 9-13) Each Blackboard online exam is composed of 50 multiple-choice questions and 1 essay question. The tests are based on the content of the text as organized and presented in Powerpoint™ lectures. Each test will be graded 0-100 points and weighted .25 of overall course grade. To best prepare for the tests, students should use their textbook-based notes as well as PowerPoint lecture slides. Multiple-choice items will measure students' abilities to identify/recall, differentiate, apply and analyze subject material.	<b>50 points</b>
<u>Short Essay Quizzes</u> There will be 5 short essay quizzes based on subject material covered in lecture and found in the textbook. Each short essay quiz will be graded 0-6 points with a total of 30 possible points that will be factored directly into the overall grade. The short essay questions will measure students’ abilities to apply and analyze subject material.	<b>30 points</b>

<b>Discussion Forums</b> Each student is expected to post a comment in 5 different discussion forums. Each discussion forum will be based on a self-assessment completed by the student and then discussed at the forum. Each post is worth 4 points and a total of 20 points will be factored directly into the overall grade. The discussion forums will represent affective learning experiences.	<b>20 points</b>
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**TOTAL      100 points**

**Grading Scale**

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

**TENTATIVE COURSE SCHEDULE:**

Each class session will be a combination of lecture, small group work, video discussion and other class activities.

WEEK		TOPIC	READINGS/ASSIGNMENT DUE
1	Jun 29-Jul 05	Introduction; Health behavior research; Health (help) seeking;	Chapter 1 Introduction Chapter 2 Conducting Health Research Chapter 3 Seeking and Receiving Health Care (Short essay quiz 1 due Jul 5 end of day) (Discussion forum 1 due Jul 5 end of day)
2	Jul 06-12	Adhering to health advice and care; Managing stress	Chapter 4 Adhering to Medical Advice Chapter 5 Defining, Measuring and Managing Stress Chapter 6 Understanding Stress, Immunity and Disease (Short essay quizzes 2 & 3 due Jul 12 end of day) (Discussion forums 2 & 3 due Jul 12 end of day)
3	Jul 13-19	Managing pain; Alternative health care; Cardiovascular health behavior	Chapter 7 Understanding and Managing Pain Chapter 8 Considering Alternative Approaches Chapter 9 Behavioral Factors in Cardiovascular Disease <b>Test 01 due Jul 19 end of day (covers chs 1-9)</b>
4	Jul 20-26	Cancer risk reduction behavior; Health behavior and chronic disease; Behavioral health: not smoking	Chapter 10 Behavioral Factors in Cancer Chapter 11 Living with Chronic Illness Chapter 12 Smoking Tobacco (Short essay quizzes 4 & 5 due Jul 26 end of day) (Discussion forums 4 & 5 due Jul 26 end of day)
5	Jul 27-Aug 1	Behavioral health: responsible alcohol/drug involvement, healthy eating; and exercising	Chapter 13 Using Alcohol and Other Drugs Chapter 14 Eating and Weight Chapter 15 Exercising <b>Test 02 due Aug 01 end of day (covers chs 10-15)</b>

Note: Faculty reserves the right to alter the schedule as necessary.

## TASKSTREAM REQUIREMENTS

N/A

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### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**CORE VALUES COMMITMENT:** The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.