

George Mason University
College of Education and Human Development
School of Recreation, Health, and Tourism

HEAL 230 001/P01 - Intro to Health Behavior
3 credits, Fall 2018

Tuesday, 4:30-7:10pm Mason Global Center 1302D Fairfax campus

Faculty

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Prerequisites/Corequisites:

None

University Catalog 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.

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's Mason Core website, <http://provost.gmu.edu/general-education/>

Course Delivery Method

This course will be delivered using a lecture format with class discussion and activities.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

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.

Professional Standards

Upon completion of this course, students will have met the following professional standards:

Not applicable.

Required Texts

Brannon, L., & Feist, J. (2017). Health psychology: An introduction to behavior and health (9th ed.). Belmont, CA: Wadsworth/Cengage Learning.
ISBN: 9781337094641.

Additional readings may be posted on Blackboard throughout the semester.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

Please note that all the evaluations during the course are 'performance based assessments' and no fieldwork experience is required.

• Assignments and Examinations

Participation:

Students are expected to stay current in readings and assignments and to actively participate in class discussions and exercises. Students will be evaluated on their participation. Please note that participation means participating presence and not just being in the class. Student will get up to 5% of the total grade for attended participation. These credits will be pro-rated. Instructor asks questions during the class and if a student responds, they get participation credit for it. The student must send email to the instructor within 24 hours of classroom participation to document their participation.

Tests:

There will be three tests during the semester.

Test 1 (covers chapters 1-5/6)

Test 2 (covers chapters 7-11)

Test 3 (covers chapters 12-16)

Each Blackboard online exam is composed of 50 multiple-choice items. 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. Each test is weighted 15% of overall 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. The theory question will measure students' abilities to analyze, synthesize and evaluate.

Short Essay Quizzes:

There will be 10 short essay quizzes based on subject material covered in lecture and found in the textbook. Each short essay quiz will be graded 0-5 points with a total of 50 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.

Extra Credit:

Extra credit opportunities will be further described in class. They will be typically email responses to the occasional challenges, spot assignments, or tasks given during the course. A student may add up to 2% of their total grade by doing extra credit.

• Other Requirements

- Students are expected to be on time, attend all class meetings, do the readings, and be prepared to participate in class discussions. If you need to come in late for any reason, please do so quietly so as not to disturb your classmates. If you need to leave early, please let me know before the beginning of class.
- Be an active participant. Participation makes this class a more valuable experience for everyone.
- Be respectful of others and their belief systems, and help to create a safe environment where people feel comfortable sharing information. Disrespect will not be tolerated.
- Make-up exams will only be given in the case of extreme circumstances. These circumstances must be documented in detail. If a student misses an exam due to a circumstance that is not extreme then it is at the instructor's discretion whether or not the exam will be given and what automatic point deduction will occur for missing the original exam date.
- Late work will NOT be accepted. Extenuating circumstances will be determined by instructor.
- All assignments that include sources should have in-text citations and a References list. Incorrect citation of sources will result in a point deduction. Plagiarized work from any outside source (i.e., books, articles, websites) is unacceptable and will result in a zero. All sources cited must be reputable sources of information. These include scholarly journal articles, government websites, and factsheets or other publications from recognized expert agencies.
- You are free to bring in food and drinks, as long as you throw your trash away.
- In the event of inclement weather or any other emergency, follow the decision of the University. Please check the university website for any weather-related cancellations. In the event of class cancellation, students will be contacted via email about rescheduling, assignments due, etc.

- Blackboard will be used for posting course files, rubrics, readings, and assignments and communicating with the class. It is your responsibility to check the course site on a regular basis for updates to the syllabus, readings, etc.

- Email is the primary method of communication between students and faculty. All emails will be returned within 24 hours.

- Cell phone use is not allowed in the class. Laptop must be used only for the class purposes only.

- **Grading**

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

Tests and Assignments	Possible Points
Participation	5 points
Tests (3; 15 x 3 = 45)	45 points
Short Essay Quizzes (10; 5 x 10 = 50)	50 points
Extra credit	2 points

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	

Professional Dispositions See <https://cehd.gmu.edu/students/polices-procedures/>

Class 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	Aug 28	Introduction Chapter 1 Introduction
2	Sep 4	Health behavior research Chapter 2 Conducting Health Research Short Essay Quiz 1 due Sep 04 end of day (covers chs 1)
3	Sep 11	Health (help) seeking Chapter 3 Seeking and Receiving Health Care
4	Sep 18	Adhering to health advice and care Chapter 4 Adhering to Medical Advice Short Essay Quiz 2 due Sep 18 end of day (covers ch 3)

WEEK		TOPIC	READINGS/ASSIGNMENT DUE
5	Sep 25	Managing stress	Chapter 5 Defining, Measuring and Managing Stress; Chapter 6 Understanding Stress, Immunity and Disease Short Essay Quiz 3 due Sep 25 end of day (covers ch 4) Test 1 due Oct 2 end of day covers chs 1-6
6	Oct 2	Managing pain Alternative health behavior	Chapter 7 Understanding and Managing Pain Chapter 8 Considering Alternative Approaches
	Oct 9	No class	Short Essay Quiz 4 due Oct 09 end of day (covers chs 7)
7	Oct 16	Behavioral factors in cardiovascular disease	Chapter 9 Behavioral Factors in Cardiovascular Disease
8	Oct 23	Behavioral factors in cancer	Chapter 10 Behavioral Factors in Cancer Short Essay Quiz 5 due Oct 23 end of day (covers ch 9)
9	Oct 30	Living with chronic illness and disease	Chapter 11 Living with Chronic Illness Short Essay Quiz 6 due Oct 30 end of day (covers ch 10) Test 2 due Nov 6 end of day covers chs 7-11
10	Nov 6	Not smoking	Chapter 12 Smoking Tobacco
11	Nov 13	Using alcohol and drugs	Chapter 13 Using Alcohol and Other Drugs Short Essay Quiz 7 due Nov 13 end of day (covers ch 12)
12	Nov 20	Healthy eating and managing weight	Chapter 14 Eating and Weight Short Essay Quiz 8 due Nov 20 end of day (covers ch 13)
13	Nov 27	Exercising	Chapter 15 Exercising Short Essay Quiz 9 due Nov 27 end of day (covers ch 14)
14	Dec 4	The Future	Chapter 16 Future Challenges Short Essay Quiz 10 due Dec 4 end of day (covers ch 15) Test 3 due Dec 12 end of day covers chs 12-16

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Noteworthy dates:

Sun Sep 09	Last day to drop class with no tuition penalty
Mon Oct 01 – Sun Oct 28	Selective Withdrawal Period
Wed Nov 21 – Sun Nov 25	Thanksgiving recess
Tue Dec 04	Last day of class

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: <http://cehd.gmu.edu/values/>.

- **GMU Policies and Resources for Students**

- *Policies*

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

- *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.

Assessment Rubric

Name Short essay quiz rubric

Description Points are deducted if submission is not composed in: • minimum (5) complete sentences using proper grammar and spelling • essay format (no outlining/listing), and/or • students' own words (no direct use of authors' writing from text).

Rubric Detail

Criteria	Levels of Achievement				
	Unsatisfactory	Needs improvement	Competent	Highly competent	Excellent
Answered question correctly and adequately (consistent with lectures and textbook)	2 Points	2.5 Points	3 Points	3.5 Points	4 Points