

# Syllabus for HWM370

## Understanding and Effecting Health Behavior Change

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**NOTE:** This syllabus document contains the basic information of this course. The most current syllabus is available in the full course.

### 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)

UWX PS101 General Psychology or equivalent and HWM 300 Introduction to Human Health

### Course Outcomes

Upon completing this course, you will be able to do the following:

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

### Course Requirements/Components

#### 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.

#### 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.

### **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.

### **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.

## **Grading**

The following grading scale will be used to evaluate all course requirements and to determine your final grade:

### **Assignments**

There are 12 assignments at 20 points each for a total of 240 points.  
There is a final project worth 40 points for a total of 40 points.

### **Quizzes**

There are 14 Quizzes at 10 points each for a total of 140 points.

**TOTAL Possible Points = 420**

### **Grading Scale**

378-420	A
336–377	B
294–335	C
252–293	D
below 251	F