



**Department of Public Health Sciences
Health Promotion Program Course Calendar**

Course name:	Theories and Methods of Health Behavior Change
Course no.:	HSCI 3312
Course CRN:	25314
Semester/year	Spring 2023
Class location:	Psychology Building Room #306
Class meeting time:	From 9:30 pm- 12:20 pm (MST) Folders will open Monday at 6 am and close Friday at midnight Weekends will be used to grade student's assignments.
Class instructor:	Cynthia Wittenburg, M.S, DrPh

TENTATIVE COURSE SCHEDULE Spring 2023

Students will be provided ample amount of time if there is a change in the syllabus.

**All work must be uploaded via Blackboard into their respective Folders
by Fridays at 11:59 p.m. (Mountain Standard Time)**

NO work will be accepted if submitted to professor's or TA's emails.

week	Class Modules/Topic	Class work	Due Dates: Friday at midnight
1	Class Introduction Syllabus review	Syllabus Quiz BB Discussion	Syllabus Quiz: In class BB Discussion #1: 5 points Read Chapter 1 for next class
2	Introduction to Theory	<ul style="list-style-type: none"> Theories and Methods platforms PP Chapter 1 Introduction to Article review BB: Article Review note taking Template	Homework for next class.: Read for next class Chapter 2 & Article #1
3	Self-Efficacy Theory	Read Chapter 2: Self-Efficacy Theory Review PP presentation Read Article #1 found chapter 2/ or blackboard	Article Assessment#1: 50 Points Read for next class Chapter 3 & Article #2
4	Theory of Reasoned Action & Theory of Planned Behavior	Read Chapter 3: Theory of Reasoned Action & Theory of Planned Behavior Review PP presentation Read & Review Article #2	Article Assessment #2: 50 Points BB discussion #2: 5 points BB discussion #3(over major project): 5 points
5		Exam #1: online <ul style="list-style-type: none"> Intro to Theory Self-Efficacy Theory TRA/TPB 	Exam #1 over the material covered so far. For the following week: Read Ch. 4 And article #3 on BB.

Exam results will be provided via blackboard and individual feedback will be provided.
Students may contact me via email for any feedback on their exams.

6	Health Belief Model	Read Chapter 4: Health Belief Model Review PP presentation Review Article #3: assessment and discussion	Article Assessment #3: 50 Points BB discussion #4: 5 points Read Chapter 5 for next class. Read Article #4
7	Attribution Theory	Read Chapter 5: Attribution Theory Review PP presentation Review Article #4: assessment and discussion	Submit Article Assessment #4: 50 Points BB discussion #5: 5 points Read Chapter 6 and Article #5
8 10/12	Transtheoretical Model	Read Chapter 6: Transtheoretical Model Article #5 review and discussion	Submit Article Review #5: 50 Points BB discussion #6: 5 points Prepare for exam #2
9	SPRING BREAK!!!!		
10		Exam #2: on-line <ul style="list-style-type: none"> • HBM • Attribution Theory • Transtheoretical Model 	Exam #2 over the material cover: HBM, Attribution Theory & Transtheoretical Model For the following week: Read Ch. 7 And article #6 on BB. BB discussion #7: Questions over final project
Exam results will be provided via blackboard and individual feedback will be provided. Students may contact me via email for any feedback on their exams.			
11	Social Cognitive Theory	PP presentation Article #6 review and discussion	Submit Article Review #6: 50 Points BB discussion #8: 5 points Read Chapter 9 for next class. Read Article #7
12	Ecological Model	PP presentation Article #7 review and discussion	Submit Article Review #7: 50 Points BB discussion #9: 5 points Read Chapter 11 for next class Read Article #8
13	Selection of Theory	PP presentation Article #8 review and discussion	Submit Activity #8: 50 Points BB discussion #10: 5points
14	Final Exam	Final Exam <ul style="list-style-type: none"> • Social Cognitive Theory • Ecological • Choosing a Theory 	On-line Final Exam: Not comprehensive Exam #3 over the material cover: Social Cognitive Theory, Ecological Choosing a Theory Students prepare presentations for next week

Exam results will be provided via blackboard and individual feedback will be provided.
Students may contact me via email for any feedback on their exams.

15	<p>NO CLASS THIS WEEK. USE THIS WEEK TO FINALIZE THE GROUP PROJECTS.</p> <p><i>ONLY 1 student from each group will upload the final project.</i></p> <p>The Final project will be a presentation that will be conducted in class by the entire group</p>		
16	1st set of student presentations Groups 1-7	Final project will be a presentation by the Group for class review and discussion.	Class will review 1 out of the 7 available group presentations. 1 critique is worth 25 points. Each student only must review ONLY 1 group project. DO NOT CRITIQUE YOUR OWN WORK
17	2nd set of student presentations Groups 8-14	Final project will be a presentation by the Group for class review and discussion.	Class will review 1 out of the 7 available group presentations. 1 critique is worth 25 points. Each student only must review ONLY 1 group project. DO NOT CRITIQUE YOUR OWN WORK
<p>Last day to submit reviews on Peer Final Presentations is Wednesday May 10th, 2023</p>			