### 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

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**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.

<table>
<thead>
<tr>
<th>week</th>
<th>Class Modules/Topic</th>
<th>Class work</th>
<th>Due Dates: Friday at midnight</th>
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<tbody>
<tr>
<td>1</td>
<td>Class Introduction</td>
<td>Syllabus Quiz&lt;br&gt;BB Discussion</td>
<td>Syllabus Quiz: In class&lt;br&gt;BB Discussion #1: 5 points&lt;br&gt;Read Chapter 1 for next class</td>
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<td>Syllabus review</td>
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<td>2</td>
<td>Introduction to</td>
<td>Theories and Methods platforms&lt;br&gt;PP Chapter 1&lt;br&gt;Introduction to Article review&lt;br&gt;BB: Article Review note taking Template</td>
<td>Homework for next class.:&lt;br&gt;Read for next class Chapter 2 &amp; Article #1</td>
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<td>Theory</td>
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<td>3</td>
<td>Self-Efficacy Theory</td>
<td>Read Chapter 2: Self-Efficacy Theory&lt;br&gt;Review PP presentation</td>
<td>Article Assessment#1: 50 Points&lt;br&gt;Read for next class Chapter 3 &amp; Article #2</td>
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<td>Read Article #1 found chapter 2/ or blackboard</td>
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<td>4</td>
<td>Theory of Reasoned Action &amp; Theory of Planned Behavior</td>
<td>Read Chapter 3: Theory of Reasoned Action &amp; Theory of Planned Behavior&lt;br&gt;Review PP presentation&lt;br&gt;Read &amp; Review Article #2</td>
<td>Article Assessment #2: 50 Points&lt;br&gt;BB discussion #2: 5 points&lt;br&gt;BB discussion #3(over major project): 5 points</td>
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<td>5</td>
<td>Exam #1: online</td>
<td>Intro to Theory&lt;br&gt;Self-Efficacy Theory&lt;br&gt;TRA/TPB</td>
<td>Exam #1 over the material covered so far.&lt;br&gt;For the following week: Read Ch. 4 And article #3 on BB.</td>
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</table>

Exams:
- Exam #1: online
- Exam #2: 50 Points
- Exam #3: 50 Points

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**  
- 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** |
| 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: 5 points** |
| 14 | Final Exam | **Final Exam**  
- 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.
<table>
<thead>
<tr>
<th>No.</th>
<th>Date</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>15</td>
<td></td>
<td><strong>NO CLASS THIS WEEK. USE THIS WEEK TO FINALIZE THE GROUP PROJECTS.</strong>&lt;br&gt;ONLY 1 student from each group will upload the final project.&lt;br&gt;The Final project will be a presentation that will be conducted in class by the entire group.</td>
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<tr>
<td>16</td>
<td>1st set of student presentations Groups 1-7</td>
<td>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</td>
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<tr>
<td>17</td>
<td>2nd set of student presentations Groups 8-14</td>
<td>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</td>
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Last day to submit reviews on Peer Final Presentations is Wednesday May 10th, 2023