

Department of Public Health Sciences, University of Texas El Paso

MPH Program Course Syllabus

WEEKLY PLAN (Subject to Change)

Dates	Topic	In-Class Activities	Assigned Readings & Homework and Preparation for Class
<p>Week 1 Aug 28 - Sept 1</p>	<p>Course Introduction</p> <p>What is Public Health? Careers in Public Health</p> <p>Review of Key Concepts (reading assignments)</p>	<p>WEEK 1 – Aug 30th</p> <ul style="list-style-type: none"> - Review of Public Health and career options - Introductions of class members with presentation of career goal and research interest - Review of syllabus and discussion of assignments and papers; understanding “discussion” and “critical analysis” - Review expectations of 3-page summary paper <p>For group project (groups of 3-4)</p> <ul style="list-style-type: none"> - Review Healthy People 2030 	<p>Assigned Readings for Week 2</p> <ul style="list-style-type: none"> • Part 1 - Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015) • Chapter 1: The Scope of Health Behavior • Literature Reviews and Systematic Reviews: What is the difference (Kowalczyk & Truluck 2013) • What is a Systematic Review ? Cochrane • https://youtu.be/egJlW4vkb1Y • Steps of a Systematic Review: Cochrane • https://youtu.be/2uU_pdCJSfg • Start planning group process. <p>DUE Tuesday Sept 5th End of Day (20 points).</p> <ul style="list-style-type: none"> • 3-page summary report on readings APA format. https://www.healthypeople.gov/2020/About-Healthy-People/Development-Healthy-People-2030/Framework • <u>Think about groups</u>
<p>Week 2 Sept 5th - Sept 8th</p>	<p>Choosing a theory and public health topic Healthy People 2030.</p> <p>Evidence-Based Public Health</p>	<p>WEEK 2 – Sept 6th</p> <p><u>Discussion on Readings Assigned Week 1:</u></p> <p>Part 1 - Health Behavior: Theory, Research, and Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> • Chapter 1: The Scope of Health Behavior • Chapter 2: Theory, Research, and Practice in Health Behavior 5th ed. Glanz et al. (2015) • Chapter 3: Ecological Models of Health Behavior 5th ed. Glanz et al. (2015) • Groups Identified 	<p>Assigned Readings for Week 3</p> <ul style="list-style-type: none"> • Chapter 2: Theory, Research, and Practice in Health Behavior 5th ed. Glanz et al. (2015) • Chapter 3: Ecological Models of Health Behavior 5th ed. Glanz et al. (2015) • PRISMA 2020 explanation and elaboration: updated guidance and exemplars for reporting systematic reviews (Page et al., 2021) <p>DUE Tuesday Sept 12th End of Day</p> <ul style="list-style-type: none"> • 3-page summary report on readings APA format. Chapters 2 and 3, Page et al. article (20 pts) • Group assignment. Identify a health research topic and a systematic review or meta-analysis on the health topic and objectives. Be prepared

			<p>to do a presentation to the class about findings (75 pts)</p>
<p>Week 3 Sept 11th Sep 15th</p>	<p>The Social Ecological Model</p>	<p style="text-align: center;">WEEK 3 – Sept 13th</p> <p><u>Discussion on Readings Assigned Week 2:</u></p> <ul style="list-style-type: none"> • PRISMA 2020 explanation and elaboration: updated guidance and exemplars for reporting systematic reviews (Page et al., 2021) • Literature Reviews and Systematic Reviews: What is the difference (Kowalczyk & Truluck 2013) • Decide on groups for Systematic Review Project 	<p style="text-align: center;">Assigned Readings for Week 4</p> <p>Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> • Part 2: Models of Individual Health Behavior • Chapter 4: Introduction to Health Behavior Theories That Focus on Individuals. • Chapter 5: The Health Belief Model • Maibach, Murphy (1995), Self-efficacy in health promotion research and practice: conceptualization and measurement. <i>Health Education Research</i> Vol 10(1) 37-50. <p>DUE Tuesday Sept 19th End of Day (20 points points).</p> <ul style="list-style-type: none"> • 3 page summary report on readings APA format. • Group assignment. Prepare Presentation on findings of Systematic Review or Meta-analysis. (25 points)

<p>Week 4 Sep 18 - Sep 22</p>	<p>Social and Behavioral Aspects of Public Health</p> <p>Public Health Theories</p>	<p style="text-align: center;">WEEK 4 – Sept 20th</p> <p><u>Discussion on Readings Assigned Week 3:</u></p> <ul style="list-style-type: none"> • Part 2: Models of Individual Health Behavior • Chapter 4: Introduction to Health Behavior Theories That Focus on Individuals. • Chapter 5: The Health Belief Model • Maibach, Murphy (1995), Self-efficacy in health promotion research and practice: conceptualization and measurement. <i>Health Education Research</i> Vol 10(1) 37-50 <p>Student Group Presentations on Systematic Review/Meta Analysis Findings</p>	<p style="text-align: center;">Assigned Readings for Week 5</p> <p>Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> • Part 2: Models of Individual Health Behavior • Chapter 6. Theory of Reasoned Action, Theory of Planned Behavior, and the Integrated Behavioral Model • Chapter 7: The Transtheoretical Model and Stages of Change. <p>DUE Tuesday Sept 26th End of Day (20 points).</p> <ul style="list-style-type: none"> • 3-page summary report on readings APA format. (20 points)
<p>Week 5 Sep 25 - Sep 29</p>	<p>Behavioral and Social Science Theory</p>	<p style="text-align: center;">WEEK 5 – Sept 27th</p> <p><u>Discussion on Readings Assigned Week 4:</u></p> <ul style="list-style-type: none"> • Part 2: Models of Individual Health Behavior • Chapter 6. Theory of Reasoned Action, Theory of Planned Behavior, and the Integrated Behavioral Model • Chapter 7: The Transtheoretical Model and Stages of Change. 	<p style="text-align: center;">Assigned Readings for Week 6</p> <p>Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> • Part 3: Models of Interpersonal Health Behavior • Chapter 8. Introduction to Models of Interpersonal Influences on Health Behavior • Chapter 9: How Individuals, Environments, and Health Behaviors Interact. • Chapter 10: Social Support and Health • Identify Measures for Exposure and Outcome Variables (50 Points) <p>DUE Tuesday Oct 3rd End of Day (20 points).</p> <ul style="list-style-type: none"> • 3-page summary report on readings APA format.

<p>Week 6 Oct 2nd - Oct 6th</p>	<p>Health and Illness Behavior to Disease — Interpersonal influences</p> <p>Social Reactions</p> <p>Environmental Health</p>	<p style="text-align: center;">WEEK 6 – Oct 4th</p> <p><u>Discussion on Readings Assigned Week 5:</u></p> <p>Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> • Part 3: Models of Interpersonal Health Behavior • Chapter 8. Introduction to Models of Interpersonal Influences on Health Behavior • Chapter 9: How Individuals, Environments, and Health Behaviors Interact. • Chapter 10: Social Support and Health 	<p style="text-align: center;">Assigned Readings for Week 7</p> <p>Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> • Part 3: Models of Interpersonal Health Behavior • Chapter 11: Introduction to Models of Interpersonal Influences on Health Behavior • Chapter 12: How Individuals, Environments, and Health Behaviors Interact. • Chapter 13: Social Support and Health <p>DUE Oct 3rd:</p> <ul style="list-style-type: none"> • Identify Measures for Exposure and Outcome Variables (50 Points) • Introduction to QuestionPro Tutorial video <p>DUE Tuesday Oct 10th End of Day (20 points).</p> <ul style="list-style-type: none"> • 3-page summary paper • Research questions/objectives DUE
<p>Week 7 Oct 9th - Oct 13th</p>	<p>Social Environment</p> <p>Health and Illness Behavior to Disease — Interpersonal influences</p>	<p style="text-align: center;">WEEK 7 – Oct 11th</p> <p><u>Discussion on Readings Assigned Week 6:</u></p> <p>Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> • Part 3: Models of Interpersonal Health Behavior • Chapter 11: Introduction to Models of Interpersonal Influences on Health Behavior • Chapter 12: How Individuals, Environments, and Health Behaviors Interact. • Chapter 13: Social Support and Health <p>Introduction to QuestionPro Tutorial for Project.</p>	<p style="text-align: center;">Assigned Readings for Week 8</p> <p>Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> • Part 4: Community and Group Models of Health Behavior Change • Chapter 14: Introduction to Community and Group Models of Health Behavior Change. • Chapter 15: Improving Health Through Community Engagement, Community Organization and Community Building. <p>DUE Tuesday Oct 17th End of Day (20 points).</p>

			<ul style="list-style-type: none"> 3-page summary report on readings APA format.
<p>Week 8 Oct 16th - Oct 20th</p>	<p>Community based health</p>	<p>WEEK 8 – October 18th <u>Discussion on Readings Assigned Week 7:</u> Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> Part 4: Community and Group Models of Health Behavior Change Chapter 14: Introduction to Community and Group Models of Health Behavior Change. Chapter 15: Improving Health Through Community Engagement, Community Organization and Community Building. 	<p>Assigned Readings for Week 9 Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> Part 4: Community and Group Models of Health Behavior Change Chapter 16: Implementation, Dissemination, and Diffusion of Public Health Interventions. Chapter 17: Communication and Health Behavior is a Changing Media Environment. Chapter 18: Introduction to Using Theory in Research and Practice. Chapter 19: Planning Models for Theory-Based Health Promotion Interventions. <p>DUE Tuesday Oct 24th End of Day (20 points).</p> <ul style="list-style-type: none"> 3 page summary report on readings APA format. <p>DUE Oct 25th^d</p> <ul style="list-style-type: none"> Introduction Draft 5 paragraphs
<p>Week 9 Oct 23rd – Oct 27th</p>	<p>Comparative Health Cultures Health Disparities, Diversity and Cultural Competence</p>	<p>WEEK 9 – October 25th <u>Discussion on Readings Assigned week 8:</u> Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <p>Part 4: Community and Group Models of Health Behavior Change</p>	<p>Assigned Readings for Week 10 Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <p>Part 5: Using Theory in Research and Practice.</p>

		<ul style="list-style-type: none"> • Chapter 16: Implementation, Dissemination, and Diffusion of Public Health Interventions. • Chapter 17: Communication and Health Behavior is a Changing Media Environment. <p>Part 5: Using Theory in Research and Practice</p> <ul style="list-style-type: none"> • Chapter 18: Introduction to Using Theory in Research and Practice. • Chapter 19: Planning Models for Theory-Based Health Promotion Interventions. <p>QuestionPro Survey Review</p> <p>-</p>	<ul style="list-style-type: none"> • Chapter 20: Behavioral Economics and Health. • Chapter 21: Social Marketing. • Silva, Smith, Norman (2018) Systems thinking and ethics in public health: a necessary and mutually beneficial partnership. <i>Monash Bioethics Review</i> (36)54-67. • Chughtai and Blanchet (2017) Systems thinking in public health: a bibliographic contribution to a meta-narrative review. <i>Health Policy and Planning</i> 32, 585-594 <p>DUE Tuesday Oct 31st (20 points).</p> <ul style="list-style-type: none"> • 3 page summary report on readings APA format.
<p>Week 10 Oct 30th Nov 3rd</p>	<p>Planning and Evaluating Public Health Programs</p> <p>Social Marketing</p> <p>Policy and Advocacy</p> <p>Systems Thinking</p>	<p>WEEK 10 – Nov 1st</p> <p><u>Discussion on Readings Assigned Week 9:</u> Health Behavior: Theory, Research, And Practice. 5th ed. Glanz et al. (2015)</p> <ul style="list-style-type: none"> • Chapter 20: Behavioral Economics and Health. • Chapter 21: Social Marketing. • Silva, Smith, Norman (2018) Systems thinking and ethics in public health: a necessary and mutually beneficial partnership. <i>Monash Bioethics Review</i> (36)54-67. • Chughtai and Blanchet (2017) Systems thinking in public health: a bibliographic contribution to a meta-narrative review. <i>Health Policy and Planning</i> 32, 585-594 	<p>Assignment for Week 11</p> <ul style="list-style-type: none"> • Work on methods section Due Nov 8th
<p>Week 11 Nov 6th - Nov 10th</p>		<p>WEEK 11 – Nov 8th</p> <ul style="list-style-type: none"> • SPPSS data Analysis of data collected. • Descriptive Analysis 	<ul style="list-style-type: none"> • Methods Section Due

			DUE Nov 15 th Outcomes and summary findings table and
Week 12 Nov 13 - Nov 17		WEEK 12 – Nov 15 th APHA week <i>No Class</i>	DUE Nov 22nd <ul style="list-style-type: none"> Results and Conclusion Section
Week 13 Nov 20 - Nov 24	Group Presentation - Feedback	WEEK 13 – November 22nd Thanksgiving Wed	
Week 14 Nov 27 - Dec 1 st	Group Presentation – Feedback	Presentations and Feedback for final Draft	
Week 15 Dec 4 th - Dec 8th	Group Presentation -	<i>Summary of course and additional paper consultation</i>	
Week 16 Dec 13th	FINAL PAPER DUE	<i>Final Paper DUE Dec 13th</i>	

OVERVIEW OF ASSIGNMENTS AND DETAILED INSTRUCTIONS

1. **WEEKLY 3 PAGE SUMMARY REPORTS (20 points each)**

READ ALL ASSIGNED MATERIAL; PREPARE SUMMARY and ANALYSIS AND/OR APPLICATION OF KEY CONCEPT(S) FROM YOUR ASSIGNED SECTIONS FOR CLASS DISCUSSION. INCLUDE YOUR PERSONAL REFLECTION ON THE INFORMATION SYNTHESIZED.

Page 1 = Title Page APA format (no abstract is needed)

Page 2 = Summary of information in readings

Page 3 = Analysis and/or Application of information in readings

Page 4 = Free thought about readings

Page 5 = Reference page APA format

GRADING RUBRIC

Weekly Summary Narrative Reports of Assigned readings (graded weekly) (up to 20 points each):

5 points = The summary is thoughtful and complete with good examples; the analysis and/or application includes original ideas about the meaning and application of the concepts; the summary and critical analysis stimulate active class discussion. Less than 5 points indicates the summary is basic and repeats the book content; the critical analysis lists elements of the concept but lacks depth of understanding.

5 points = Organization of content, flow of discussion.

5 points = Proper grammar, sentence structure, punctuation. (I will be submitting your papers though Grammarly.com to assess your level of proper grammar, sentence structure, and punctuation. I recommend you submit your papers to Grammarly.com before submitting the assignment).

5 points = American Psychological Association writing format is followed using the 7th edition . Proper referencing and citation will also be assessed.

You will be graded on writing and Technical errors in writing include spelling errors (“typos”), grammatical errors, incomplete sentences, poor language usage and incorrect formatting. All of these are completely avoidable by re-reading, editing, revising and carefully checking your work. Eliminating technical errors in your writing requires discipline and is a professional skill that is expected of anyone earning a graduate-level degree. It is very important to develop a realistic idea of your current level of writing so that you can improve. If you are weak with regard to your technical writing skills you must take responsibility for this and seek help from the Writing Center for all of your writing assignments. There are many online resources available as well. I highly recommend Grammarly.com