



Department of Kinesiology

KIN627: Behavior Change Theories and Techniques

Fall 2019

3 Units

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PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

This class examines widely accepted theories, models, and methods for facilitating health behavior change. Topics include, but are not limited to, the trans-theoretical model, positive psychology, motivational interviewing, and mindfulness-based practices. Additionally, students will explore the research-supported impact of behavior change techniques on the prevention and management of chronic diseases and comorbidities, such as diabetes, obesity, depression and hypertension.

INSTITUTIONAL LEARNING OUTCOMES (ILO's)

1. **Learning, Informed by our Faith in Christ:** Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.
2. **Growing, In a Christ-Centered Faith Community:** Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.
3. **Serving, In a Context of Christian Faith:** Students will serve locally and/or globally in vocational and social settings.

PROGRAM LEARNING OUTCOMES (PLO's)

The Point Loma Nazarene University MS-KIN graduate will be able to:

1. Appraise current research data and integrate it into professional practice to solve relevant problems and make effective decisions.
2. Work independently and with a team to persuasively communicate essential information in their discipline.
3. Demonstrate appropriate breadth of knowledge of the background and principle research in their specialization in order to conduct an independent research project.
4. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

COURSE LEARNING OUTCOMES (CLO's)

The following student learning outcomes will be achieved by this course; student will be able to:

1. Identify and describe determinants of health.
2. Explain the key components of the transtheoretical model.
3. Compare and contrast common theories of health behavior change.
4. Apply evidence-based methods and techniques for facilitating behavioral change.
5. Examine the impact of lifestyle and behavioral changes on the prevention and management of chronic diseases.

CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a three unit class delivered over eight weeks. It is anticipated that students will spend a minimum of 50 participation hours per credit hour on their course work. As a graduate course, students can expect the work in this class to be significant, and students should plan on spending about 18.5 hours per week engaged in the course content. The estimated time expectations for this course are shown below:

Assignments	Course Hours
Weekly Participation in Discussion Forums	32
Major Assignments	38
Readings, Viewings and Webinars	50
Formative Assessments & Exams	30
Total Course Hours	150

REQUIRED TEXTS

Hayden, J. (2014). *Introduction to health behavior theory (2nd ed)*. Burlington, MA: Jones & Bartlett Learning. ISBN -13: 978-1449689742.

Miller, W.R. & Rollnick, S. (2013). *Motivational interviewing: Helping people change (3rd ed)*. New York, NY: The Guilford Press. ISBN-13: 978-1609182274.

RECOMMENDED RESOURCES

Burg, M.A., & Oyama, O. (Eds.) (2016). *The behavioral health specialist in primary care: Skills for integrated practice*. New York, NY: Springer Publishing Company. ISBN-13: 978- 082612987.

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ASSESSMENT AND GRADING

The total number of points accumulated on quizzes, exams, assignments, learning activities, and discussion board posts determines your final letter grade in this course. You may earn up to 160 points for weekly discussion board posts; 260 points for quizzes and exams; and 160 points for other learning activities and assignments.

Weekly discussions (8 @ 20 pts. each)	160 pts.	Grades	
Webinar Participation	10 pts.	A=93-100%	C= 73- 76.9%
Formative Assessments (3 quizzes @ 12 pts. each; 1 video-based assessment @ 24 pts.)	60 pts.	A-=90-92.9%	C-=70- 72.9%
Exam #1	100 pts.	B+=87-89.9%	D+= 67- 69.9%
Motivational Interviewing Video	100 pts.	B=83-86.9%	D=63- 66.9%
Case Presentation	50 pts.	B-=80-82.9%	D-=60- 62.9%
Exam #2	100 pts.	C+=77-79.9%	F=Below 60%
Total Points	580 pts.		

LEARNING MODULES

Module 1	Course overview; A foundation for understanding health behavior (biopsychosocial model; determinants of health; ecological perspective)
Module 2	Health behavior models- Part I (transtheoretical model/stages of change)
Module 3	Health behavior models- Part II (health belief model); Health behavior theories: Part I (attribution theory; social cognitive theory)
Module 4	Health behavior theories: Part II (self-determination theory; self-regulation theory; theory of reasoned action; theory of planned behavior)
Module 5	Evidence-based methods for facilitating behavioral change- Part I (introduction to motivational interviewing and health coaching)
Module 6	Evidence-based methods for facilitating behavioral change- Part II (developing and applying the skills of motivational interviewing to health behavior change)
Module 7	Examining the impact of health behavior change on the prevention and management of chronic diseases and comorbidities- Part I (cardiovascular disease and obesity)
Module 8	Examining the impact of health behavior change on the prevention and management of chronic diseases and comorbidities- Part II (hypertension, diabetes and depression)

DISCUSSION EXPECTATIONS

Class participation and professionalism are expected in this course. It is your responsibility to access Canvas regularly and to participate in class discussions, as your interaction with the course content, the instructor, your colleagues, and the learning process directly influences your levels of success in the course. To reinforce and expand upon the material covered, each week you will be expected to craft **one (1)** detailed post in response to the discussion board question(s) provided. **Each original discussion board post must be at least 300 words in length, include at least one citation (in APA format), and is due by Friday at 11:59pm.** Following your original post, you will then be asked to craft at least **one (1)** post in response to the work of your colleagues to demonstrate your understanding and application

of the concepts presented, as well as to further the class discussion in a meaningful way. **Your response posts must be at least 200 words in length and must be crafted in a way to offer additional perspective, a new point of view and/or some other type of substantive information to further the discussion and the learning process. Response posts are due by Sunday at 11:59pm.** Please note that late submissions will not be considered for credit.

LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the end of day (11:59pm PT) on which they are due via Canvas.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking an online final examination during the last week of the course. The material selected for the final exam will be based on key topics explored over the course of the 8-week term, and will be administered in the form of short-answer questions (SAQ).

SPIRITUAL CARE

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. You'll find faith integration activities throughout this course. In addition, there are resources for your Christian faith journey available on the [Graduate Student Life](#) webpage.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog.

See Academic Policies in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

ACADEMIC ACCOMMODATIONS

If you have a diagnosed disability, please contact the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodations by phone at (619) 563-2810. You may also ask your academic advisor or program director for any additional accommodation information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement). Students will also be asked to attend and participate in **at least one** of the live webinars (held during Week 2, 4, 6 and 8).

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor. Acceptance of late work is at the discretion of the instructor and does not waive attendance requirements

INSTRUCTOR FEEDBACK

Weekly assignments will be graded as soon after the due date as possible and grades for the week will be posted to the Canvas gradebook by Tuesday night of the following week. Grades for major assignments will be posted one week after the assignment due date. If an immediate response is needed, please email the instructor, or post to Hallway Conversations

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) page. Problems with

technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

If you do need technical help, you may click on the HELP button (located on the top-right corner of Canvas) and choose from whom you want assistance, or you may contact the campus helpdesk (619-849-2222).

Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. It is the responsibility of the student to confirm access to the essential applications needed for the class such as Excel as well as standard online research tools.

ACADEMIC STANDING

Graduate students at Point Loma must obtain a 3.0 GPA to remain in good standing in the MS Kinesiology program:

http://catalog.pointloma.edu/content.php?catoid=20&navoid=1403#Academic_Standing.

Additionally, all graduate students need to earn a C or higher in all graduate courses according to the catalog grading policy:

Traditional letter grades (A, B, C, D, F) including plus and minus grades are used to indicate the level of scholarship earned for each course. Except for the correction of an error, all traditional letter grades are final at the conclusion of the academic term. Once the degree has been posted on the student's official transcript, no change of grade action is allowed for courses leading to the degree. The grade of C is the lowest grade acceptable for graduate credit.