
COURSE INFORMATION

Title:	Behavior Change Models, Methods, & Theories
Meeting Time	Online; Live webinars held Wednesdays from 5:30-6:45pm PST
Dates:	Jan. 10, 2022 to Mar. 6, 2022
Credit Hours	3

PLNU MISSION

To Teach | To Shape | To Send

PLNU 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.

INSTRUCTOR INFORMATION



Name: Mark D. Faries, PhD
Email: MarkFaries@pointloma.edu
Office Hours: By Appointment

COURSE DESCRIPTION

This class examines widely accepted theories, models, and methods for facilitating health behavior change. Topics include, but are not limited to, theories of self-regulation, change theories, myth theories, theories of motivation, and theoretical perspectives that connect religious faith and health behavior.

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 principal 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.

The student will be able to:

1. Examine determinants of health and behavior.
2. Examine the key components of selected theories and models, including change process, motivation, religion and health, myth, and stress and coping.
3. Apply multiple theories of health behavior change (i.e., theory-to-practice).
4. Apply evidence-based methods and skills for facilitating behavioral change.

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 37.5 participation hours per credit hour on their course work (3 credit hours = 112.5 course hours). As a graduate course, students can expect the work in this class to be significant, and students should plan on spending about 14 hours per week engaged in the course content.

The estimated time expectations for this course are shown below:

Assignments	Course Hours
Evidence Briefs (x5)	50
Evidence Brief Peer Reviews (x5)	5
Webinar Participation	10
Webinar Application Journal	8
Final Theory Report	40
Total Course Hours	113

REQUIRED TEXTS

None.

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. All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

ASSESSMENTS AND GRADING

The total number of points accumulated through all assignments and webinar attendance/participation determine your final letter grade in this course. Detailed assignment descriptions and instructions will be provided in class.

Assignment	Points	General Description
Evidence Briefs (x5)	25	Choose a health behavior, and write separate concise, scientific evidence reviews for 5 theories or determinants of your chosen behavior.
Peer Reviews (x5)	15	Peer review 5 separate evidence briefs with a standardized rubric to help guide positive revisions.
Webinar Participation	32	Attend all 8 webinars, and participate in live discussions.
Application Journal	8	Record, in written form, a thoughtful journal entry from each webinar lecture, including key points that are personally meaningful, and how you can apply insight to your practice.
Final Theory Report	20	Provide an expert level report, including an introduction, the concise evidence review (from your revised evidence briefs), measurement, proposed theoretical path model, conclusion, and references (APA format).
Total Points	100	

Standard Grade Scale Based on Percentage of Points Earned

A		B		C		D		F	
A	92 - 100	B+	87 - 89.44	C+	77 - 79.44	D+	67 - 69.44	F	≤ 59.44
A-	90 - 91.44	B	83 - 86.44	C	73 - 76.44	D	63 - 66.44		
		B-	80 - 82.44	C-	70 - 72.44	D-	60 - 62.44		



Students must complete the required program hours in the major (program) from Point Loma Nazarene University with a minimum grade of "C" in each course, and an overall 3.0 grade point average.

LEARNING MODULES & ASSIGNMENTS

Week	Webinar Topic* & Assignment	Due
1	Course Overview Introduction to Theory and Research Evidence <ul style="list-style-type: none"> Webinar Participation (4 pts) Application Journal #1 (1 pt) 	01/12 01/14
2	Process Theories (Part 1): Transtheoretical Model, Stages and Processes of Change <ul style="list-style-type: none"> Webinar Participation (4 pts) Evidence Brief #1 (5 pts) Application Journal #2 (1 pt) 	01/19 01/19 01/20
3	Process Theories (Part 2): Self-Efficacy, HAPA, and Social Cognitive Theory <ul style="list-style-type: none"> Webinar Participation (4 pts) Peer Review of Evidence Brief #1 (3 pts) Evidence Brief #2 (5 pts) Application Journal #3 (1 pt) 	01/26 01/26 01/26 01/27
4	Process Theories (Part 3): Self-Regulation, Self-Monitoring <ul style="list-style-type: none"> Webinar Participation (4 pts) Peer Review of Evidence Brief #2 (3 pts) Evidence Brief #3 (5 pts) Application Journal #4 (1 pt) 	02/02 02/02 02/02 02/03
5	Motivation Theories: Theory of Planned Behavior, Self-Determination Theory <ul style="list-style-type: none"> Webinar Participation (4 pts) Peer Review of Evidence Brief #3 (3 pts) Evidence Brief #4 (5 pts) Application Journal #5 (1 pt) 	02/09 02/09 02/09 02/10
6	Religion Theories: Orientation, Disconnected Values, Sanctification, Internalization <ul style="list-style-type: none"> Webinar Participation (4 pts) Peer Review of Evidence Brief #4 (3 pts) Evidence Brief #5 (5 pts) Application Journal #6 (1 pt) 	02/16 02/16 02/16 02/17
7	Myth Theories: Attribution, Self-Handicapping, Social Proof, Source Credibility, Bias <ul style="list-style-type: none"> Webinar Participation (4 pts) Peer Review of Evidence Brief #5 (3 pts) Application Journal #7 (1 pt) Final Theory Report (20 pts) 	02/23 02/23 02/24 02/25
8	Stress Theories: Transactional Model of Stress and Coping, Catastrophizing <ul style="list-style-type: none"> Webinar Participation (4 pts) Application Journal #8 (1 pt) 	03/02 03/03

*Live webinar attendance is expected, Wednesdays 5:30-6:45pm PST.

COURSE 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.

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.



NOTE: Late submissions will not be considered for credit.

FINAL EXAMINATION POLICY

Successful completion of this class requires completing a final culminating experience (Final Theory Report) during the last week of the course within the designated timeframe. No requests for early submissions or alternative days will be approved.

EMAIL ETIQUETTE

When sending an email to the professor, students are expected to utilize best professional practices, constructing well-written, complete correspondence in which the student's name and course number are noted in the subject line. In addition, the body of the email should include an appropriate salutation as well as detailed information regarding the nature of the question or concern. The professor will respond to all emails within 48 hours of receipt.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. There are resources for your Christian faith journey available at the [Graduate & Professional Student Spiritual Life web page](#).

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

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations or adjustments, modifications or auxiliary aids/services.

At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center via DRC@pointloma.edu or 619.849.2486. The DRC's policies and procedures for assisting such students in the development of an appropriate Accommodation Plan (AP) allows PLNU to comply with Section 504/508 of the Rehabilitation Act and the Americans with Disabilities Act.

Section 504 prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

ATTENDANCE POLICY

Regular and punctual attendance at all synchronous class sessions ("live webinars") is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates.

See [Academic Policies](#) in the Graduate and Professional Studies Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

ASYNCHRONOUS ATTENDANCE/PARTICIPATION DEFINITION

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

FULLY ONLINE COURSES

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.



NOTE: who intend to sit for the national board certification should attend and participate in **all live webinars** hosted throughout the 8-week course in order to meet the specific board certification requirements as set forth by the National Board for Health & Wellness Coaching (NBHWC).

Students who do not participate in academic activity within the online classroom 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

Grades for major assignments will be posted one week after the assignment due date. If an immediate response is needed, please email the instructor.

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](#) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact student-tech-request@pointloma.edu.

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

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 (see Academic Policies in the Graduate and Professional Studies Catalog for additional detail).

GRADING SYSTEM

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.



NOTE. The grade of C is the lowest grade acceptable for graduate credit.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.