
COURSE INFORMATION

Title:	Behavior Change Models, Methods, & Theories
Meeting Time	Online; Live webinars held Wednesdays from 5:30-6:45pm PST
Dates:	Jan. 9, 2023 to Mar. 5, 2023
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.

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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) 	01/11 01/13
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) 	01/18 01/18 01/18 01/19
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) 	01/25 01/25 01/25 01/26
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) 	02/01 02/01 02/01 02/02
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) 	02/08 02/08 02/08 02/09
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) 	02/15 02/15 02/15 02/16
7	Myth Theories: Attribution, Self-Handicapping, Social Proof, Source Credibility, Bias <ul style="list-style-type: none"> ■ Webinar Participation (4 pts) ■ Application Journal #7 (1 pt) ■ Final Theory Report (20 pts) 	02/22 02/23 02/24
8	Stress Theories: Transactional Model of Stress and Coping, Catastrophizing <ul style="list-style-type: none"> ■ Webinar Participation (4 pts) 	03/01

*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 ETTIQUETTE

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

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our online students to encounter God and grow in their Christian faith. At the Mission Valley (MV) campus we have an onsite chaplain, Rev. Gordon Wong, who is available during class break times across the week. If you have questions or, desire to meet or share a prayer request with Rev. Wong you can contact him directly at mvchaplain@pointloma.edu or gordonwong@pointloma.edu. Rev. Wong's cell number is 808-429-1129 if you need a more immediate response.

In addition, on the MV campus, there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer. If you have questions or would like additional information, please contact the [Office of Spiritual Development](#).

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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

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

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.

SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the [Title IX Office](#). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at the [Title IX Office | Get Help Now](#)

USE OF TECHNOLOGY

In order to be successful in the online or hybrid 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, microphone, or webcams compatible with their computer available to use. Please

note that any course with online proctored exams requires a computer with a camera (tablets are not compatible) to complete exams online.

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.