

---

### COURSE INFORMATION

---

**Title:** Behavior Change Models, Methods, & Theories  
**Meeting Time** Online; Live webinars held Wednesdays from 5:30-6:45pm PST  
**Dates:** Jan. 10, 2023 to Mar. 3, 2024  
**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](mailto:MarkFaries@pointloma.edu)  
**Office Hours:** By Appointment



**Professor Sofie Chandler, MS, NBC-HWC**  
**Email:** [schandle@pointloma.edu](mailto:schandle@pointloma.edu)

---

### 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. Specific details about how the class meets the credit hour requirement can be provided upon request.

---

## 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(s)	Points
Discussion Posts (5 at 20 pts. each)	100
Live Webinar Attendance (8 at 5 pts. each)	40
Application Journals (8 at 5 pts. each)	40
Learning Activities (2 at 25 pts. each)	50
Evidence Brief #1	30
Evidence Brief #2 + Peer Review	40
Final Project Assignments	130
Final Project Submission	150
<b>Total Points</b>	<b>580</b>

### 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

---

<b>Module 1</b>	Course Introduction
<b>Module 2</b>	Transtheoretical Model, Stages and Processes of Change
<b>Module 3</b>	Self-Efficacy, Health Action Process Approach, and Social Cognitive Theory
<b>Module 4</b>	Self-Regulation and Self-Monitoring
<b>Module 5</b>	Theory of Planned Behavior, Self-Determination Theory, and Autonomy
<b>Module 6</b>	Religion and Health Theories
<b>Module 7</b>	Myth Theories
<b>Module 8</b>	Stress Theories and Final Project

\*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 Project) 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.

---

## 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](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).

---

## SPIRITUAL CARE

---

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. At the Balboa campus, we have an onsite chaplain, Rev. Kevin Portillo, who is available during class break times across the week. If you have questions, a desire to meet or share any prayer requests with Rev. Portillo, you may contact him directly at [KevinPortillo@pointloma.edu](mailto:KevinPortillo@pointloma.edu).

---

## LANGUAGE AND BELONGING

---

Point Loma Nazarene University faculty are committed to helping create a safe and

hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](#).

---

### **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**

---

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](mailto: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.

### **PLNU Attendance and Participation Policy**

---

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. Therefore, regular attendance and participation in each course are minimal requirements.

If the student is absent for more than 10 percent of class sessions, 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 withdrawal date or, after that date, receive an "F" grade.

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.

Refer to Academic Policies for additional detail.

#### **Synchronous Attendance/Participation Definition**

For synchronous courses that have specific scheduled meeting times (including in-person, hybrid, and synchronous online courses), absences are counted from the first official meeting of the class regardless of the date of the student's enrollment. For courses with specific attendance requirements, those requirements are outlined in the course syllabus.

Note: For synchronous courses with an online asynchronous week, refer to the Online Asynchronous Class Attendance policy listed below.

#### **Online Asynchronous Attendance/Participation Definition**

Students taking online courses with no specific scheduled meeting times are expected to actively engage throughout each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes, but is not limited to:

- Engaging in an online discussion
- Submitting an assignment
- Taking an exam
- Participating in online labs
- Initiating contact with faculty member within the learning management system to discuss course content

Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.

---

### **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](mailto: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.

---

### **Artificial Intelligence (AI) Policy**

---

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

---

### **GPS Academic Resources**

---

PLNU offers the following free academic resources virtually for Graduate Professional Studies (GPS) Students. Visit myPLNU through the links below for more information.



- The GPS Writing Center offers:
    - o Zoom Writers Workshops offered each quad on a variety of helpful topics
    - o One-to-one appointments with the Writing Coach
    - o Microlearning YouTube Video Library for helpful tips anytime
    - o Research Help Guide to help you start your research
    - o The physical office is located on the third floor of the Mission Valley Regional Center off the student lounge
  - Academic Writing Resources Course: Found on your Canvas Dashboard, this course is non-credit with 24/7 access, no time limits, and self-paced content. Watch a quick video run-through and take time now to explore!
  - Tutoring: Students have access to 24/7 live or scheduled subject tutoring through Tutor.com, including a Paper Drop-Off Service with feedback within 12 hours.
- We are here to support you! Contact us anytime: [GPSWritingCenter@pointloma.edu](mailto:GPSWritingCenter@pointloma.edu)

---

### 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.