

Department of Health, Physical Education & Recreation
CMH 770/HED 770 – Social and Behavioral Sciences (Determinants of Health)

I. Instructor Information:

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Office Hours: TBA

II. Required Course Text & Readings:

Glanz, K., Rimer B. & Lewis, F. (eds.) (2002). *Health Behavior and Health Education, 3rd Edition*. San Francisco: Jossey-Bass.

Readings will also be posted weekly on WebCT. These assignments will be driven by class discussions and student need for additional information.

III. Course Description: This course addresses the social-ecological and behavioral determinants of health status and the role of theory-based interventions in altering health behavior and status.

IV. Course Objectives:

1. Students will demonstrate content knowledge in the determinants of health status.
2. Students will evaluate systemic approaches to community health improvement.
3. Students will evaluate the effectiveness of theoretical interventions in altering leading health indicators and national health focus areas.
4. Students will develop skills to create theory-based health promotion interventions to improve health status and reduce health disparities.

V. Requirements & Assessment:

Application Papers - 60 points

We learn best by being actively involved in the process of learning! The end product of this class will be the development of one community theory-based health promotion intervention. Students will develop pieces of the final product throughout the quarter. Class activities and readings are to be incorporated into each application paper. More specific descriptions of the assignments will be posted in WebCT.

Application Paper 1 (10 points)

Summary of three pieces of research literature on one health topic of interest.

Application Paper 2 (10 points)

Rationale, objectives and educational targets for community health promotion intervention.

Application Paper 3 (15 points)

Instructional strategy and communication plan.

Final Application Paper (25 points)

The final paper is to include a rationale for the program, goals, outcome, impact and process objectives, health instructional strategies, lesson plans, evaluation plan, support services and marketing/communication pieces. * The paper should also incorporate instructor feedback from application papers 1 – 3.

Quizzes – 40 points

Two (2) short quizzes will be given online in WebCT. Students will be given 45 minutes to take each quiz. Material covered on each quiz is from the previous weeks: quizzes are not cumulative.

* Students will have access to a quiz starting Thursday at noon through the following Saturday at noon. See the course schedule for more information.

VI. Late Assignments:

For work that is turned in after the due date, approximately 20% will be deducted from the final score. ALL MISSED WORK MUST BE COMPLETED WITHIN ONE WEEK FROM THE ORIGINAL DUE DATE.

Additional Requirements:

Students are required to have an email account. To activate your WSU email account (if not already done so), go to CaTS (025 Library Annex) and take a photo id.

This class is web-enhanced and a portion of the class be completed and tracked in WebCT. All students are expected to sign in weekly and complete assignments as directed. Additional materials, specifically on WebCT, will be distributed in session #1.

VII. Grade Scale:

- A – 90 to 100 points
- B – 80 to 89 points
- C – 70 to 79 points
- D – 60 to 69 points
- F – below 60 points

Note 1: Grades are not rounded.

Note 2: Extra credit assignments are not given.

Note 3: Your grade is your responsibility. If you are having difficulty or would like additional help, please contact the instructor!

VIII. Academic Integrity:

All student work is to be completed individually, unless stated otherwise in writing. Absolutely no academic misconduct will be tolerated in this course. Regardless of the type of assignment, students found responsible for violating the WSU Academic Integrity Policy will receive an "F" for the course.

All violations will be forwarded to the Office of Judicial Affairs where a university disciplinary file will be created.

Information regarding academic misconduct can be found in the Code of Student Conduct located at <http://www.wright.edu/students/judicial/stuintegrity.html> Please contact the instructor during office hours should you have any questions or concerns.

IX. Tentative Course Schedule:

Topics	Assignments	
Introduction <i>What is Health?</i> <i>Determinants of Health.</i> Healthy People 2010	Healthy People 2010: Understanding and Improving Health. http://www.healthypeople.gov/Document/tableofcontents.htm - under	Week 1
Importance of Theory	Chapters 1 & 2 Application Paper #1 Due	Week 2
Social-Ecological Model	Chapter 20	Week 3
Transtheoretical Model	Chapter 5 Quiz #1 available Thursday from noon until Saturday at noon.	Week 4
Health Belief Model	Chapter 3 Application Paper #2 Due	Week 5
Theory of Reasoned Action	Chapters 4	Week 6
Social Cognitive Theory	Chapter 8	Week 7
Social Support Theory	Chapter 9	Week 8
Social Marketing	Chapter 16 & 19 Application #3 Due	Week 9
Diffusion of Innovations and Organizational Change	Chapter 13 & 14 Quiz #2 available Thursday from noon until Saturday at noon.	Week 10
	Final Application Paper Due	Finals Week

Students are strongly encouraged to reference the course WebCT calendar for additional readings and updated information.