

ROWAN UNIVERSITY CURRICULUM PROPOSAL

PROPOSAL TITLE: Health Behavior

(R)

0837-356

CHECK APPROPRIATE: UNDERGRADUATE GRADUATE SEMESTER HOURS

SPONSOR(S): Dr. Leslie Spencer

DEPARTMENT/TELEPHONE # Health and Exercise Science 4785

CHECK ONE: COURSE MINOR PROGRAM CONCENTRATION SPECIALIZATION
 ACHIEVEMENT CERTIFICATE CERTIFICATION PROGRAM MAJOR PROGRAM

Step #1 (Department)

Approved (Date) 10/23/97

Not Approved (Date)

R. F. Popow
Dept. Curriculum Chr.

10/23/97
Reviewed (Date)

James Beard
Dept. Chr.

Step #2 (Receipt)

SCC# 97-98-147

10-24-97
Date Received Senate

Senate Curriculum Chr.

Step #3 (School)

Reviewed Date: 11/3/97

Recommend to Approved

Recommend NOT to Approve

Forward for Open Hearing:

WITHOUT Reservations

WITH Reservations:
Comments:

J. Marcus
School Committee Chr.

Step #4 (Academic Dean): Recommended NOT Recommended Conditionally Recommended (See Comments)

Comments:

Dean Signature/Date [Signature] 3/1/98

Step #5 (Senate Curriculum Committee): Open Hearing Date: 3/23/98 Approved by Curriculum Committee Date 3/23/98

Returned to Sponsor(s) for the following reason:

Step #6 (Senate) Date announced/voted on at Senate 4/15/98 If voted on: Approved NOT Approved

Date forwarded to Executive Vice President/Provost _____

Senate Curriculum Committee chair Signature/Date: [Signature]

Step #7 (Executive Vice President/Provost): Date Received _____

___ Approved

MAY 2 1998

___ NOT Approved If no, reasons are as follows:

Student Credit Hours _____

Faculty Load Hours _____

Equalized Credit Hours _____

Official Copy & Approval Sheet Filed (Date) 5/26/98

Executive Vice President/Provost Signature [Signature]

Registrar

Date Approved Course Description Received 5/27/98

Hegis Taxonomy and Course Number Assigned 0837-350

Date/Signature of Registrar Robert A. Kulat 5/26/98

Notification Forward:

_____ Senate Curriculum Committee Chairperson

_____ Department Chairpersons

_____ Academic Dean(s)

_____ Registrar

_____ Sponsor(s)

COURSE PROPOSAL: Health Behavior

1. Details

- a. Course Title: Health Behavior
- b. Sponsor: Leslie Spencer, Health and Exercise Science
- c. 3 credit hours
- d. Junior/Senior level
- e. Prerequisites: Contemporary Health I & II
- f. Implementation: One semester per year, beginning Spring 1998
- g. Curricular Effect: Major Requirement. This course will replace Adult Nutrition, which will become an elective.
- h. Resource adequacy: Present faculty are available to teach this course.
- i. Library Resources: while current holdings are somewhat adequate, would like to see some of the old Home Economics journals replaced with additional Health Education journals.

2. Rationale

A major responsibility of Health Promotion/Fitness Management (HPFM) professionals is to facilitate lifestyle changes among clients in the areas of fitness, diet, stress management, time management and related health behaviors. A solid body of theory and practice exists in the area of health behavior management. Currently, students within the HPFM specialization are not being adequately trained in these theories and strategies. This course does not overlap with other courses being offered.

3. Essence of the Course

- a. Objectives: Upon completion of the Health Behavior course, students will
 1. Understand the intrapersonal, interpersonal and environmental factors that influence health behavior.
 2. Recognize that health behavior change is a process and know the stages of this process that are common to most individuals.
 3. Know and apply several Health Behavior Change models, including Prochaska's Stages of Change, the Health Belief Model, Social Learning Theory and behavioral elements of PRECEDE-PROCEDE.
 4. Understand the different roles of the educator and the client in the behavior change process.
 5. Understand the concept of Lapse and Relapse prevention.
 6. Become familiar with the variety of health behavior change resources available to professionals.
 7. Apply the behavior change process to him/herself and a client with whom he/she will counsel.

HEALTH BEHAVIOR

b. Topical Outline

1. Intrapersonal, Interpersonal and Environmental factors affecting health behavior
 - a) Intrapersonal factors
 - 1) skills, such as food label-reading and diaphragmatic breathing
 - 2) attitudes toward health and related habits
 - 3) beliefs about what causes illness, how good health is maintained
 - 4) self-efficacy
 - b) Interpersonal factors
 - 1) communication ability (with health care providers, family, peers)
 - 2) building support and networks (formal and informal)
 - c) Environmental factors
 - 1) availability of resources (financial, equipment, transportation)
 - 2) degree of control over environment
 - 3) common environmental barriers
2. Theories of Health Behavior
 - a) Prochaska's Stages of Change
 - 1) identification of the seven stages
 - 2) assessing current stage and level of readiness to change
 - 3) strategies to help a client through the stages
 - b) Health Belief Model
 - 1) identification of the four factors used to predict individual behavior
 - 2) the role of self-efficacy
 - 3) appropriate application and use of the model
 - c) Social Learning Theory
 - 1) identification of the major concepts within SLT
 - 2) the role of reciprocal determinism (the relationship between the individual and her/his environment)
 - 3) application of the model
 - d) PRECEDE-PROCEDE
 - 1) identification of the behavioral component of the model (Presidposing, Reinforcing and Enabling factors)
 - 2) how these concepts relate to program planning
 - 3) application of the model
3. Roles of the Educator and Client
 - a) Professional and positive communication
 - 1) active listening
 - 2) paraphrasing
 - 3) gathering information
 - 4) non-verbal communication
 - b) Locus of Control
 - 1) recognition of internal vs. external styles
 - 2) assisting client toward an internal LOC
 - c) Common mistakes and how to avoid them
 - 1) dominating the dialog
 - 2) setting up the client to please you
 - 3) apathy within the client

HEALTH BEHAVIOR

4. Lapse and Relapse Prevention

- a) defining a lapse and a relapse
- b) causes of a lapse
- c) how a lapse becomes a relapse
- d) preventing a lapse and a relapse

5. Resources in Health Behavior Change

- a) overview of the common health areas where programs exist (smoking cessation, weight management, stress management)
- b) review of sample programs (including LIFESTEPS Weight Management, FREEDOM FROM SMOKING, FRESH START smoking cessation, LEARN Weight Management program, TRANSFORMING STRESS INTO POWER)
- c) where to find professional, effective resources (organizations, web sites, vendors)

c. Evaluation and Grading Procedures

- | | |
|--|-----|
| 1) Written examinations | 50% |
| 2) Major project | 30% |
| 3) Smaller projects
and participation | 20% |

d. Course Evaluation

Students will evaluate the course using the instrument now used to evaluate other HES courses. The course will be reviewed periodically by the department to ensure that the strategies and theories presented reflect current research and practice in the field.

4. Letters of Consultation are not applicable for this course, as other departments do not have similar content nor are effected by this course.

CATALOG DESCRIPTION OF NEW/CHANGED COURSE
HEALTH BEHAVIOR

(prerequisite: Contemporary Health I & II)

This course examines the factors that influence an individual's choices and behaviors related to health and the process of motivating change within the individual to adopt healthful behaviors and discontinue unhealthful ones. Several theories of health behavior are examined and applied. The different roles of the client and educator are addressed as the student is prepared to counsel others in making positive health behavior changes.