

Montgomery College
Department of Health Enhancement and Exercise Science
Rockville Campus

HLTH 225 Introduction to Health Behavior

Class meets: Monday/Wednesday 12:00-12:50

Room 209 Physical Education Center

Office Room Number:

Office Phone:

Office Hours:

Monday:

Tuesday:

Wednesday:

Thursday:

Appointments are strongly suggested!

General Course Information:

An intersection of psychology, biology and health. It is the study of the mind-body connection. This course explores health risk behaviors, health protective behaviors and the underlying processes and mechanisms by which health related decisions are made. This course may be used as a Behavioral and Social Science Distribution (BSSD) option or a General Education Institutional Requirement (GEIR). **Please note, this is a blended course which means a significant portion of the work is done on your own!**

Assessment Level(s): ENGL 101/ENGL 101A.

One hour 40 minutes each week. Formerly HE 200.

Course Outcomes:

Upon course completion, students will be able to:

- Identify and apply research methods used to study health and related behaviors.
- List and explain cogent theories/models of health risk and health protective behaviors.
- Describe and give examples of health risk and health enhancing behaviors.

- Describe evidenced based patterns of morbidity and mortality in the US today and historically.
- Analyze the biopsychosocial factors that influence health care utilization and adherence behaviors.
- Identify risk factors for chronic illness and accidents; examine the impact of chronic illness and accidents on the individual, the family and society; evaluate the rights of the individual versus social responsibility in terms of accidents and chronic disease risk.

Course Requirements:

Required Text:

Taylor, S. E. (2018). Health Psychology, 10th Edition. Mc-Graw-Hill, New York, N.Y.

Grading:

Your final grade will reflect the total points you have earned throughout the course. Maximum points possible for each assignment are listed below.

<u>Assignments:</u>	<u>Points:</u>
Tests (3 at 100 each)	300
Quizzes (14 at 10 each)	140
Assignments (13 at 10 points each)	140
1 at 20 points	20
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Total points	600

<u>Grades:</u>	<u>Points:</u>	
A	90-100% of total points	A
B	80-89% of total points	B
C	70-79% of total points	C
D	60-69 of total points	D
F	59% of total points or below	F

Please note, I do not bargain for grades. Frankly, I am appalled when I hear students ask professors to “bump them up a few points” because they need to get a certain grade in a class. In my class, you get what you earn. I do not give you a grade, I simply add up the points you give me! Also, please do not ask me “how many points do I need to get a B (insert grade of your choice)?” Let’s assume you will do the very best you can do!

Please be aware that you will be graded on spelling, grammar and punctuation in addition to the accuracy of content. I need to be able to understand what you are saying in order to grade it!

Expectations of students in this class:

-You will put away all electronic devices during class including cell phones, lap tops, iPads etc. Research suggests that students who take notes longhand do better academically than those who use laptops. Also, your use of electronic devices disturbs those around you. See the article referenced below. If I see you texting during class I will stop lecture and ask you to leave. This is uncomfortable for all of us so please respect the course policy. **Cell phone use in class is a violation of the student code of conduct and will be reported.**

<http://pss.sagepub.com/content/early/2014/04/22/0956797614524581.full.pdf+html>

-You will be present and on time.

-You will not pack up until class is over.

-You will have read the assigned material before you come to class.

-You will not engage in extraneous conversation during class.

-You will submit all assignments on time and in the proper format.

-You will take notes during class (if I notice that people are not taking notes I will stop posting the power points!) I suggest printing the power points and taking notes on the print-outs.

In this class, courtesy and respect matter. I will do my best to be reasonable and accommodating however I expect the same from you. My job is to treat all my students the same so please do not expect me to do something for you that I can't do for everyone.

Make-Up Policy:

Make-up tests are given only in the event of serious illness, death in the family or other extreme circumstances. **You must contact me or have a relative contact me within 24 hours of the test due date** for me to re-open a test. In addition, you must provide documentation to support the reason for your absence such as a doctor's note, court summons etc. **No documentation, no make-up!**

Late Work Policy:

Part of your job as a college student is to submit assignments on time and in proper format. Unless you have documentation such as a doctor's, court summons etc. assignments will not be reopened for you. I will keep your grades up to date on Blackboard. It is your job to check and make sure everything is accurate. If you notice an error please notify me via e-

mail within one week of the assignment being posted. If you are absent the day an assignment is due, it is still due.

Assignments:

All assignments will be submitted on-line. Please note, assignments must be submitted in the designated location before the appointed time and date. If you wait until the last minute to submit an assignment and there is a problem with blackboard you may lose the opportunity to submit the assignment. To argue that you submitted your assignment at 11:58 PM but you got locked out is ridiculous. Assignments will not be reopened because you forgot, got busy or tried to submit at 11:59 PM and got locked out. Directions for how to complete and submit on-line assignments can be found on your course site.

Audit Policy:

In order to receive maximum value from the classroom experience, students who opt to audit are encouraged to complete the same exercises and assignments as the credit students. Your full participation in class discussion is also recommended.

Attendance:

You are expected to attend each class session and to be on time! If you miss a class session, it is your responsibility to find out what you missed. "I wasn't in class that day" is not an excuse for late or missing work. Even if you are not in class, the assignment is still due! **Also, please do not e-mail me, call or stop me in the hall to ask what you missed. Let me say this again since many of my students don't seem to hear it the first time. If you miss class, do not contact me, contact a fellow classmate to find out what you missed.** Office hours are used for advising or explaining material that is not clear to you. Office hours are not used to reteach material that you missed. Once again, it is your responsibility to find out what you missed, not mine. I suggest you get the contact information from a fellow student in case you are absent. If you choose to withdraw from this or any class, it is your responsibility to complete the necessary paperwork in a timely fashion. Drop dates and other important information is located on the academic calendar. You are also expected to remain for the duration of the class. It is rude and disruptive to pack up while the instructor is talking. I will make sure you are dismissed at the appointed time.

Late Arrival Policy:

As stated above, I expect students to be on time for each and every class. Attendance will be taken within the first 5 minutes of class. If you are not present for attendance you will be counted as absent so please do not come up after class to tell me you are here. **Please be aware, college policy allows me to drop from this class any student who is late 3 times, therefore, it is to your advantage to be present and on time for every class.** Once again, I believe that being late is rude and disruptive. Each and every student

in the class has paid tuition to be here and I will not allow one student to disrupt the learning experience for the rest of the class. If you have other obligations that will make it impossible for you to be here when class begins and stay until it is over, please consider signing up for another section of this course.

Academic Honesty:

All students are expected to conform to the code of conduct outlined in the student handbook. Taking credit for work that is not your own either on a test or other assignment is cheating, it is wrong and it will earn you a zero on the assignment. In addition "academic dishonesty" also includes submitting the same paper for more than one class. Most faculty use "turn it in" to check student work for plagiarism. If you submit a paper twice or submit another student's paper it will be flagged. All students are expected to achieve their goals with academic integrity. Cheating, plagiarism, and/or other forms of academic dishonesty or misconduct, (examples of which are to be found in the Student Code of Conduct in the Student Handbook), will not be tolerated. Students caught violating the code of conduct will receive a grade of zero for that assignment/test. A second incident will be reported to the department chair and to the Dean of Students. All students are responsible for the information located in the student code of conduct. If you are not clear on what constitutes plagiarism, I encourage you to complete the library plagiarism tutorial <https://cms.montgomerycollege.edu/libraries/tutorials.html>.

Cancellation of Classes:

In the event of inclement weather, the college may opt to cancel classes or open late. Please listen to local radio or television news for notice of cancellation or check the college web site www.montgomerycollege.edu. You may wish to sign up for MC Alert which will send you text messages on college closings due to weather, power outages etc. For further details please visit MY MC. **In the event the college is closed for any reason, please check your course website for information/assignments.**

Class Discussion:

Since this course is designed to be interactive in nature therefore you must be willing and able to express your views on the topics mentioned above. This style of learning may be different from what you have previously experienced but I hope you will find it challenging and interesting. No one will be allowed to sit and vegetate so be prepared! It is up to you to make sure I know who you are and what you think. Class participation is always considered when final grades are calculated.

Tests:

This course will include 3 tests. The tests are not cumulative! My advice is to take notes every class and be able to define key terms and concepts in your own words. If you miss a class, it is advisable to obtain notes from a friend or fellow classmate. Make-up tests will

only be given in the event of serious illness, death in the family or other extreme situation and you will be expected to furnish appropriate documentation.

Extra-Credit:

Students who are doing poorly or failing an academic course frequently ask to be assigned extra credit work. Since these students often have failed to complete required work, it makes no sense to assign additional work. Also, these students tend to wait until the end of the semester or after the semester is over to request help. At this point it is too late. If you are not sure how you are doing in my class or if you are having problems, please come and talk to me as soon as possible. I will do everything I can to help you succeed in my class but the responsibility is yours.

Note:

As of August 1, 2008 Montgomery College is a tobacco free campus. Use of any tobacco product on campus is prohibited and will be treated as an infraction of the student code of conduct.

Student Email:

As of August 2007 all Montgomery College students have been assigned an email address. Students can check their email through MyMC. **Your email account will be an official means of communication between you and Montgomery College. It is also the official means of communication for our course.** It is recommended that you check this account at least once per day. In addition, if you need to send an email to me, you must send it through the college e-mail system. Any communication sent from a personal email (i.e. yahoo, hotmail or Cox account) will be automatically deleted from my inbox.

Please remember that e-mail communications with me are "professional communications" and should be treated as such. Be aware of your use of language in these communications. Also, remember that while you may be awake at 2:00 AM, I may not be. I will make every effort to return your e-mail within 48 hours during the standard work week (Monday through Friday).

Course Website:

Please be aware that this course has a site which can be found by logging into **Blackboard**.

Access to the HLTH 225 Course website – **My preference is for you to use Blackboard for course related questions however if you need to contact me**

quickly (as in an emergency for example) use my college e-mail since I always look at this right before class. Login to <http://www.montgomerycollege.edu>

MY MC LOGIN

1. Click on the button at the top of the page.
2. Log into My MC with your user name and password.
3. In the upper right hand corner, click on the "Blackboard" tab
4. This will automatically log you into Blackboard. Look for the HLTH 225 class and click on this tab.

I use this website to provide you with reminders, updates and other important course information. Please train yourself to look at this course site every day since this website and MC mail are our official means of communication for this course. Details of all assignments will be posted on this website. Directions for how to complete and submit assignments and tests can also be found here.

Student information:

The links below connect you to really important material. Please take advantage of the information and services described. If you open your syllabus on your course website all you need to do is click on the title.

<https://cms.montgomerycollege.edu/libraries/tutorials.html>.

Academic calendar

When is Spring break? When are midterm exams? When does the Spring semester begin?

ADA Information and Compliance

Alert Montgomery System

Sign up for Alert Montgomery the official emergency communications service for Montgomery County, MD. During a major crisis, emergency or severe weather event, Montgomery County officials can send event updates, warnings and instructions directly to you on any of your devices.

Code of Conduct

If you have questions regarding behavioral expectations.

Combat to College

If you are a military service member, veteran or dependent transitioning into college.

Counseling & Advising

Academic advising and short term counseling.

Disability Support Services

If you are requesting a reasonable accommodation related to a disability. Please note, if you require accommodations such as double time for tests you must submit a copy of your official DSS letter ASAP. **I am not able to make any accommodations without the letter. Also, accommodations are not retroactive, I can't go back and give you**

double time on a test which has already been completed.

Forms

Graduation, involuntary withdraw, change of major, appeals.

Learning Centers and Academic Support Centers

If you are a student who would benefit from tutoring and/or support in reading, writing languages, mathematics, Science, and Technology.

Safety, Security, & Emergency Operations Plan

Contacts for security offices, Emergency guidelines & procedures, evacuations, Montgomery College Alert, Emergency Guidelines for Individuals with Disabilities.

Sexual Harassment or Discrimination

See website for definitions.

Course Schedule

Date	Readings / Topics	Assignments & Deadlines
	Introduction to the course	Orientation Module due before midnight . <u>The other assignments and quizzes will not be open for you until you complete the orientation!</u>
	Chapter 1: What is Health Psychology?	Assignment 1.0 – Comprehensive Health Assessment Chapter 1 quiz Due before midnight
	Chapter 2: The Systems of the Body	Assignment 2.0 – Ethics of Genetic Testing Chapter 2 quiz Due before midnight
	Chapter 3: Health Behaviors	Assignment 3.0 – Multidimensional health Locus of Control Chapter 3 quiz Due before midnight
	Chapter 4: Health Promoting Behaviors	Assignment 4.0 – Public Health Approach to Obesity Chapter 4 quiz Due before midnight

	<p style="text-align: center;">Test 1 Chapters 1-4</p>	<p>Opens</p> <p>Closes</p>
	<p style="text-align: center;">Chapter 5: Health Risk Behaviors</p>	<p>Assignment 5.0 – Health Risk Appraisal</p> <p>Chapter 5 quiz</p> <p style="color: red;">Due before midnight</p>
	<p style="text-align: center;">Chapter 6: Stress</p>	<p>Assignment 6.0 – Measures of Stress</p> <p>Chapter 6 quiz</p>
	<p style="text-align: center;">Chapter 7: Coping, Resilience, Social Support</p>	<p>Assignment 7.0 - Model of Resilience</p> <p>Chapter 7 quiz</p>
	<p style="text-align: center;">Chapter 8: Using Health Services</p>	<p>Assignment 8.0 – Signature Assignment</p> <p>Chapter 8 quiz</p>
	<p style="text-align: center;">Chapter 9: Patients, Providers and Treatments</p>	<p>Assignment 9.0 – Communication</p> <p>Chapter 9 quiz</p> <p style="color: red;">Due before midnight</p>
	<p style="text-align: center;">Test 2</p>	<p>Opens</p>

	Chapters 5-9	Closes
	Chapter 10: The Management of Pain	Assignment 10.0 – How is pain defined? Chapter 10 quiz Due before midnight
	Chapter 11: Management of Chronic Illness	Assignment 11.0 – Journey Through Chronic Illness Chapter 11 quiz Due before midnight
	Chapter 12: Terminal Illness	Assignment 12.0 – Planning Your Funeral Chapter 12 quiz Due before midnight
	Chapter 13: Heart Disease	Assignment 13.0 – Heart Disease Risk Chapter 13 quiz Due before midnight
	Chapter 14: PNI	Assignment 14.0 – “The Secret People” Chapter 14 quiz Due before midnight

	Test 3 Chapters 10-14	Opens Closes