Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.
HLTH 420
PRINCIPLES OF BEHAVIOR CHANGE AND HEALTH COUNSELING

COURSE DESCRIPTION
This course includes a study of theory and practice of behavioral change or verification that leads to a healthy lifestyle. Group and individual intervention techniques with follow-up counseling theory and application will be emphasized.

RATIONALE
This course provides the process by which health information and behavioral change is developed in detail. After the goal is defined, this course discusses an intervention delivery system whereby behavioral change methodology is examined and put into practice. Students have, prior to this course, had a general understanding of behavioral intervention but only from a superficial perspective developed out of a content base. The need is to understand broader theoretical principles that are used, or could be used, in developing and implementing health promotion programs, and to show how such approaches are applied to real-life settings.

I. PREREQUISITE
For information regarding prerequisites for this course, please refer to the Academic Course Catalog.

II. REQUIRED RESOURCE PURCHASES
Click on the following link to view the required resource(s) for the term in which you are registered: http://bookstore.mbsdirect.net/liberty.htm

III. ADDITIONAL MATERIALS FOR LEARNING
A. Computer with basic audio/video output equipment
B. Internet access (broadband recommended)
C. Microsoft Word
   (Microsoft Office is available at a special discount to Liberty University students.)

IV. MEASURABLE LEARNING OUTCOMES
Upon successful completion of this course, the student will be able to:
A. Identify and appraise major behavioral change principles and procedures.
B. Apply major behavioral change principles and procedures to real life health situations and interpret results.
C. Plan procedures for assessing and evaluating health behavior.
D. Describe social and behavioral theories that guide health-related behavior and health promotion and prevention efforts.

E. Identify some of the ways in which these theories and approaches are used in applied health promotion efforts.

F. Illustrate methods of health counseling as they are used to integrate with behavior change.

G. Demonstrate proficiency in Health Education/Promotion and academic competence to apply for the national CHES exam and graduate programs in health related fields.

V. COURSE REQUIREMENTS AND ASSIGNMENTS

A. Textbook readings and lecture presentations/notes

B. Course Requirements Checklist
   After reading the Syllabus and Student Expectations, the student will complete the related checklist found in Module/Week 1.

C. Discussion Board Forums (3)
   Students will participate in three discussion boards. Each discussion will consist of a thread and at least (minimum) two replies. The discussion board forums are based on topics from reading and presentations. The instructor is looking for substantial, thoughtful, and critical discussions. Original threads are to be submitted by 11:59 pm (ET) on Friday of the module/week it is assigned, and replies by 11:59 pm (ET) on Monday of the same module/week.

D. Precede-Proceed Interview
   Using the Precede-Proceed model, students will interview a subject about a current problem or life situation that is hindering their overall quality of life. From this interview, the student will respond to questions based on 4 areas: Social Assessment, Epidemiological Assessment, Educational & Ecological Assessment, and Administrative & Policy Assessment. This assignment will be due by 11:59 p.m. (ET) on Monday of Module/Week 2.

E. Stages of Change Assessment
   Students will prepare a detailed analysis of an article provided by the instructor. The assignment must be 2–3 pages in length and the student should provide a scholarly critique of the study components and findings. This assignment will be submitted by 11:59 p.m. (ET) on Monday of Module/Week 4.

F. Health Promotion Program Analysis
   Students will analyze a health promotion program or study. A list of possible programs to analyze will be given to the students. The analysis will be 3-4 pages in length with at least 3 peer-reviewed references. This assignment will be submitted by 11:59 p.m. (ET) on Monday of Module/Week 5.

G. Social Marketing Initiative
Students will build a social marketing initiative based on the model outlined on pg. 215 of the Manoj & Romas textbook. The model will be divided into three sections which include describing the population, building a graph, and explaining how this would be promoted. This assignment will be submitted by 11:59 p.m. (ET) on Monday of Module/Week 7.

H. Quizzes

There will be two quizzes during this course. The quizzes will consist of twenty-five true/false and multiple choice questions. The student will have a one hour time limit. The quizzes are open notes/open book. The quizzes should be completed by 11:59 p.m. (ET) on Monday of the module/week assigned.

I. Cumulative Final

There will be a cumulative final which covers the readings, presentations, and course work throughout the course. The final will consist of 50 true/false and multiple choice questions. The student will have a one hour time limit. The final is open book/open notes. The final should be completed by 11:59 p.m. (ET) on Friday of Module/Week 8.

VI. Course Grading and Policies

A. Points

<table>
<thead>
<tr>
<th>Course Requirement</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Requirements Checklist</td>
<td>10</td>
</tr>
<tr>
<td>Discussion Board forums (3 at 100 pts ea)</td>
<td>300</td>
</tr>
<tr>
<td>Precede-Proceed Interview</td>
<td>100</td>
</tr>
<tr>
<td>Stages of Change Assessment</td>
<td>100</td>
</tr>
<tr>
<td>Health Promotion Program Analysis</td>
<td>100</td>
</tr>
<tr>
<td>Social Marketing Initiative</td>
<td>100</td>
</tr>
<tr>
<td>Quiz 1 (Modules 1–3)</td>
<td>50</td>
</tr>
<tr>
<td>Quiz 2 (Modules 4–6)</td>
<td>50</td>
</tr>
<tr>
<td>Cumulative Final</td>
<td>200</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1010</td>
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</tbody>
</table>

B. Scale

A = 900–1010  B = 800–899  C = 700–799  D = 600–699  F = 0–599

C. Late Assignment Policy

If the student is unable to complete an assignment on time, then he or she must contact the instructor immediately by email.

Assignments that are submitted after the due date without prior approval from the instructor will receive the following deductions:

1. Late assignments submitted within one week of the due date will receive a 10% deduction.
2. Assignments submitted more than one week late will receive a 20% deduction.
3. Assignments submitted two weeks late or after the final date of the class will not be accepted.

4. Late Discussion Board threads or replies will not be accepted. Special circumstances (e.g. death in the family, personal health issues) will be reviewed by the instructor on a case-by-case basis.

D. Disability Assistance

Students with a documented disability may contact Liberty University Online’s Office of Disability Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.
# COURSE SCHEDULE

**HLTH 420**

Textbooks:  

<table>
<thead>
<tr>
<th>MODULE/WEEK</th>
<th>READING &amp; STUDY</th>
<th>ASSIGNMENTS</th>
<th>POINTS</th>
</tr>
</thead>
</table>
| 1           | Sharma & Romas: ch. 1  
Glanz & Rimer: pp. 3–7  
1 presentation | Course Requirements Checklist  
Class Introductions  
Discussion Board Forum 1 | 10  
0  
100 |
| 2           | Sharma & Romas: ch. 2  
Glanz & Rimer: pp. 36–43  
1 presentation | Precede-Proceed Interview | 100 |
| 3           | Sharma & Romas: ch. 3  
Glanz & Rimer: pp. 12–14  
1 presentation  
1 website | Quiz 1 | 50 |
| 4           | Sharma & Romas: chs. 4–5  
1 presentation  
1 website | Discussion Board Forum 2  
Stages of Change Assessment | 100  
100 |
| 5           | Sharma & Romas: ch. 6  
1 presentation | Health Promotion Program Analysis | 100 |
| 6           | Sharma & Romas: ch. 7  
Glanz & Rimer: pp. 19–21  
3 presentations | Discussion Board Forum 3  
Quiz 2 | 100  
50 |
| 7           | Sharma & Romas: chs. 8–9  
3 presentations | Social Marketing Initiative | 100 |
| 8           | Sharma & Romas: ch. 10  
1 presentation | Cumulative Final | 200 |

**TOTAL** 1010

**NOTE:** Each course week (except Module/Week 1) begins on Tuesday morning at 12:00 a.m. (ET) and ends on Monday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on Friday.