

**THE UNIVERSITY OF TEXAS AT TYLER**  
**DEPARTMENT OF HEALTH AND KINESIOLOGY**  
**ALHS 3362.001 - BEHAVIORAL HEALTH**  
**TENTATIVE COURSE SYLLABUS**

**SEMESTER: Fall 2023**  
**CLASS DAY/TIME: Mo 11:15 am – 12: 10 pm**  
**CLASS LOCATION: HPC 2255**  
**CREDIT: 3 HOURS**  
**PREREQUISITES: NONE**

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**Instructor Information:** Fletcher Njororai, PhD, MPH, MCHES, ACUE

Associate Professor

Office Location: HPC Suite 3105

**Office Hours:** M 12.30 pm – 2pm; or Virtual hours any other day/time via zoom - (By appointment only. Please send email to make an appointment.)

**Phone Number:** (903) 566-7058

**Email Address:** [fnjororai@uttyler.edu](mailto:fnjororai@uttyler.edu) (\*Preferred : Please use Canvas inbox for emails).

**Emergency Number (Office):** (903) 566-7031 (Tina Taylor, Admn. Assistant)

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***UT Tyler Ethics Honor Code: I embrace honor and integrity that will not allow me to lie, cheat, or steal nor to accept the actions of those who do.***

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**Required:**

- 1). Textbook: Edberg, M. PhD, *Essentials of Health Behavior: Social and Behavioral Theory in Public Health (3rd Edition)*. Jones and Bartlett Learning. **ISBN -: 9781284145359**
- 2). DVD – *Unnatural Causes* from California Newsreel at [www.unnaturalcauses.org](http://www.unnaturalcauses.org) (Note: Do not purchase one, it is streamed in Canvas).

**COURSE DESCRIPTION:** This course explores health- related behavior at the individual, family, community, organizational and policy level. An ecological (systems) approach that incorporates the application of theory and general principles of health behavior change is the springboard for the teaching/learning activities for this course. Contextual factors, vulnerable populations and health disparities are addressed in relation to health behaviors, behavior change and health promotion. Students explore health behaviors considering the individual,

community/population, cultural and sociopolitical perspectives at the local, national and global levels. A variety of behavior change theories and models are discussed. The focus is on application of relevant theories, models and principles to develop behavior change interventions for health promotion.

**COURSE GOAL:** The Purpose of this course is to provide theoretical foundation on knowledge regarding interrelationship between behavior(s) and health and the significance this has in health promotion, health education and public health in general. This course is being built as one of the pillars of **CHES\***.

### **COURSE OBJECTIVES:**

Upon successful completion of this course, the student will be able to:

1. Explain the evolution of the ‘health model’ and its relation to other branches of Science and the social sciences.
2. Describe the significance of the ecologic framework in understanding behavior and health for health promotion and public health in general.
2. Demonstrate an understanding of various social and behavioral theories and models in relation to health behaviors and behavior change.
4. Demonstrate an understanding of the application of relevant health behavior and health change theories and models to real-life situations for health promotion.
5. Synthesize knowledge gained in the course in preparation for the **CHES** exam (where applicable).

### **Methods of Instruction - Hybrid**

The format of course instruction is hybrid (we have F2F and online components running simultaneously).

Virtual via CANVAS as the LMS.

Student learning experiences to include but not limited to: (a) Selected videos, and/or recorded lectures with related PowerPoint slides, (b) demonstrations, (c) problem solving situations, (d) observation and analysis, (e) readings of textbook and supplementary material, (f) online engagement through a variety of assignments, tests and exams.

The **Course Schedule** is provided for you in Canvas with module dates, assignments, and any other relevant information.

### **Technical Support**

The course instructor is unable to offer technical assistance, if you have technical difficulties, please contact CANVAS which provides technical support for this course. Information about technical support is available from the CANVAS main menu (Help). You can also contact UT

Tyler IT team by email or call them for immediate assistance. The course top page provides more resources including the numbers to call.

## **Communication**

The best method to contact me is by email preferably via Canvas inbox. Every email you send to me related to the course, you have to: (1) use Canvas email/inbox to receive a faster response, I check Canvas more often than my regular work email which may delay response back to you; (2) have “ALHS 3362.001” and some specifics of the issue in the subject line; and (3) use salutation and my professional credential, **i.e. do not use “Mrs.”** but rather **Dr. Njororai**; (4) note that I do not respond to emails between Friday late afternoon till Monday or Tuesday. Failure to follow these instructions may delay the response time. On average I will respond to your email within 48 hours so plan your work accordingly to avoid last minute frantic efforts to reach me.

## **Course Syllabus and Outline**

Please familiarize yourself with the tabs on the main menu on the left side of the course screen to know the links as you will use them a lot throughout the semester. Important information is provided in the “**Syllabus**” tab in CANVAS (link located in the navigation bar on the left side of the screen in the course). The course ‘**Schedule**’ is provided through this link which will have most of your learning tasks including information about assigned reading, assignments and other important information pertaining to what you are supposed to contribute. Course ‘**Modules**’ designed in CANVAS have all the assignments, instructions and due dates for completion of your work.

## **Course Expectations**

- 1). Participate and complete all class activities and learning tasks on time.
- 2). Except for an act or force of nature (the University being officially closed), assignments and exams will be given/completed at the time and date indicated in the syllabus.
- 3). Only for extremely extenuating circumstances and only with the prior approval of the instructor will a student be allowed to make up quiz, or an examination that is missed.
- 4). Pay close attention to assignment instructions and deadlines. Following instructions for a given assignment will greatly improve your chances of getting a good grade. Ask for clarification in advance where not sure before attempting any assignments or submitting completed assignments.
- 5). Be sure to work on each assignment BEFORE the due date, not ON the due date. As you are given ample time to complete each assignment, past-due assignments will not be accepted, no exceptions!
- 6). Please do not email your late assignments to the instructor, follow instructions on where to submit your work. Assignments have been scheduled in advance to facilitate completion and submission on time.
- 7). Read widely beyond class assignments or texts and learn to synthesize and critique what you read.
- 8). This being a graduate-level class, the instructor serves mainly as a facilitator while a greater responsibility, initiative and drive that guides the individual learning lies with you as the student.

## **Class Participation**

Active engagement and participation is an integral part of this course. To do well in the course, you must actively participate in the discussions, actively engage with course material, as well as with your peers and activities presented in CANVAS regularly and other relevant group communication platforms. Your contributions should be insightful for you and others to gain from your participation and vice versa consequently improving overall performance.

## **Teaching - Learning Philosophy & Embracing Diversity**

Different people learn differently or better through a variety of methods by which information is presented, acquired, synthesized and/or utilized. No single class may provide all the possibilities of individualized learning but the instructor in this course embraces a well-rounded approach which includes a variety of strategies: readings, writing, observational activities, discussions, questions and answers, and presentations/participatory approaches. It is your responsibility to strive and gain the most from each of these strategies because each serves a different purpose in the learning process. The world is complex therefore if a topic, idea, or answer seems incorrect or implausible according to your perspective; you are encouraged to bring these issues up for discussion in a respectful manner.

Diversity presents in many ways. There is richness in diversity, and there is diversity in richness of our lives, learning, our shared spaces, actions, identities, and world views. We must strive to embrace diversity.

## **Academic Obligations**

You are expected to read the entire syllabus, course schedule and related documents (including various guidelines and university policies) well in advance and ensure you comprehend what is always expected of you. Consult with the course instructor well in advance for any clarifications including clarifications of any course announcements or class/assignment instructions. Failure to do so does not constitute a reason on your part to fail in fulfilling your obligations or require exemption(s). Personal commitments (even in the seemingly clear emergencies) will not exempt you from fulfilling your academic obligations in a reasonably timely manner.

## Grading

<u>Grading Plan</u>	<u>Grading Scale</u>												
<p>A). Continuous Assessment - 45%</p> <ul style="list-style-type: none"> <li>• Attendance – 10%</li> <li>• Class (group) presentations – 10%</li> <li>• Quizzes – 20 %</li> <li>• DBs - 5%</li> </ul> <p>B). Exams – (40%)</p> <ul style="list-style-type: none"> <li>• Midterm Exam - 20)</li> <li>• Final Exam – 20%</li> </ul> <p>C). Semester group Project - 15%</p> <p style="text-align: center;"><b><u>TOTAL 100%</u></b></p>	<table border="1"> <thead> <tr> <th>Percentage</th> <th>Grade</th> </tr> </thead> <tbody> <tr> <td>90 –100</td> <td>A</td> </tr> <tr> <td>80 – 89.8</td> <td>B</td> </tr> <tr> <td>70 – 79.8</td> <td>C</td> </tr> <tr> <td>60 – 69.8</td> <td>D</td> </tr> <tr> <td>&lt; 60</td> <td>F</td> </tr> </tbody> </table>	Percentage	Grade	90 –100	A	80 – 89.8	B	70 – 79.8	C	60 – 69.8	D	< 60	F
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60 – 69.8	D												
< 60	F												

\* Grade **D** and any grade below it are not acceptable in some majors, please check with your academic advisor.

**Note:** The instructor reserves the right to make changes on the course (for example syllabus, assignments, and the grading plan) at any point in the semester as necessary though these will be minimized or avoided altogether. You will be notified of any changes made if it happens.

**\*Note :** Certified Health Education Specialist (CHES) exam covers Seven Areas of Responsibilities (also known as Health Promotion and Education Competences) please visit: [www.nchec.org](http://www.nchec.org). This class contributes towards preparation of the student in acquiring knowledge (and/or skills) for 6 of the 7 areas, which include:

- Plan health education/promotion strategies, interventions, and programs.
- Implement health education/promotion strategies, interventions, and programs.
- Administer health education/promotion strategies, interventions, and programs.
- Serve as a health education/promotion resource person
- Communicate and advocate for health and health education and promotion.

## **UNIVERSITY POLICIES**

### **UT Tyler Honor Code**

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

### **Students Rights and Responsibilities**

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: <http://www.uttyler.edu/wellness/rightsresponsibilities.php>

### **Campus Carry**

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>

### **UT Tyler a Tobacco-Free University**

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit [www.uttyler.edu/tobacco-free](http://www.uttyler.edu/tobacco-free).

### **Grade Replacement/Forgiveness and Census Date Policies**

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center on or before the Census Date of the semester in which the course will be repeated. (Consult the current 'Academic Calendar to verify the actual date) Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date (Check Academic Calendar) is the deadline for many forms and enrollment actions of which students need to be aware. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

### **State-Mandated Course Drop Policy**

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

### **Disability/Accessibility Services**

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted for an appointment with the Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

### **Student Absence due to Religious Observance**

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second-class meeting of the semester.

### **Student Absence for University-Sponsored Events and Activities**

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

### **Social Security and FERPA Statement**

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

### **Emergency Exits and Evacuation**

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

### **Student Standards of Academic Conduct**

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

- i. "Cheating" includes, but is not limited to:
  - copying from another student's test paper;
  - using, during a test, materials not authorized by the person giving the test;
  - failure to comply with instructions given by the person administering the test;
  - possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes". The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;
  - using, buying, stealing, transporting, or soliciting in whole or part the contents of an un-administered test, test key, homework solution, or computer program;
  - collaborating with or seeking aid from another student during a test or other assignment without authority;
  - discussing the contents of an examination with another student who will take the examination;
  - divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructors has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
  - substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;



- paying or offering money or other valuable thing to, or coercing another person to obtain an un-administered test, test key, homework solution, or computer program or information about an un-administered test, test key, home solution or computer program;
  - falsifying research data, laboratory reports, and/or other academic work offered for credit;
  - taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and
  - misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.
- ii. “Plagiarism” includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another’s work and the submission of it as one’s own academic work offered for credit.
  - iii. “Collusion” includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
  - iv. All written work that is submitted will be subject to review by plagiarism software.

### **UT Tyler Resources for Students**

- [UT Tyler Writing Center](mailto:writingcenter@uttyler.edu) (903.565.5995), [writingcenter@uttyler.edu](mailto:writingcenter@uttyler.edu)
- [UT Tyler Tutoring Center](mailto:tutoring@uttyler.edu) (903.565.5964), [tutoring@uttyler.edu](mailto:tutoring@uttyler.edu)
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- [UT Tyler Counseling Center](tel:903.566.7254) (903.566.7254)

### **COVID-19 Pandemic COVID-19**

**Hotline (UT Tyler):** 903.565.5999

1. Please be informed and keep up with the updates on the COVID-19 related information at the following resources:
  2. <https://www.uttyler.edu/coronavirus/>
  3. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
  4. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19>
- <https://coronavirus.jhu.edu/map.html>