

Fall 9-1-2001

# HHP 485.01: Theories of Health Behavior and Counseling

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**THE UNIVERSITY OF MONTANA**  
**Department of Health and Human Performance**

**HHP 485: Theories of Health Behavior and Counseling**  
**Instructor: Annie Sondag, PhD, CHES**  
**Office Hours: M 10:00-12:00; T TH 2:30-4:00**

**Fall Semester, 2001**  
**Office: MCG 209**  
**Phone: 243-5215**

**PURPOSE:**

The purpose of this course is to increase students' understanding of the complex nature of health behaviors; to provide students with information and experiences that will enhance listening and communication skills; and to provide students with basic strategies for facilitating changes in behavior that are conducive to health.

**OBJECTIVES:**

- 1) Students will be able to describe basic listening and communication skills.
- 2) Students will be able to identify conditions which are essential to successful behavior change.
- 3) Students will be able to describe and apply several theories relating to counseling and several theories related to behavior change.
- 4) Students will demonstrate basic counseling skills for health promotion and exercise prescription.
- 5) Students will be able to describe a basic theoretical model for systematic helping and interpersonal relating.
- 6) Students will be able to identify essential principles of teaching and learning.
- 7) Students will be able to describe the necessary limitations to their counseling role.
- 8) Students will demonstrate awareness of the common referral agencies used to supplement and extend counseling options, and describe proper procedures for their utilization.

**TEXT:**

Faculty Pac - University Center Bookstore

**COURSE REQUIREMENTS:**

1. Attendance at all class sessions is required. If you are unable to attend please notify me of your absence prior to class if possible.
2. Participation in class is essential. Since it is difficult to learn communication skills without human interaction, it is important that you become involved in the class discussions and activities.
3. Assignments will include completing two "listening activities;" a journal related to classroom activities; a written plan for implementing a behavior change; a written summary of your behavior change project; a program plan & short presentation about a counseling theory.

\*Specific requirements regarding each assignment will be handed out in class.

4. Three Exams will be given. These exams will cover information from your text, and from class lectures.

**GRADING POLICY:**

Final grades will be based on a percentage of total possible points.

Listening Activities (2)	40 pts.	A = 92% of total points
Behavior Change Plan	25 pts.	B = 83%
Journal Entries	20-30 pts.	C = 75%
Behavior Change Summary	30 pts.	D = 65%
Presentation/Program Plan	30 pts.	F = below 65%
Participation	20 pts.	
Exam #1	75 pts.	
Exam #2	75 pts.	
Exam #3	75 pts.	

Total 390 - 400 pts.

\* If you are taking this course for graduate credit, you will be required to prepare a presentation on a behavioral change theory. Please see me regarding the specifics of the assignment. This assignment will be worth an additional 25 pts.

### **DUE DATES FOR ASSIGNMENTS:**

Assignment #1: Listening Activity due Tuesday, Sept. 18<sup>th</sup>.

Listening Activity due Thursday, Nov. 15<sup>th</sup>.

Assignment #2: Behavior Change Plan due Tuesday, Nov. 6<sup>th</sup>

Assignment #3: Journal Entries due Each Week as Assigned.

Assignment #4: Behavior Change Summary due Thursday, Dec. 6<sup>th</sup>.

Assignment #5: Presentations will occur during the weeks of October 23<sup>rd</sup> thru Nov. 8<sup>th</sup>;  
specific days will be assigned in class; program plans are due the day of the presentation

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### **“VERY” TENTATIVE SCHEDULE**

WEEK #1: Sept. 4-6	- Introduction - Defining Health and Helping - Understanding Temperment	Section I: The EQ Factor
WEEK #2: Sept. 11-13	- The Helping Relationship (Helper Characteristics) - Attending Physically & Psychologically - Reviewing the Kiersy Temperment (Assign Topics)	Section III: Helpful Communication
WEEK #3: * Sept 18-20	- Recognizing Communication Patterns - Managing the Counseling Session - Counseling Theories	
WEEK #4: Sept. 25-27	- Principles of Learning and Teaching - Effective Presentation Skills	Section I: The Seven Intelligences
WEEK #5: Oct. 2-4	- Writing a Behavior Change Plan - Setting Realistic Goals	

WEEK #6: Oct. 9-11	- Theories of Behavior Change: Self-Efficacy; Social Cognitive; Health Belief; Theory of Planned Behavior; Transtheoretical Model - Graduate Presentations	Section II: Health Behavior Models
WEEK #7: Oct. 16-18	- Graduate Presentations - Application of Behavioral Theory - Developing a Behavior Change Plan - EXAM #1: Thursday, Oct. 18	
WEEK #8: Oct. 23-25	- Review Exam - Mini-presentations - Counseling Theory	Section III: Differentiating Between Counseling Theory & Process
WEEK #9: Oct.30-Nov.1	- Mini-Presentations - Counseling Theory	
WEEK #10 Nov. 6-8	- Mini-Presentations - Stage I: Egan's Model - Skills of Stage I	
WEEK #11: Nov. 13-15*	- Stage II: Egan's Model - Skills of Stage II - Stage III: Egan's Model	
WEEK #12: Nov. 20	- EXAM #2 ( Tuesday, Nov. 20)	
WEEK #13: Nov. 27-29	- Review Exam - Working with Groups	
WEEK #14:.* Dec. 4-6	- Anger/Forgiveness - Dealing with Grief	
WEEK #15: Dec. 11-13	- Catch-up/Wrap up - Review for Final Exam - Evaluations	
WEEK #16: Dec. 18	- Finals Week - Final Exam (Tuesday at 10:10)	