Fall 9-1-2001

HHP 485.01: Theories of Health Behavior and Counseling

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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 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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
<th>Grade</th>
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</thead>
<tbody>
<tr>
<td>Listening Activities (2)</td>
<td>40 pts.</td>
<td>A = 92%</td>
</tr>
<tr>
<td>Behavior Change Plan</td>
<td>25 pts.</td>
<td>B = 83%</td>
</tr>
<tr>
<td>Journal Entries</td>
<td>20-30 pts.</td>
<td>C = 75%</td>
</tr>
<tr>
<td>Behavior Change Summary</td>
<td>30 pts.</td>
<td>D = 65%</td>
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<tr>
<td>Presentation/Program Plan</td>
<td>30 pts.</td>
<td>F = below 65%</td>
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<tr>
<td>Participation</td>
<td>20 pts.</td>
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<tr>
<td>Exam #1</td>
<td>75 pts.</td>
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<tr>
<td>Exam #2</td>
<td>75 pts.</td>
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<tr>
<td>Exam #3</td>
<td>75 pts.</td>
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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. 18th.
- Listening Activity due Thursday, Nov. 15th.
Assignment #2: Behavior Change Plan due Tuesday, Nov. 6th
Assignment #3: Journal Entries due Each Week as Assigned.
Assignment #4: Behavior Change Summary due Thursday, Dec. 6th.
Assignment #5: Presentations will occur during the weeks of October 23rd thru Nov. 8th; specific days will be assigned in class; program plans are due the day of the presentation.

**“VERY” TENTATIVE SCHEDULE**

WEEK #1: Sept. 4-6
- Introduction
- Defining Health and Helping
- Understanding Temperment

WEEK #2: Sept. 11-13
- The Helping Relationship (Helper Characteristics)
- Attending Physically & Psychologically
- Reviewing the Kiersy Temperment (Assign Topics)

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

WEEK #5: Oct. 2-4
- Writing a Behavior Change Plan
- Setting Realistic Goals

Section I: The EQ Factor
Section III: Helpful Communication
Section I: The Seven Intelligences
WEEK #6:  - Theories of Behavior Change: Self-Efficacy; Social Cognitive; Health Belief; Theory of Planned Behavior; Transtheoretical Model - Graduate Presentations  
Oct. 9-11  
Section II: Health Behavior Models  

WEEK #7:  - Graduate Presentations  
Oct. 16-18  - Application of Behavioral Theory - Developing a Behavior Change Plan - EXAM #1: Thursday, Oct. 18  

WEEK #8:  - Review Exam - Mini-presentations - Counseling Theory  
Oct. 23-25  
Section III: Differentiating Between Counseling Theory & Process  

WEEK #9:  - Mini-Presentations - Counseling Theory  
Oct. 30-Nov. 1  

WEEK #10  - Mini-Presentations - Stage I: Egan’s Model - Skills of Stage I  
Nov. 6-8  

WEEK #11:  - Stage II: Egan’s Model - Skills of Stage II - Stage III: Egan’s Model  
Nov. 13-15*  

WEEK #12:  - EXAM #2 ( Tuesday, Nov. 20)  
Nov. 20  

WEEK #13:  - Review Exam - Working with Groups  
Nov. 27-29  

WEEK #14:*  - Anger/Forgiveness - Dealing with Grief  
Dec. 4-6  

WEEK #15:  - Catch-up/Wrap up - Review for Final Exam - Evaluations  
Dec. 11-13  

WEEK #16:  - Finals Week - Final Exam (Tuesday at 10:10)  
Dec. 18