

THE UNIVERSITY OF TEXAS AT TYLER
DEPARTMENT OF HEALTH AND KINESIOLOGY
TENTATIVE COURSE SYLLABUS

SEMESTER: Fall 2025

Course Title: **THEORIES AND MODELS IN HEALTH BEHAVIOR**

Course Number: **ALHS 5365.060**

Credits: 3 Hours

Prerequisites: None

Course Format: Virtual/Online

Days/Hours of Class: Thursdays (5.30 pm – 7.30 pm via Zoom/ selected dates/modules) * See below

Instructor Information

Name and Title: Fletcher Njororai, Ph.D., MPH, MCHES, ACUE

Office Location: HPC Suite 3105

Phone Number: (903) 566-7058

Email Address: fnjororai@uttyler.edu. All communication should be through Canvas inbox – (**Canvas Preferred email).

Office Hours: M/W 12.30 pm – 3.30 pm. (Virtual hours any other day/time by appointment only. Please send email to fix an appointment)

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

*****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.*

Required Texts

1. Glanz, K., Rimer, B. K., and Viswanath, K. (eds.) 2015). *Health Behavior and Health Education: Theory, Research and Practice*. San Francisco, CA: Jossey-Bass, 5th Ed. ISBN 978 -1-118-62898; ISBN 978-1-118-62905-5(pdf); ISBN 978-1-118-62900-0 (epub)

Additional /Recommended Resources

1. Cottrell, R.R., Girvan, J.T., & McKenzie, J.F. (2012). *Principles and Foundations of Community Health Promotion and Education*. San Francisco: Pearson/Benjamin Cummings. 5th Edition
2. National Cancer Institute (2003). *Theory at a glance: A guide for health promotion practice*. HPERLINK: <http://www.cancer.gov/cancerinformation/theory-at-a-glance>
3. *A competency-based framework for Health Education Specialists* – 2010 by NCHCEC at www.nchcec.org
4. *The Health Education Specialist: A companion Guide for Professional Excellence* – 6th Edition by NCHCEC at www.nchcec.org
5. American Psychological Association (2020). *Publication Manual of the American Psychological Association* (7th edition). Washington D.C.
6. Community Toolbox: Tools to change the world, Center for Community Health and Development, Kansas University at <https://ctb.ku.edu/en>

Course Description

This course provides students with knowledge and skills necessary for assessment of various theoretical frameworks and models related to understanding psychosocial, cultural, and contextual factors influencing health behavior and behavior change. Students will be introduced to established and emerging health behavior, health education and health promotion theories and models. The focus is on the role of theories and models in planning, implementing and evaluating health interventions at various levels.

Course Goals

Integrate knowledge and skills learned in this course and previous courses in preparation as future professionals competent in public health, health care and related careers in this vast and complex discipline. To develop the capability for students to contribute to the broad professional service in health care, health education and promotion in community, government, and organizations that benefit populations at the local, state, national, and international levels. Contribute knowledge relevant to CHES and MCHES exams*

Student Learning Outcomes/Course Objectives

Upon completion of the course, the student should be able to:

1. Describe the evolution and current application of established and emerging health behavior theories and models.
2. Explain how these theories might be applied to promote health and prevent disease in individuals, groups, and communities.
3. Use multiple approaches to conceptualize and use theory to answer research questions in relation to addressing given health issues, risk factors or behaviors in an attempt to design interventions that promote health and prevent disease.

4. Demonstrate informed selection of appropriate theories, theoretical constructs/frameworks, and models to inform methods to assess or change determinants of health behavior.
5. Develop theory-based research questions addressing a given health issue for further contextual analysis towards designing relevant interventions.
6. Actively engage in thoughtful discussions, critical thinking and intellectual critique of scholarly articles of relevance to theoretical applications in health promotion.
7. Demonstrate basic application of a theory/model in addressing a health issue through completion of a scholarly paper on a chosen health issue.
8. Explain the role and processes of using theories/models in program planning, implementation and evaluation in public health programs, research, and practice according to the 7 areas of responsibilities for certified health education specialists (CHES)*

Methods of Instruction

Online/Virtual

Student learning experiences to include but not limited to a) Selected videos, and/or recorded lectures with related PowerPoint slides, b) problem solving assignments, d) analytical engagement with content, e) various readings from textbook and supplementary material, f) online engagement through a variety of assignments, discussions, quizzes/tests, and exams. The Course Schedule is provided for you in Canvas with module dates, assignments, and any other relevant information.

Course 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 ‘**Outline/Schedule**’ is provided through this link which will have most of your learning tasks including information about assigned readings, 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.

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. Office of digital learning may also be helpful. This course “Home” 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 must 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 5365” 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) Please note that I do not respond to emails between Friday late afternoon till Monday or Tuesday. Failure to follow these instructions will delay the response time. 5). I will respond to emails within 48 hours, but I strive to respond earlier than that.

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. 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.
- 3). Pay close attention to assignment instructions and deadlines. Doing what is instructed for a given assignment will greatly improve your chances of getting a good grade. 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!
- 4). 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.
- 5). Read widely beyond class assignments or texts and learn to synthesize and critique what you read.
- 6). 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

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, apply critical thinking skills and creativity in your work, 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 at all times including in this course.

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.

Artificial Intelligence Statement

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course (see below) is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy.

For this course, AI is encouraged during the course, and appropriate acknowledgment is expected.

You can use AI programs (ChatGPT, Copilot, etc.) in this course. These programs can be powerful tools for learning and other productive pursuits, including completing assignments in less time, helping you generate new ideas, or serving as a personalized learning tool. However, your ethical responsibilities as a student remain the same. You must follow UT Tyler's Honor Code and uphold the highest standards of academic honesty. This applies to all uncited or improperly cited content, whether created by a human or in collaboration with an AI tool. If you use an AI tool to develop content for an assignment, you must cite the tool's contribution to your work. In this course, sections of assignments generated by AI should appear in a different colored font, and the relationship between those sections and student contributions should be discussed in a cover letter that accompanies the assignment when submitted. However, DB should be original student's work and not any AI generated or supported. The instructor will check on these and a "zero" will be given on such assignments. Integrity as a student and in all your work is of paramount importance.

Grading

Continuous Assessments – 50%	90 % - 100% - A
Participation/DBs– 10%	80 % - 89.99 % - B
Project – 20%	70 % - 79.99 % - C.
Final Exam - 20%	< 70 % (Fail)
Total – 100%	

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 though these will be minimized or avoided. You will be notified of any changes made on the syllabus.

Note:

*This information is relevant for those students interested in pursuing CHES or MCHES national credentialing exams for certification. Details on these credentials/exams are provided on the website: www.nchec.org.

**The grading plan reflects a relatively finalized plan. However if there are any other necessary adjustments that may be made during the semester, these will be indicated in the grading plan as necessary, and you will be notified. Grade C and any grade below may not be acceptable at graduate level, check with your advisor for further information.

Synchronous session meeting dates

<u>Session #</u>	<u>Dates</u>
1	<u>8/28</u>
2	<u>9/11</u>
3	<u>9/25</u>
4	<u>10/23</u>
5	<u>11/20</u>

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, quit- lines, and group support. For more information on cessation programs please visit 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 (ADM 230) on or before the Census Date of the semester in which the course will be repeated. (Consult the Academic Calendar for 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 the 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 and an appointment with Cynthia Lowery, 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.

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](http://writingcenter@uttyler.edu) (903.565.5995), writingcenter@uttyler.edu
- [UT Tyler Tutoring Center](http://tutoring@uttyler.edu) (903.565.5964), 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](http://counseling@uttyler.edu) (903.566.7254)