

COURSE: SOCIO-BEHAVIORAL ASPECTS OF POP. HLTH
SEMESTER: FALL 2026
CLASS FORMAT: Hybrid
CLASS DAY/TIME: M/W/F 11.15 am – 12.10pm
CLASS LOCATION: HPC 2255
CREDIT: 3 HOURS
PREREQUISITES: NONE

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

Office Location: HPC Suite 3105

Office Hours: M/W 1.00 pm – 3.30 pm; 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 (*Required: Please **use Canvas inbox** for emails).

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:

- 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 (Note: Do not purchase one, it is streamed in Canvas).

Course Description: This course explores how social and behavioral factors influence health outcomes and shape the health of populations. Students examine the relationship between individual behaviors, social environments, culture, communities, and health of various age groups. Emphasis is placed on understanding factors that influence health-related decision-making, adoption of healthy behaviors, and participation in health promotion activities. The course examines major concepts in behavioral and social sciences and their application to public health practice. Students will analyze current population health issues, evaluate socio-behavioral influences on health, and explore strategies that support positive health behaviors, health promotion, and disease prevention. By the end of the course, students will be able to apply broader frameworks perspectives to understand and address public health challenges in diverse populations. 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.

Course Goals: The Purpose of this course is to provide theoretical foundation on knowledge regarding interrelationship between behavior(s), health, and the implications for health promotion, health education and public health in general. The goals of the course are to equip students with skills and knowledge to:

(1). Examine the social and behavioral factors that influence population health and health outcomes; (2). Apply socio-behavioral concepts and frameworks to understand health behaviors and public health challenges; and (3). Promoting health and support behavior changes through evidence-informed public health approaches.

Student Learning Outcomes

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

1. Describe key socio-behavioral concepts and their relevance to population health.
2. Analyze how social, behavioral, and environmental factors influence health behaviors and health outcomes in an ecological (systems) framework.
3. Assess the role of health promotion initiatives in improving population health through multi-level strategies.
4. Demonstrate an understanding and application of various social and behavioral theories and models in relation to health behaviors and behavior change.
5. Discuss determinants of mental health and mental health promotion across Lifespan.
6. Discuss selection of effective behavior change strategies used to address public health issues.
7. Communicate the complexity of multidimensional approach for affective health promotion and behavior change using evidence-informed public health perspectives.

Methods of Instruction - Hybrid

The format of course instruction is hybrid (we have F2F and online components running simultaneously). The online portions are provided via CANVAS 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.

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) and they are available for students 27/7. You can also contact UT Tyler IT team by email or call them for immediate assistance. The Home page of the course provides more resources including the numbers to call. You may also reach out to the office of digital learning.

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. The course syllabus 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 on the syllabus which has your learning tasks including information about assigned reading, graded assignments, and other important information pertaining to what your course participation. Course ‘**Modules**’ designed in CANVAS have all the assignments, instructions and due dates for completion of your work.

Course Policies (Brief)

Academic Integrity: Adhere to university policies; cite all sources (APA 7th Ed.).

Accessibility: Contact Accessibility Services for accommodation; coordinate with instructor where necessary.

Late Work: No late work is accepted except by prior approval only.

Class Participation: Be consistent in class participation, work on your assignments in a time manner, arrange regular times for attending the coursework, attendance and active participation in F2F classes is required, and actively engage with all course content and with your peers.

Pay close attention to assignment instructions and deadlines. Doing exactly what is instructed for a given assignment will greatly improve your chances of getting a good grade. As you are given ample time to complete each assignment, past-due assignments will not be accepted, no exceptions! **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.

Resourcefulness. Read widely beyond class assignments or texts and learn to synthesize and critique what you read.

Motivation and preparedness. This being a higher - level class, the instructor serves mainly as a facilitator while greater responsibility, initiative and drive that guides the individual learning lies with you as the student

Personal commitments (unless in extreme emergencies) will not exempt you from fulfilling your academic obligations in a reasonably timely manner.

Missed quizzes/exams. Only for extremely extenuating circumstances and only with the prior approval of the instructor will a student be allowed to make up a quiz or missed exam.

Academic Obligations

Each student is required 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 seemingly clear emergencies) will not exempt you from fulfilling your academic obligations in a reasonably timely manner.

Read all university policies to understand what is expected of you as a student (responsibilities and rights), and UT Tyler community member.

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*

<u>Grading Plan</u>	<u>Grading Scale</u>	
A). Continuous Assessment - 35	Percentage	Grade
- Class (group) presentations – 10% - Quizzes – 20 % - DBs - 5%	90 –100	A
	80 – 89.8	B
	70 – 79.8	C
	60 – 69.8	D
	< 60	F
B). Exams – (40%)		
- Midterm Exam - 20) - Final Exam – 20%		
C). Group Project – 15%		
D). Class attendance - 10%		

<u>TOTAL 100%</u>	
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* Instructor can make changes to the grading scale as deemed appropriate at any time. Grade **D** and any grade below 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.

UNIVERSITY POLICIES

Student Resources and University Policies and Information are in Canvas accessed through the course Home Page. Please take time to read all the policies, understanding how each impact you as a student/person and your performance as well as requirements as a member of the UT Tyler community.

Reach out to the relevant authorities/persons as indicated in the policies for any questions you may have/need answered and aspects that need clarification. When not sure always ask.

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Module	Topic/Content	Online course Activities	Comments
Module 1 08/24 - 08/30	Introduction to Course Syllabus Chapter 1: Introduction <u>Note:</u> Read additional Chapter (given in Canvas)- <i>The Links Between Health and Behavior. Included in the quiz</i>	- Complete self-introductions (Discussion Board) - Complete required readings - Watch Given Videos - Complete module assignments/activities as given in Canvas Complete Quiz Chapter 1	F2F class on 08/24 & 26 Checklist given in Canvas
Module 2 08/31 – 09/06	<u>Note:</u> (Selected readings in Canvas not from textbook)- Social Determinants of Health not from main class textbook	- Read all materials given in Canvas - Complete required selected readings - Complete module assignments/activities as given in Canvas Complete Quiz Chapter 2	F2F class on 08/31 & 09/02 Continue with Online course assignments. Checklist given in Canvas
Module 3 09/07 - 09/13	Chapter 2: Health Issues and Behavior Chapter 3: Social/Behavioral Theory & Its Roots	- Complete required readings - Complete Discussion Board assignment - Complete module assignments/activities as given in Canvas Complete Quiz Chapter 3	F2F class on 09/09 ***No F2F class on 09/07 (Labor Day Holiday) Continue with Online course assignments. Checklist given in Canvas
Module 4 09/14- 09/20	Chapter 4: Individual Health Behavior Theories	- Complete required readings - Complete module assignments/activities as given in Canvas Complete Quiz Chapter 4	F2F class on 09/14 & 16 Continue with Online course assignments. Checklist given in Canvas
Module 5 09/21 - 09/27	Chapter 5: Social, Cultural & Environmental (SC&E) Theories Part I	- Complete required readings - Complete module assignments/activities as given in Canvas Complete Quiz Chapter 5	F2F class on 09/21 & 23 Continue with Online course assignments. Checklist given in Canvas
Module 6 09/28 – 10/04	Chapter 6: SC&E Theories Part II (pgs 65 -70) Communications Theory Section Chapter 12: Theory of Communications Campaigns	- Complete required readings - Complete module assignments/activities as given in Canvas Complete Quiz Chapter 6 &12	F2F class on 09/28 & 30 Continue with Online course assignments. Checklist given in Canvas
Module 7 10/05– 10/11	Chapter 6: SC&E Theories Part II – Community Organizational Change (pgs 70-78) Chapter 10: Communities and Populations focus for Health Promotion	- Complete required readings - Complete Discussion Board assignment - Complete module assignments/activities as given in Canvas Complete Quiz Chapter 6 &10	F2F class on 10/05 & 07 Continue with Online course assignments. Checklist given in Canvas

*Note: Please note that Chapter 8 comes later			
Module 8 10/12 - 10/18	Chapter 9: From Theory to Practice (PRECEDE-PROCEED Planning Model)	- Complete required readings - Watch Given documentary and complete related assignments - Complete module assignments/activities as given in Canvas Complete Quiz Chapter 9 Complete MID-TERM EXAM	F2F class on 10/12 & 14 Continue with Online course assignments. Checklist given in Canvas Mid-Term exam available **Saturday 10/17 – Sunday 10/18 by 11.59 pm.
Module 9 10/19 - 10/25	Chapter 14: Application of Theory – At Risk and Special Populations	- Complete required readings - Complete Discussion Board assignment - Complete module assignments/activities as given in Canvas Complete Quiz Chapter 14	F2F class on 10/19 & 10/21 Continue with Online course assignments. Checklist given in Canvas
Module 10 10/26 – 11/01	Chapter 16: Culture, Diversity and Health Disparities	- Complete required readings - Complete Discussion Board assignment - Complete module assignments/activities as given in Canvas Complete Quiz Chapter 16	F2F class on 10/26 & 28 Continue with Online course assignments. Checklist given in Canvas
Module 11 11/02 – 11/08	Chapter 8: Behavioral Epigenetics (Nature vs Nurture)	- Complete required readings - Complete assignments/activities as given in Canvas Complete Quiz Chapter 8	F2F class on 11/02 & 04 Continue with Online course assignments. Checklist given Canvas
Module 12 11/09 – 11/15	Mental Health Chapter 1 & 3: Introduction - Historical Perspectives, and Determinants	- Complete required readings - Complete assignments/activities as given in Canvas	<i>*Sharma M., & Branscum, P.W. (2021). 2nd Edition, Jones & Bartlett Publishers.</i> <i>*(Material provided in Canvas).</i> F2F class on W11/11 & F13
Module 13 11/16 – 11/22	Mental Health Chapters 4, 9-11: Mental Health promotion across the Lifespan	- Complete required readings - Complete assignments/activities as given in Canvas	As above F2F class on W11/18 & F20
THANKSGIVING			
Module 14 11/30 – 12/06	Semester Project Presentations	Each group presents a succinct summary of their project.	Class meets on 11/30 & 12/02 Detailed instructions provided in Canvas
Module 15 12/07 – 12/12	FINAL EXAM Available on TWO days only (Thursday 12/10 – Friday 12/11 by 11.59 pm)		