



Syllabus

Welcome to BYU Online!

This course is part of a small pilot of online courses at BYU. This course is a highly structured learning experience that meets the university's general education requirements and will mirror the intensity of the on-campus course. This course differs from on-campus courses and other online courses in the following ways:

- **Course Content** – Aside from your textbook, all of the course content is contained online. You will also submit all your assignments and complete all your course quizzes online.
- **Course Completion** – You are allowed to complete this course at your own pace. The only restrictions are you cannot complete the course before halfway through the semester and you must complete the course by the end of the semester.
- **Orientation Meeting** – You are required to attend an initial class meeting. At this meeting, you will meet your instructor, course TAs and other members of the class. You will also have the opportunity to ask any questions you have about the class and how it operates.
- **Course TA** – This course has a specific TA that you can contact with questions about the course or course content. The TA will also assist you in creating a course completion schedule and meet with you for the course checkpoints.
- **Checkpoints** – Throughout the course you will be required to meet with the course TA 3 times. These meetings will take place in Adobe Connect. These checkpoints will allow you to discuss your progress in the course and help you follow your course completion plan.
- **Webinars** – A webinar is a scheduled class session that you will attend through Adobe Connect. These webinars will allow for information sharing, special lectures, guest lectures and exam reviews. You will be able to interact with your instructor and other

members of the class.

As part of the pilot, we will be asking you to help assess the success and effectiveness of this course, the faculty member, the course delivery and the course support. Your participation in this assessment effort will be critical to future opportunities for online learning at BYU. Please be prepared to provide meaningful feedback about your experience.

Course TA Information

Your TAs for this course are **Calvin Jahng** and **Hannah Payne**. Please contact your TAs if you have any questions, run into difficulties with the course, and to schedule checkpoints.

- Calvin Jahng or Hannah Payne
- ta_hlth335@byu.edu
- 801-422-2830

[Click here to watch video.](#)

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Remember, your TA is your first line of contact, and will be able to help you with most issues that come up. He is looking forward to getting to know you!

Course Learning Outcomes

1. Evaluate the ability of selected socio-behavioral theories and models for furthering understanding of important public health problems and issues, with particular reference to health promotion and disease prevention.
2. Identify prominent features and constructs in commonly used theories and models of health behavior change.
3. Design interventions based upon health behavior theories and models.

Course Materials

The required textbooks for this course are

- Sharma, M., & Romas, J. A. (2012). *Theoretical foundations of health education and health promotion* (2nd ed.). Burlington, MA: Jones and Bartlett Learning. ISBN 9780763796112

While there are only two required textbooks, there are additional reading assignments from other sources. The other readings, specified in the lessons, will either be provided within the course or you will need to go to the Harold B. Lee Library (or another library) to access them.

Readings in Harold B. Lee Library

You can log HBLL website using your BYU Net ID and password. Once there, take a bit of time to familiarize yourself with the HBLL website. Doing this at the beginning will pay off later if you need to search for your reading assignments.

Course Organization

Webinars

Throughout the course we will have two webinars. These webinars will be held in Adobe Connect. We will decide on the dates of these webinars in our course orientation meeting. Your TA will give you more details about the webinars as the semester progresses.

Quizzes

There will be ten multiple-choice online quizzes that will cover content from the theory or model in that lesson. These quizzes are closed book and closed note. They should be completed by yourself.

Application Assignments

Nine of the ten lessons have application assignments. Application assignments are intended to help you become more familiar with the application of health behavior theories. For these assignments, you will select a public health related scenario and submit a 1-page or more description of the application of the theory studied in that lesson.

Detailed instructions are in the [Application Assignment Instructions \(00e_ApplicationAssignmentInstructions.html\)](#).

Readings Evaluation

In each lesson you are given a number of readings to complete. These readings will help you complete the stated course outcomes and prepare you for the various assignments within the course. It is expected that you complete all the readings in the course. At the end of the course, you will have the opportunity to evaluate how well you did in completing the course readings.

Exams

There will be one comprehensive final exam. The format will be similar to the quizzes.

Preparing for Your Exam

You should plan to take your final exam at the Morris center on BYU Campus. There is a testing center in that building that is set up for proctoring these BYU Online course tests. You must schedule taking your exam 48 hours in advance. To schedule the exam follow the instructions located in the folder "preparing for the final exam." If you have extenuating circumstances and cannot take the test at the Morris Center, the instructions also provide information on what to do to take your exam.

Deadlines

You must submit all the work contained in each lesson as outlined below. Submissions must take place by 11:59 pm of the due date. Assignments submitted after the deadline will not be accepted.

ITEM TO BE COMPLETED	DEADLINE
Lesson 1	Sept. 11
Lesson 2	Sept. 18
Lesson 3	Sept. 25
Lesson 4	Oct. 2
Lesson 5	Oct. 9
Lesson 6	Oct. 16
Lesson 7	Oct. 23
Lesson 8	Oct. 30
Lesson 9	Nov. 6
Lesson 10	Nov. 13
Reading Evaluation	Dec. 9
Final Exam	Finals Week

Grading

The final grade will be assigned after taking into account your scores from the following categories.

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Assessment	Number	Percent of Grade
Quizzes	10	20%
Application Assignments	9	40%
Facebook Discussion Topics	9	5%
Course Readings Evaluation	1	15%
Final Exam	1	20%

Your final grade will be based on this scale:

Grading Scale	
A	95%–100%
A–	90%–94%
B+	87%–89%
B	83%–86%
B–	80%–82%
C+	77%–79%
C	73%–76%
C–	70%–72%
D+	67%–69%
D	63%–66%
D–	60%–62%
E (FAIL)	59% and below