CSV 302-0018  
Health and Behavior Change—What Every Body Needs  
FALL 2015

Location: Health Services  
Day/Time: Monday 1:00-1:50 p.m.  
Room: Lower Level, Room 3  

Coordinator: Sue Ash, Dietitian, M.S., R.D., L.D.N.  
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COURSE OVERVIEW

Welcome to CSV 302 Health and Behavior Change: What Every Body Needs, offered weekly every semester for 1 (one) credit. This course responds to the health and wellness needs of our students. An interdisciplinary team will teach valuable techniques for health and wellness. Accurate, current information on health and wellness management will be presented. You will be asked to research and present on one topic of health information which has been identified as one of the top 15 health issues affecting college students.

Students will learn about Dr. James Prochaska’s Trans-theoretical Model and Behavior change. You will be asked to select a health behavior you wish to change. Using this model, identify one stage of change associated with your behavior change weekly. At the end of the semester you will be asked to present your experience including barriers and successes.

Students will participate in wellness outreach to the campus community by participating in health promotion and wellness activities. Community Service hours must be logged and participation papers recorded.

LEARNING OUTCOMES

1. Students will identify the top 15 health issues that affect college students at URI.  
2. Students will be able to identify what the basic health needs are for optimal functioning during college years.  
3. Students will identify credible sources of health information.  
4. Students will identify a health behavior they want to change (i.e., increase sleep, exercise; decrease alcohol, coffee.)  
5. Using the trans-theoretical model, students will identify which behavior they are changing, note the progress through the model and where they are at the end of the semester. Students will share their experience with classmates.  
6. Students will research an article from a creditable source, write a review and discuss article with class.  
7. Students will participate in wellness activity/activities sponsored by URI Health Services/Health Education. Students will participate in a community service project where they will be required to identify a health need(s) on campus, develop a program related to that health need, implement a program and finally, evaluate the program.
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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
<th>Assigned Reading</th>
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<tbody>
<tr>
<td>9/14/15</td>
<td>Introduction; Goals and Objectives Top 15 Issues of College Health Stages of Change/Behavior</td>
<td>Susan Ash</td>
<td>• Syllabus • Think about behavior change</td>
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<td></td>
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<td>Roger Jadosz</td>
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<td>Sheila Mitchell</td>
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<td>9/21/15</td>
<td>Selecting a Behavior How to Choose an Article Community Service &amp; Social Media</td>
<td>Susan Ash</td>
<td>Assign subject from the top 15 for article.</td>
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<td>Roger Jadosz</td>
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<td>Sheila Mitchell</td>
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<tr>
<td>9/28/15</td>
<td>Time Management</td>
<td>Roger Jadosz</td>
<td>Behavior Change Due Draft of Community Service Project Due</td>
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<td>10/5/15</td>
<td>Party Smarts</td>
<td>Roger Jadosz</td>
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<td>10/12/15</td>
<td><strong>COLUMBUS DAY – NO CLASS</strong></td>
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<td>10/19/15</td>
<td>Let’s Talk About Sex</td>
<td>Sheila Mitchell</td>
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<td>10/26/15</td>
<td>Eating Well</td>
<td>Susan Ash</td>
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<td>11/2/15</td>
<td>Sleep</td>
<td>Sheila Mitchell</td>
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<td>11/9/15</td>
<td>Disordered Eating</td>
<td>Susan Ash</td>
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<td>11/16/15</td>
<td>Stress Management</td>
<td>Sheila Mitchell</td>
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<td>11/23/15</td>
<td>Staying Well/Physical Fitness</td>
<td>Roger Jadosz</td>
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<td>11/30/15</td>
<td>Presentations</td>
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<td>12/7/15</td>
<td>Presentations*/Wrap Up</td>
<td>Paper &amp; Presentations Due</td>
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*ATTENDANCE IS REQUIRED* If you cannot attend class, please notify Susan Ash **BEFORE CLASS.** If you miss a class, you must obtain 3 articles on the topic missed and summarize the articles in a 2-page paper in order to receive credit for the class.

**GOAL:** This is a Wellness Skill Building Course

This course provides current, accurate health self-care information to enhance skill building. As students focus on predictable health situations encountered in college, learn ways of building life skills and self-efficacy and thus make their college years healthier by making wiser choices.
REQUIRED:

1. Classes will be based on participation and discussion
2. Attend all classes – 5 point deduction per unexcused absence
3. Respect and confidentiality
4. Be prepared for each class and have fun!
5. Weekly self-assessment journal starting 9/28/15, one page typed – **DUE ON DAY OF CLASS**
   - Identify behavior
   - Identify where you are in the behavior change model
   - Goal setting for the behavior change
   - Obstacles you encountered
   - Success you encountered
6. Find a pertinent article, write a review and plan to discuss during topic week.
7. Choose a wellness activity based upon your area of interest and assist Health Education with promotion of outreach programs.
   Using your journals, include:
   - Where you started in the behavior change
   - How you implemented the new change
   - What difficulties did you run into?
   - Where did you end up?
10. Community Service – See Attached

**How to Choose a Behavior**
This class is focused on how to successfully achieve healthy behaviors. This semester you will either add or enhance a healthier behavior or choose to decrease or omit a behavior that concerns you.

**How it Works**
By 9/28/15 you will have chosen a behavior and identified your current stage of behavior change. Example: smoking–(pre-contemplation–my roommate wants me to quit).

- **Precontemplation:** not intending to quit–your behavior bothers others, not you
- **Contemplation:** you are evaluating the pros and cons of quitting but are ambivalent
- **Preparation:** making small steps i.e., decreasing one pack to ½ pack
- **Action:** ready, set go–quit date
- **Maintenance:** made the change for 2 days
- **Relapse:** return to prior behavior

Through the semester you will keep a weekly log, submitted weekly, to track your progress and lack of it. On 11/30/15 or 12/7/15 you will present to the class, including a written summary of your behavior change experience. Presentations are to be no longer than 5 minutes.

**POINT SYSTEM:**

**One Credit** = 100 points
25 points – Behavior change, weekly journals, final paper and presentation
15 points – Participation and discussion
10 points – Article, written review and oral presentation
50 points – Community Service Program: Develop & Implement a Health Promotion Program
**GRADING:**

The following scale will be used:

**One Credit=100 points:**

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<th>Score Range</th>
<th>Grade</th>
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<tr>
<td>95-100</td>
<td>A</td>
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<tr>
<td>86-89</td>
<td>A-</td>
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<tr>
<td>84-86</td>
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<td>80-83</td>
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<td>74-76</td>
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<td>70-73</td>
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<td>64-66</td>
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<tr>
<td>60-63</td>
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**WEEKLY BEHAVIOR CHANGE JOURNAL**

1. Identify behavior

2. Identify behavior goals (weekly.) Be specific – where you are, where you want to be.

3. Identify state of change – where you started:
   a. Where you are now
   b. Obstacles to change
   c. Successes

4. Re-evaluate your goal – what you could do that would help you. Is modification necessary?

**NOTE:** Weekly Journals are due on the day of class. If you do not have a printer, please email your assignment to Susan Ash and she will print it at Health Services.
CSV’s Community Service component requires you to participate in an event here on the URI campus. These events should be related to a campus health issue. Any community service performed off campus must be pre-approved by the instructor and the student must provide documentation of his/her attendance.

You will receive 1 point for each hour you spend participating in these events. The following is a list of events/activities that are available for your participation. Your involvement might be helping to set up, surveying students and/or engaging other students in activities.

COMMUNITY SERVICE OPPORTUNITIES

1. **Wednesday Wellness Clinics with Health Education***

   Memorial Union & Hope Commons

2. **Health Education Events**
   a) Tuesday, October 20, 2015 – Alcohol Screening – MU time?
   b) Rhody Outpost Food Pantry – go to uri.edu and click on calendar of events for information
   c)
   d)
   e)
   f)
   g)

3. **Workshops**

   Health-related workshops in dorms, sororities/fraternities, etc.

4. **Develop your own...**

*Please refer to URI Health Education’s Semester @ a Glance/Healthy Campus pamphlet for topics and location of the day.*