CSV 302-0007
Health and Behavior Change—What Every Body Needs
SPRING 2016

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

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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. 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.
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
<th>Assigned Reading</th>
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<tbody>
<tr>
<td>2/1/16</td>
<td>Introduction; Goals and Objectives Top 15 Issues of College Health</td>
<td>Susan Ash, Roger Jadosz, Sheila Mitchell</td>
<td>• Syllabus</td>
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<td></td>
<td>Stages of Change/Behavior</td>
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<td>• Think about behavior change</td>
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<tr>
<td>2/8/16</td>
<td>Selecting a Behavior How to Choose an Article Community Service &amp;</td>
<td>Susan Ash, Roger Jadosz, Sheila Mitchell</td>
<td>Assign subject from the top 15 for article.</td>
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<td>Social Media</td>
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<td>2/15/16</td>
<td>Time Management</td>
<td>Roger Jadosz</td>
<td>Behavior Change Due</td>
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<td>Draft of Community Service Project Due</td>
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<td>2/22/16</td>
<td>Body Image</td>
<td>Susan Ash</td>
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<td>2/29/16</td>
<td>Sleep</td>
<td>Sheila Mitchell</td>
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<td>3/7/16</td>
<td>Let’s Talk About Sex</td>
<td>Sheila Mitchell</td>
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<td>3/14/16</td>
<td>A Night to Remember</td>
<td>Roger Jadosz</td>
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<td>3/21/16</td>
<td><strong>SPRING BREAK – NO CLASS</strong></td>
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<td>3/28/16</td>
<td>Eating Well</td>
<td>Susan Ash</td>
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<tr>
<td>4/4/16</td>
<td>Physical Fitness/Staying Well</td>
<td>Susan Ash, Roger Jadosz</td>
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<td>4/11/16</td>
<td>Stress Management</td>
<td>Sheila Mitchell</td>
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<td>4/18/16</td>
<td>Presentations*</td>
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<td>4/25/16</td>
<td>Presentations*</td>
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<td>5/2/16</td>
<td>Make Up/Wrap Up</td>
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<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 2/15/16, 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. Final Presentation and 3 page paper. Explore your journey.
   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?
8. Community Involvement Program

BEHAVIOR CHANGE:

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 2/15/16 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 4/25/16 or 5/2/16 you will present to the class, including a written summary of your behavior change experience. Presentations are to be no longer than 5 minutes.
GRADING:

The following scale will be used:

**One Credit=100 points:**

95-100  A
86-89   A-
84-86   B+
80-83   B
76-79   B-
74-76   C+
70-73   C-
66-69   D+
64-66   D
60-63   D-
≤ 60    F

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 Involvement Program: assess, develop, plan and implement a Health Promotion Program
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.
COMMUNITY INVOLVEMENT PROGRAM

- Working with others or by yourself, choose a college health topic that you think would help other students.
- Assess how this topic affects college students.
- Develop and plan an interactive presentation that could be used for a Health Education program.
- Implement program.

COMMUNITY INVOLVEMENT OPPORTUNITIES

1. Wednesday Wellness Clinics with Health Education*

   Memorial Union & Hope Commons

2. Health Education Events
   a) Martin Luther King Week – Multicultural Student Services Center – Jan. 31-Feb. 6.
      For a list of events and to register go to: uri.edu/mssc
   b) Rhody Outpost Food Pantry – go to uri.edu and click on calendar of events for information
   c) March 16, 2016 – Beach Party – Memorial Union, Union Square 11:30 am-1:30 pm
   d) April 6, 2016 – Health & Wellness Fair, Memorial Union Booths 1, 2 & 3
   e) April 27, 2016 – Stress Relief Day on the Quad (if raining, MU, Union Square)

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.
To help you keep track of your participation, please use the following log:

Name _______________________________________________________

Activity _______________________________________________________

Date __________________________________________________________

Time __________________________________________________________

How did you participate? ________________________________________

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Evaluation ______________________________________________________

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