**UNIVERSITY OF PITTSBURGH**

**Department of Health and Physical Activity (Spring 2021)**

**HPA 1486: Behavioral Change Strategies**

**Instructor:** Carli Liguori, MS, RDN, LDN

**Office:** 32 Oak Hill Court, Pittsburgh, PA 15261

**Class Day:** Monday/Wednesday

**Class Location:** Web Based

**Class Time:** 10:00am-11:15pm and 1:15pm- 2:30pm

**Office Phone:** 412-383-4025

**Office Hours:** By appt.

**Email:** cal198@pitt.edu

**Supplemental Text (Not Required):**

1. Nigg, CR (2013). ACSM’s Behavioral Aspects of Physical Activity and Exercise. Philadelphia, PA: Lippincott Williams & Wilkins.
2. Sallis, JF & Neville, O (1999). Physical Activity and Behavioral Medicine. Thousand Oaks, CA: Sage Publications, Inc.

**Additional Assigned Readings:** Will be posted on Canvas

**General Course Description:** The purpose of this course is to provide the student with an overview of several behavioral theories which lay the framework for understanding the process of behavior change. This course will specifically focus on understanding physical activity and health behaviors and the types of interventions that are useful in the promotion of these behaviors. The student should then be able to apply this knowledge when providing physical activity and health recommendations or developing physical activity interventions. This course will teach students the importance of understanding behavior change theories and strategies in order to assist individuals in becoming more physically active and adopting healthy behaviors necessary for overall health and wellness.

This course will use a lecture based format, discussion, as well as several projects, in order to facilitate adoption of the material.

**Specific Course Objectives:**

1. To develop an understanding of behavior change strategies that can be used in order to promote physical activity and health.
2. To develop a general understanding of the various behavioral change theories.
3. To become aware of physical and mental benefits of physical activity.
4. To understand the variety of factors that influence physical activity and health habits.
5. To develop and apply the knowledge and skills necessary to assist an individual in adopting physical activity.
6. To develop and implement a physical activity or health intervention that is structured around behavioral concepts and strategies.

**GRADING POLICY**

**Exams:** There will be a midterm and a final in this course. Exams will use a variety of question types to assess your knowledge which includes: short answer, multiple choice, matching, true/false, completion, essay, etc. The final will not be cumulative but will rely on integrating material learned in the first half of the semester. The majority of questions will be taken from lecture but some questions may be drawn from class discussions, homework, and assigned readings.

**Projects:** There will be several class projects assigned to be completed outside of the classroom. If you are not in class when a project is given, it is still your responsibility to turn the project in on time. If a project is not turned in on time, you will receive a zero for that project. Projects **must be typed** unless otherwise notified.

**NOTE:** The point value of the exams and projects will be decided on by the instructor.

**Extra Credit:** There may be extra credit available via additional questions on the exams or projects that you will have the option of completing.

**GRADING SCALE**

Your grade will be determined by dividing your actual points by the total number of points attainable.

|  |  |  |
| --- | --- | --- |
| A | = | 90-100% |
| B+ | = | 87-89.9% |
| B | = | 80-86.9% |
| C+ | = | 77-79.9% |
| C | = | 70-76.9% |
| D+ | = | 67-69.9% |
| D | = | 60-66.9% |
| F | = | 0-59.9% |

**ATTENDANCE POLICY**

As the course will be a hybrid of synchronous and asynchronous instruction, attendance will not be monitored. It is, however, highly encouraged given the material being taught. Decisions regarding the final course grade for those “on the border” will be determined by examining class attendance record and participation. Students who miss a lecture are solely responsible for obtaining lecture notes and handouts, and are responsible for all missed assignments, announcements and/or course changes. It is **NOT** the responsibility of the instructor or the teaching assistants to relay any missed information or provide class notes unless arrangements have been made prior to the absence.

There will be no make-ups for missed quizzes, assignments, or exams unless **PRIOR** arrangements have been made with the instructor. If a student misses a class where a quiz or assignment is held and they miss due to a University-approved business or an illness will need to inform the instructor *in advance* by phone or email and subsequently provide written documentation verifying their absence.

Missed quizzes or assignments can only be made up if accompanied by written documentation justifying the absence. Decisions regarding the justification of the absence will be made by the instructor. Missed quizzes must be made up within one week at a time and date approved by the instructor. In rare cases where unexpected (emergency) circumstances arise, it is the student’s responsibility to notify the instructor immediately (i.e., within 48 hours) in order to ensure the possibility of a make-up quiz or project. Make-up quizzes may be different than the one given on the scheduled exam date.

**MISCELLANEOUS ISSUES**

Any student caught cheating (includes any form of academic dishonesty such as cheat sheets, copying answers, plagiarism, etc) will result in an automatic “F” in this course. Additionally, the student will be reported to the appropriate university officials, and it will go on file in the student’s academic record.

**Academic Integrity:** Students in this course will be expected to comply with the University of Pittsburgh's Policy on Academic Integrity. Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators.

**Disability Service:** If you have a disability that requires special testing accommodations or other classroom modifications, you need to notify both the instructor and Disability Resources and Services no later than the second week of the term. You may be asked to provide documentation of your disability to determine the appropriateness of accommodations. To notify Disability Resources and Services, call (412) 648-7890 (Voice or TTD) to schedule an appointment. The Disability Resources and Services office is located in 140 William Pitt Union on the Oakland campus.

**Statement on Classroom Recording**: To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student’s own private use.

**Department of Health and Physical Activity Grievance Procedure:**

If a student feels that they have been treated unfairly by the instructor with regard to their grade or other aspects of their course participation there are a series of steps that should be taken in an attempt to resolve this matter.  These include the following:

1. The student should first inform the instructor of the course of the issue in an attempt to resolve this matter.  If the course is taught by a Teaching Assistant, Graduate Student, or Part-Time instructor, their faculty supervisor should also be informed of this matter.   The student should bring this issue to the attention of the instructor in a timely matter and should maintain a record of interactions that occurred with the instructor regarding the matter in question.  The course instructor should take necessary steps to address the concern raised by the student in a timely matter and should maintain a record of the interactions that occurred with the student regarding this matter.
2. If, after reasonable attempts to resolve the matter, the matter is not resolved in a manner that is deemed to be acceptable to the student, the student retains the right to file a grievance.  This grievance is to be filed with the Department Chair in the form of a written document that can be submitted via email or campus mail.  This document should include the following:
	1. Student’s name
	2. Student contact information (email, address, telephone number)
	3. Information on the course for which the grievance applies (course title, course number, instructor name).
	4. A copy of the course syllabus that was provided to the student by the instructor
	5. Detailed description of the grievance and additional information the student feels is pertinent to this matter.

After receiving this information the Department Chair will inform the student if additional information is needed, as appropriate will discuss this matter with the student and the instructor, and will issue a decision in a timely manner.

1. If the student is not willing to accept the decision of the Department Chair, the student will be informed that they can request an additional review of this matter through the Office of the Dean of the School of Education.  If the student decides to pursue this, the student should contact the Associate Dean for Student Affairs & Certification in the School of Education at the University of Pittsburgh.

\*\*If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and Disability Resources and Services, 140 William Pitt Union, 412-648-7890 or 412-383-7355 (TTY) as early as possible in the term.  DRS will verify your disability and determine reasonable accommodations for this course\*\*

***Take Care of Yourself***

Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep, and taking time to relax. Despite what you might hear, using your time to take care of yourself will actually help you achieve your academic goals more than spending too much time studying. All of us benefit from support and guidance during times of struggle. There are many helpful resources available at Pitt. An important part of the college experience is learning how to ask for help. Take the time to learn about all that’s available and take advantage of it. Ask for support sooner rather than later – this always helps. If you or anyone you know experiences any academic stress, difficult life events, or difficult feelings like anxiety or depression, we strongly encourage you to seek support. Consider reaching out to a friend, faculty or family member you trust for assistance connecting to the support that can help.

The University Counseling Center is here for you: call 412-648-7930 and visit their website.

If you or someone you know is feeling suicidal, call someone immediately, day or night:

University Counseling Center (UCC): 412 648-7930

University Counseling Center Mental Health Crisis Response: 412-648-7930 x1

Resolve Crisis Network: 888-796-8226 (888-7-YOU-CAN)

If the situation is life threatening, call the Police:

On-campus: Pitt Police: 412-268-2121

Off-campus: 911

**COURSE SCHEDULE**

**The following course schedule is tentative and may change at the discretion of the instructor.** You are responsible for any changes made to the syllabus that are announced in class, even if you are not present in class.

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| --- | --- | --- |
| **DATE** | **TOPIC** | **SYNCHRONOUS CLASS** |
| JANUARY 19 | Introduction |  |
| JANUARY 21 | Physical Activity Determinants & Interventions  |  |
| JANUARY 26 | Physical Activity Determinants & Interventions  |  |
| JANUARY 28 | Behavioral Theories Part I  |  |
| FEBRUARY 2 | Behavioral Theories Part II  |  |
| FEBRUARY 4 | Behavioral Theories Part III | **X** |
| FEBRUARY 9 | Mindfulness  |  |
| FEBRUARY 11 | Motivational Interviewing I | **X** |
| FEBRUARY 16 | Motivational Interviewing II | **X** |
| FEBRUARY 18 | Motivational Interviewing III |  |
| FEBRUARY 23 | **Self Care Day; NO CLASS** |  |
| FEBRUARY 25 | Motivation |  |
| MARCH 2 | Incentive Campaigns  |  |
| MARCH 4 | **Mid-Term Examination; MI Project Due** |  |
| MARCH 9 | Incentive Campaigns – Group work | **X** |
| MARCH 11 | Goal Setting & Behavioral Contracting |  |
| MARCH 16 | Tracking and Monitoring Behaviors |  |
| MARCH 18 | Barriers to Physical Activity | **X** |
| MARCH 23 | Social Support |  |
| MARCH 25 | Project Presentations – Incentive Campaigns | **X** |
| MARCH 30 | Self-Efficacy & Self-Esteem  |  |
| APRIL 1 | Thoughts |  |
| APRIL 6 | Problem Solving & Behavior Chains |  |
| APRIL 8 | TBD |  |
| APRIL 13 | TBD |  |
| APRIL 15 | Project Presentations – Behavioral Lesson | **X** |
| APRIL 20 | Project Presentations – Behavioral Lesson | **X** |
| APRIL 22 | **Final Examination** |  |