

Registered students please go here for the most recent syllabus, readings and assignments:

<https://hserv.washington.edu/courses/course/view.php?id=207>

Sample Syllabus Summary:

The assignments and readings are from a previous Quarter. They will most likely change – use as an example ONLY.

**Extended MPH Degree Program
School of Public Health and Community Medicine
Dept. of Health Services
University of Washington**

**HSERV 577
HEALTH BEHAVIOR AND PREVENTIVE MEDICINE:
Rationale and Understanding Behavior**

**An Independent Study Course- 2 credits per module, for a total of 4 credits
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Health behavior is that field of investigation that focuses on understanding personal behaviors thought to be important to health (either health-hazardous or health-conductive).

This course focuses on: (1) psychosocial factors related to health, preventive health behavior, illness perception and behavior, emphasizing the decisional bases for actions ranging from personal living habits to seeking medical care and following professional recommendations; (2) theoretical foundations for prevention, emphasizing issues related to the delivery of preventive health care services; (3) interaction of consumers and providers in the delivery of health care services; and (4) processes in health and illness and strategies for changing inappropriate health-related behaviors.

Time period for completion and credit hours

Health Behavior and Preventive Medicine is offered each quarter during the academic year. This course is designed for independent study and while it does not require prior background in the social sciences or in preventive medicine, that background would be helpful. The course requires approximately 60 hours to complete readings, study questions, learning activities and assignments. While the course is designed to be completed in a single academic quarter, because of the time that it takes to submit the assignments and to receive feedback, students may choose to complete the course over two quarters.

<p>HSERV 577- Part 1 HEALTH BEHAVIOR AND PREVENTIVE MEDICINE:</p>
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Rationale and Understanding Behavior

By the end of this course, students should be able to:

- (1) Define the fundamental issues in health behavior and preventive medicine;
- (2) Critically appraise psychosocial, cultural, and socioeconomic approaches to health behavior
- (2) Apply psychosocial frameworks and concepts to health problem areas;
- (3) Recognize behavioral issues in health care management;
- (4) Formulate effective interventions designed to promote appropriate health practices;
- (5) Evaluate effective interventions designed to promote appropriate health practices.

HSERV 577 Part 2 HEALTH BEHAVIOR AND PREVENTIVE MEDICINE: Individual and Community Approaches

At the end of this course, the student should be able to:

- (1) describe fundamental issues in health behavior and preventive medicine;
- (2) apply psychosocial frameworks and concepts to health problem areas;
- (3) explain behavioral issues in health care management;
- (4) formulate an effective intervention designed to promote appropriate health practices
- (5) evaluate interventions directed to increasing appropriate health practices

Evaluation- Assessment of student coursework

Course evaluation will be based on the answers to study questions and written assignments. Each Part is broken down into two Modules.

Study questions are to be completed at the end of each unit.

Typical responses to questions vary from 1-2 paragraphs single spaced to 2 pages for some questions.

Assignments: There is one brief assignment for each module. When you submit the study question responses please also submit your completed assignment for each module for evaluation.

Peer interaction, instructor interaction - Since the students move at their own pace and are rarely completing course readings at the same time, the instructor offers detailed feedback to students that includes different perspectives that would be expressed in a class setting. The instructor would encourage students to email each other if there are two or more students working on the same modules at the same time. Students are encouraged to call or email the instructor with any questions regarding the assignments or study questions.