Human behavior flows from three main sources:  
Desire, emotion, and knowledge.  
~ Plato

<table>
<thead>
<tr>
<th>Instructor:</th>
<th>Lisa L. Rapalyea, Ph.D., AT Ret.</th>
<th>E-mail:</th>
<th><a href="mailto:llrapalyea@ucdavis.edu">llrapalyea@ucdavis.edu</a></th>
<th>Office Hours via Zoom</th>
<th>Mon 3:00 - 5:00pm or by appt</th>
</tr>
</thead>
<tbody>
<tr>
<td>TAs:</td>
<td>Farva Batool</td>
<td></td>
<td><a href="mailto:fbatool@ucdavis.edu">fbatool@ucdavis.edu</a></td>
<td>Thr 5:00 - 6:00pm or by appt</td>
<td>Tue 2:30 – 3:30pm or by appt</td>
</tr>
<tr>
<td></td>
<td>Giana Hamilton</td>
<td></td>
<td><a href="mailto:gihamilton@ucdavis.edu">gihamilton@ucdavis.edu</a></td>
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</tr>
</tbody>
</table>

**REQUIRED TEXT/MATERIALS**

Inclusive Access* Course Materials:


2) Connection to SmartBook / Connect for chapter/reading assignments (modules)

3) REEF app (iClicker).

* NOTE: Access codes for the course materials #1 and 2 are provided through the bookshelf on Canvas. Before opting out of Inclusive Access please check with the instructor first and read the email from the bookstore.

**Required to use regularly:**

1) McGraw-Hill Course SmartBook / Connect

2) Course website: canvas.ucdavis.edu

3) Zoom (via Canvas) for Synchronous course sessions

4) ucdavis e-mail account – class emails are directed to this account only

5) REEF app or browser - will be used in class every day for participation component. Computer/tablet/phone will be necessary to log in.

**WELCOME TO HDE-135: HEALTH BEHAVIORS!**

We hope you will find this course to be informative, engaging as well as personally applicable! Health-related behaviors as a field is not only an important area of research, but very much needed due to the explosion of products, businesses, interventions, even mobile devices designed to address and/or capitalize on various health-related behaviors. Understanding what promotes healthy behaviors and / or help resolve unhealthy behaviors has become a major field of research to find ways to reduce health care costs, decrease rates of illnesses (morbidity) and improve quality of life.

So, to help you get the most out of this course, both personally and academically, it is very important that you read this syllabus carefully and completely. To encourage this syllabus review, there will be a quiz on the syllabus as an assignment!

**Important expectations, policies, information, dates, deadlines and assignment information are provided.** Please note that the schedule is subject to change due to situations that may arise. If any changes need to be made, it will be announced as soon as possible in class, on the course website, and/or via class e-mail.

**It is your responsibility to check both the course website (Canvas) and your ucdavis e-mail account on a regular basis for any and all announcements.**

**COURSE DESCRIPTION**

Health Behaviors is designed to be an undergraduate college level course that uses a biopsychosocial approach to understanding topics and issues related to health behaviors across the lifespan. The biopsychosocial approach involves understanding the interactions of physiological (biological), psychological, and socio-cultural processes. Theoretical models and contextual influences will be explored to achieve a better understanding of who and how individuals engage in health promoting vs. risky health behaviors. Individual differences both intrinsic (e.g. gender, ethnicity) and extrinsic (e.g. policies, laws) will be examined regarding health-related behaviors, health outcomes, and health disparities among different demographic groups.
One goal of this course is to not only instill in you an empirically based academic knowledge of health behaviors (i.e. scientific literacy), but also to help you with practical knowledge that you can critically evaluate to your own health-related behaviors. Developing critical thinking skills is crucial in not only in assessment / evaluations of behaviors, but also in determining the accuracy and applicability of available information via various media sources (including internet).

**COURSE OBJECTIVES**

- To expand scientific knowledge of key theories/models, concepts and key terminology associated with health-related behaviors
- To identify human behavioral factors influencing morbidity, mortality, health outcomes and quality of life.
- To provide an opportunity to identify, examine, and understand the biopsychosocial influences on personal and others’ development of health-related behaviors.
- To understand how individual characteristics and cultural diversity relate to health-related behaviors, health outcomes, and health disparities or inequities.
- To develop critical thinking and achieve personal understanding via exploring personal health related experiences with information presented/learned from class materials.
- To develop skills in locating, accessing and critically evaluating information (e.g. academic research, popular materials, etc) regarding health-related behaviors.
- To provide a foundation for decision making within the context of health-related behaviors to safeguard personal health and safety, as well as interventions with others.
- To develop more focused writing skills on biopsychosocial issues related to health-related behaviors.

**SPECIAL ACCOMODATION NEEDS**:

- If you are a student who needs additional accommodations to facilitate learning, you **MUST MEET with the instructor within the first week of the course via Zoom (online) by appointment**. This policy also applies to:
  - **Students with Disabilities** - with accommodation requests verified by the campus Students with Disability Center (SDC). For SDC students, notification by the SDC will not guarantee your accommodations. You also **MUST MEET with the instructor (as stipulated in your accommodation letter)** to make arrangements to ensure the most optimal learning experience for you. Confidentiality and cooperation is assured.
  - **Student-Athletes**: This also applies to student-athletes that have competition conflicts with the course. You must provide a **completed and accurately filled out academic accommodation form as well as a copy of the athletic competition schedule to the instructor for consideration of accommodation requests** *(in the event restrictions are lifted for the current pandemic)*.

**COURSE FORMAT / POLICIES**

**LECTURES**

- Lectures for this course will be **synchronous**. This means that we will conduct lectures via zoom during our **scheduled class time**. **While we will record lectures**, access to these will only be given in certain circumstances upon discussion with Dr. Rapalyea. Lecture notes/outline will be posted for you so that you may follow along and **add additional notes** during lectures. These lecture notes / outlines are not comprehensive and should not be relied on if you miss class.
- Other materials such as additional readings, media clips, video, etc. will be posted at the discretion of Dr. Rapalyea. You are responsible for familiarizing yourself with any material posted in the course – meaning, **everything in the course site is fair game for exams**.

**COPYRIGHT POLICY**

All lectures and course materials, including PowerPoint presentations, tests, outlines, and similar materials, are protected by U.S. copyright law and by University policy. Dr. Rapalyea (and any possible guest lecturer) is the exclusive owner of the copyright of those materials created. You may take notes and make copies of course materials for your own use. You may also share those materials with another student who is enrolled in or auditing this course.

**You may not** reproduce, copy, distribute, or display (post/upload) lecture notes, recordings and/or other course materials in any other way — whether or not a fee is charged — without Dr. Rapalyea’s (or other authors) express prior written consent. **You also may not allow others to do so.** If you do so, you may be subject to student conduct proceedings under the UC Davis Code of Academic Conduct.

Please note that lecture notes / outlines and other possible materials are labeled with a statement forbidding sharing of the materials. Similarly, you own the copyright to your original papers and exam essays. If we are interested in posting your answers or other work on the course web site, we will ask for your written permission.
EXAMS AND ASSIGNMENTS – Note: revisions made due to UC decision to change summer session schedule to add another holiday after classes started.

1) Class Participation via REEF (an app or browser opened that records class participation by transmitting responses and student ID)

- Worth approximately **11.5% of course grade (75 course points)**. This is an easy course requirement to fulfill, however, poor participation / attention will negatively affect overall course grade.  

- **In-class polls / quizzes** will be given randomly to engage students, encourage keeping up with material, and to reflect about societal influences. This will be assessed by the use of the REEF app / Platform.

- **Each question asked is worth 1 raw score point, and quiz questions are worth an additional 1 or 2 raw score points if answered correctly.** The total raw score points will be converted to the participation course component grade (10%) at the end of the quarter. The total number of questions asked, and total raw score is random, so if total possible points during the quarter was about 120, and you earned 98, then:

  \[
  98 / 120 = 81.67\% \times 75 = 61.25 \text{ (participation grade) out of 75 possible.}
  \]

- You are expected to use REEF during all class meetings. Make sure your app is activated or browser opened for the entire span of the lecture.

- **If you have technical problems with your device, be sure to follow up with the instructor and/or TAs at the end of lecture only. Not the next day or later in the course / quarter. If quiz questions were asked, only partial points will be restored.**

- **Policy:** REEF will record participation via transmission of student ID and related answers to various assessments throughout the course. Individual student responses will be converted into combined participation points at the end of the course. You will be able to review your participation for lectures before final participation grade is calculated (to be further explained). The individual information/actual responses recorded are for academic use only and will not be accessible by anyone except the instructor. **Confidentiality is assured.**

2) **SmartBook Modules** (via McGraw-Hill Course Connect)

- This is a “mastery” assignment. Meaning that you can repeat the modules to improve your scores until you reach maximum points (100%) up to the due date / time. This is a relatively easy grade to earn. The last recorded highest score when the due date/time is reached will be recorded as your final result for the respective modules.

- Worth approximately **11.5% of course grade (75 course points)**. Some are customized modules to correspond to lecture topics. **Each module is worth variable raw score points depending on the assignment (minimum 10 points).** The raw score will be converted to the final course points. For example, if combined you get 139 points out of a possible raw score total of 150 then:

  \[
  139 / 150 = 92.7\% \times 75 = 69.53 \text{ (SmartBook grade) out of 75 possible.}
  \]

- The purpose of these modules is to help you learn the material and keep up with some of the readings. You may access them at any time during the course to aid in your studies and preparation for exams.

- **There will be no make-ups for modules if you miss a deadline unless you have extenuating circumstances that you discuss with the instructor. This will be reviewed on a case by case basis.**

- The modules will be released ~ 5 days before the assigned due date. The last day to submit answers will be by 11:59pm on the assigned due date (see Canvas lecture modules) unless modified by the instructor. The average across modules is ~ 60 minutes per chapter, but how long it actually takes will depend on how well you have prepared by reading the chapter beforehand and how well you understand the material.

- **Do not wait until the last minute to do the assignments.** If you encounter technical issues when doing assignments last minute, your score may be compromised. It is your responsibility to do the assignment in a timely manner and to make sure the correct score is recorded.

3) **Exercises / Discussion Boards**

- Worth approximately **17.3% of course grade (112.5 course points).**

- You will do several short exercises / assignments and/or discussion board sessions designed to supplement specific areas of the course as well as with the writing assignment. They will be posted when related topics are released for study ahead of lecture so you know what to expect.
4) **EXAMS**

- There will be **2 non-cumulative exams**, each covering ~ 1/5 of the course material. All materials presented / posted are relevant to the exams. These include: assigned readings (textbook and additional articles), lectures, discussions, videos, guest speakers, and in-class activities.

- Exams will all be conducted online through Canvas. These exams will be timed, and you will only be permitted to view one question at a time and will not be able to backtrack to a previous question. These parameters are in place to **encourage you to prepare well in advance** of the test. While we cannot proctor in person, our expectation is that you study well in order to accomplish the test in the required period of time. This is non-negotiable. For students with approved accommodations, we will work with you to ensure compliance.

- The exam component has a slightly lower value, but are not to be assumed to be “easy.” So take each seriously. Each exam is worth approximately 100 pts (**combined approximately 30.8% of course grade**). Check course schedule for scheduled dates.

- **NO MAKE UP EXAMS** except in the event of **extenuating circumstances that you discuss with the instructor.** **This will be reviewed on a case by case basis.**

- You must contact the instructor ASAP (preferably before) the exam in event of an emergency, otherwise you risk receiving zero points. If a make-up exam is approved, then the “make-up” exam must be done **within one week** of the original exam date by appointment.

5) **WRITTEN ASSIGNMENT**

- Worth 187.5 points (**approximately 28.8% of the course grade**), so of comparable value as two exams. Specific information on the written assignment will be given in a separate handout and will be discussed on the first day of class.

- **DUE by 5pm on July 16, 2021 (Friday)** – see course schedule. You will place your paper in the appropriate drop-box in Canvas.

- If there are extenuating circumstances, make sure you e-mail the instructor/reader **BEFORE** the due date to explain the situation and be prepared to provide **verified legitimate reasons to justify lateness of paper.** **DO NOT E-MAIL THE PAPER.**

- Paper must have proper English grammar and correct spelling. **Do not use short hand or text messaging (e.g. lol, ru4realz, etc) style in papers,** you will lose points if these are present…. And yes, this has happened thus this policy!

- **PRINT OUT A HARD COPY AND BACKUP THE ELECTRONIC FILE** of your paper.

6) **Extra Credit**

- Any extra credit assignment given is at the sole discretion of the instructor and is unlikely at this time for this online course due to some logistical issues. Extra credit may only be offered as an opportunity for the entire class - it is not an option given on an individual basis.

**GRADING EVALUATION**

- **NOTE: Do NOT use Canvas to calculate your grades!** If any questions, please review your grades with your professor.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Due Date</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>July 12, 2021</td>
<td>100.0 points (~15.4%)</td>
</tr>
<tr>
<td>Exam 2</td>
<td>July 28, 2021</td>
<td>100.0 points (~15.4%)</td>
</tr>
<tr>
<td>Paper</td>
<td>July 16, 2021</td>
<td>187.5 points (~28.8%)</td>
</tr>
<tr>
<td>Other Assignments</td>
<td>Variable due dates TBA</td>
<td>112.5 points (~17.3%)</td>
</tr>
<tr>
<td>SmartBook/Connect</td>
<td>See related topic modules</td>
<td>75.0 points (~11.5%)</td>
</tr>
<tr>
<td>REEF Participation</td>
<td>Each Lecture accumulates points</td>
<td>75.0 points (~11.5%)</td>
</tr>
<tr>
<td><strong>TOTAL COURSE POINTS:</strong></td>
<td></td>
<td><strong>650.0 points</strong></td>
</tr>
</tbody>
</table>

**Grading Scale:**

- A+ 98-100%
- B+ 87-89.9%
- C+ 77-79.9%
- D+ 67-69.9%
- F below 60%

- A 93-97.9%
- B 83-86.9%
- C 73-76.9%
- D 63-66.9%
- A- 90-92.9%
- B- 80-82.9%
- C- 70-72.9%
- D- 60-62.9%

**Grading Policy:**

- All grades earned on tests and assignments for this course are **non-negotiable.** To make sure you get the best possible grade on course assignments and/or exams, it is **your responsibility** to make sure you understand what is expected **BEFORE** the assignments are due and before taking the exams.

- **Exception** to non-negotiable grades: Errors in grading and / or score calculations (yes, we goof occasionally!). All requests for grade changes **must be made in writing** and include reasons for why any grade change is warranted. **You have 1 week from time of grade release to have possible grading errors re-evaluated.**
• **You are responsible** for reviewing all class materials and checking to make sure your grade is entered correctly on Canvas. Once grades are posted for any given exam, assignments, or paper, you have one week from the time we release grades to inform us of any mistake. Grade alterations will not be made after this point.

• **For Final Grades:** There will be no “rounding” of grades for any reason. Your percentage is calculated based on the **points you earn on the work you do.** Any possible grade adjustments (i.e. adjustment of an exam grade due to throwing out a question) are done with the actual assignment or exam it applies to. They are not adjustments applied to your overall grade.

• Therefore, wherever your grade falls within the grading scale outlined in this syllabus is the exact grade you will receive…yes, even if you are only .01 points away from the next highest grade. The teaching staff will **NOT** respond to e-mails asking for grades to be adjusted up or “bumped” up.

• **Grades are not curved for this course.**

**BEHAVIORAL EXPECTATIONS**

• Respect, Respect, Respect… Please respect your fellow students and the fact that some of the topics may elicit varying viewpoints.

• There are **NO** stupid or insignificant questions. We are all here to learn and that is accomplished by being able to comfortably ask questions.

• Readings should be done prior to class for optimal understanding and participation.

• **Personal Responsibility:** If you are unable to attend class, you are still responsible for all announcements made in class…check canvas announcements and modules … find a friend… Do not e-mail your instructor or your TAs to ask “what did I miss?” They will not respond.

**RECORDING OF LECTURES**

• **Podcasts of this class will not be done.**

• If you want to record lectures, you need the permission of the instructor first. All lectures are the intellectual property of the instructor and any guest speakers.

• Per copyright policy outlined earlier in this syllabus, any recordings done with the instructor’s permission may not be shared, sold, put on the internet, or otherwise distributed in any form. All permitted recordings must be deleted at the end of the course. Any unauthorized recording (audio/video/photos) and distribution of lectures in any form or on any platform will be referred to Student Judicial Affairs.

**ACADEMIC INTEGRITY - submit honest and original content / work on all assignments**

• No cheating on exams.

• No cheating on or plagiarizing of assignments.
  o Issues regarding plagiarism and how to avoid this will be provided. This is very important in developing good writing skills, so make every effort to understand this issue.

• Do not use phones to aid academic dishonesty.

• Do not attend class for another student or log into their Canvas, Zoom and/or REEF. Doing so will be a violation of academic integrity policies and referral to Student Judicial Affairs will be made.

• **Review SJA Policies provided by Student Judicial Affairs (sja.ucdavis.edu)**

• It is your responsibility to know and follow all course policies of the university. If it is discovered that academic dishonesty has occurred (see above bullet points in this section), immediate referral to Campus Student Judicial Affairs will be made for appropriate disciplinary action.

**E-MAILING INSTRUCTOR AND TA’S**

• This is an excellent way of contacting us. However, do not expect to receive a response immediately. You can expect a response within 48 hours of receipt of the e-mail. **If you don’t hear back within this time frame,** resend your message to bump it up.

• To reach the instructor or TAs more quickly, please **put HDE-135 in the subject line** followed by topic or question.

• **You must include (cc) the TAs** in all messages (unless highly sensitive) when sending a message to instructor(s).

• You must use your UCD e-mail address when sending us e-mails. This allows for easier identification of students in the class and for follow-up correspondence.
• Use proper e-mail etiquette and good communications skills. Be polite, clear, precise and use proper English grammar. Do not use short hand or text messaging style.

REGULARLY CHECK CANVAS AND UCD E-MAIL ACCOUNT

• Canvas will provide access to the class course website if you are enrolled or waitlisted in the class. You must access this website on a regular basis for announcements to be posted there, to access class materials and to review grades.

• A class e-mail list will be created from the class roster and the assigned UC Davis e-mail address. You need to check your UC Davis e-mail account (unless you set it up to forward to another e-mail address) for mail from the instructor and/or TA’s that will be used to communicate course related announcements, changes and updates. We will not be looking up or responding to non-UC Davis e-mail addresses for individual correspondence (if needed).

COURSE SCHEDULE  Note: revisions made due to UC decision to change summer session schedule to add another holiday after classes started.

NOTE: This course schedule may change if needed. Some topics are longer or shorter than others. The longer ones may run over into the following lectures, so be sure to stay up on the reading and chapter assignments to be prepared for lectures and exams.

Exam dates and paper due date will not change. Check Canvas course modules / pages for more specific information on topics.