

THE UNIVERSITY OF WEST GEORGIA

DEPARTMENT OF SOCIOLOGY

XIDS 2300 (SECTION E01). INTERDISCIPLINARY STUDIES/ SOCIAL BEHAVIOR
HEALTH

FALL 2020

Instructor: Aramide Kazeem, Ph.D.

Email address: Please email me through UWG's [CourseDen](#).

Office Phone: 678-839-3780

Office Hours: By appointment through Collaborate Ultra in CourseDen.

Office Location: 207 Pafford - Social Science Bldg. (Carrollton Campus).

Lecture/Class Meeting Times: 100% Online in CourseDen.

Lecture Format: Asynchronous (Recorded Lectures – Work at Own Pace)

Campus Meeting Place: Pafford - Social Science Bldg. (Carrollton Campus).

Class Meeting Place: 100% Online.

Semester Time Frame: FALL 2020, Wednesday, August 12 – Wednesday, November 25.

Course Overview: This course introduces students to how individual behavior and social factors influence health using multidisciplinary approach. It exposes students to how everyday behaviors shape health outcomes. It also introduces students to the range of approaches for changing people's behavior and the effective programs that are necessary for the promotion of good health and the prevention of diseases. Students will learn the social and behavioral theories that are used to create health promotion programs, and how the programs are implemented depending on the context under investigation. Students will become familiar with the strength and weakness of a given theoretical approach in a context and how to establish programs that are context-suitable and applicable.

Course Objectives: The course presents students with both the domestic and international health problems and how they are linked to individuals' behavior. It also exposes students to the theories from different disciplines guiding health-related behavior. It also introduces students to how the theories under evaluation are used in health promotion efforts.

Format: Online lecture recordings/videos, assigned readings, discussions, collaborative work in small groups, and exams.

Required E-Textbook: Essentials of Health Behavior. Social and Behavioral Theory in Public Health, Third Edition, by Mark Edberg. ISBN#: 9781284198911 (eBook version), and 9781284069341 is for hardcopy version.

Instructions for Purchasing the E-Textbook: 1) Visit <https://www.jblearning.com> 2) in the box that states “Keyword, Title, ISBN, Author, Book Code”, please type in this ISBN#: 9781284198911. 3) Click on the link that says, “Essentials of Health Behavior” 4) Next, click on “365 Day eBook” [the cost of the e-book is \$40.95], then add to cart. 5) Next, click on checkout. 6) If you do not already have an account, please create an account by clicking on create a new account under new user registration. 7) Once this step is complete, you should be able to login and purchase the e-textbook. 8) For a hardcopy of this text, you can also visit Amazon.com, eBay.com, or Chegg.com for option to either rent or buy used hardcopy version.

Course Requirements: This course is entirely an online course. Given, this, you are required to stay on top of your work each day. It needs your discipline in keeping up with the assigned readings and assignments. You are also encouraged to participate and take ownership of your learning, complete all assigned readings, assignments, course projects, and exams when they are due. I will be in touch regularly to remind you when course readings, exams, and other materials are due. Also please see the syllabus as well.

Technology: This course is 100% online. **To be successful in this course, you must be able to use the UWG’s CourseDen and be computer literate.** You must be able to properly upload your documents, take exams, submit assignments, and use reply and discussion boards efficiently in CourseDen through a computer.

CourseDen: This course uses CourseDen; it is the University of West Georgia’s online course management system. See CourseDen on a regularly for course updates and assignments. Your grades on all exams, assignments, and projects will also be posted on CourseDen.

Group Works/Tests/Exams: There will be two group assignments, a mid-term, and a final exam in this course. The two-group works will contribute 20% each, and the two exams will add 30% each to your final course grade. All assignments and exams will be submitted online through **CourseDen**, and they must reflect your knowledge of the course.

Late Submitted Works and Exams: Apart from unexpected situations, I will not accept late work. You are expected to meet all deadlines.

University of West Georgia Department of Sociology’s Principle on Academic Integrity: In this course, students are expected to abide by the department of sociology’s academic integrity principle. The department states that “the presence of academic dishonesty in particular frustrates the effort to create and sustain an academic culture and community that nurtures student growth and development.” It is also against any form of academic dishonesty as it states that “integrity [] should characterize communities both within academia and without [it], is corrupted by the threat of untruthfulness, deceit, and fraud.” In this course, we will all live up to the department’s principle on academic integrity. You must abide by the principles stated in the UWG’s Academic

Honor Code, which stands against cheating, plagiarism, and academic dishonesty and lack of integrity. For more information on this, see the UWG Student Handbook: https://www.westga.edu/administration/vpsa/ocs/assets/docs/2016_2017_UWG_Student_Planner.pdf.

Center for Academic Success: To succeed academically and enhance your learning, please visit the Center for Academic Success at <https://www.westga.edu/cas/>.

University Writing Center: For the university writing center, please visit the website at <https://www.westga.edu/writing/>.

University Counseling: Visit <https://www.westga.edu/UWGCares/> for more information and for online counselling information please visit <https://www.westga.edu/student-services/counseling/online-counseling.php>.

University of West Georgia's Disability Statement: UWG is committed to giving students with disabilities a quality education by providing access to campus resources and opportunities. If you have a disability-related need for reasonable academic adjustments in this course, contact the Accessibility Services Accommodations (ASA) at (678)839-6428 or by email at counseling@westga.edu . For further information regarding ASA, please visit the Accessibility Services Accommodations web site at <https://www.westga.edu/student-services/counseling/accessibility-services.php> . To accommodate any of your disability needs, I need a letter of accommodation from ASA.

Campus Emergencies: Information about campus emergencies and weather delays are announced on UWG website, www.westga.edu or enroll in Wolf Alert. Further campus emergency information can be obtained from UWG Police' website at <https://www.westga.edu/police/index.php>. To contact the university police dial (678)-839-6000, and for weather information call the Department of University Police Weather Line (678)-839-6200.

University Carry Policy: See <https://www.westga.edu/police/policies.php> for UWG's carry information.

Grading System:

<i>Grade</i>	<i>Quality</i>	<i>Percent</i>
A	Excellent	90-100
B	Good	80-89
C	Satisfactory	70-79
D	Passing	60-69
F	Failing	< 60 and below
WF	Withdrew, failing	
W	Withdrew, passing	
WM	Military withdrawal	

****Grading:** Rounding up of grades in exceptional circumstances such as 100% completion of course evaluation.

Course Schedule:

Note: All highlighted texts in yellow below are required readings.

Introduction: Links Between Health and Behavior Health Issues and Behavior

Edberg (2018). Chapters 1 & 2 (Week 1 & 2, Aug12-Aug 22)

Social-Behavioral Theory and Its Roots

Edberg (2018). Chapter 3 (Week 3, Aug 23-Aug 29)

Individual Health Behavior Theories

Edberg (2018). Chapter 4 (Week 4, Aug 30-Sep 5)

Group Work 1 Due (Week 4, Aug 30-Sep 5)

No classes Saturday, Sep 5

Social, Cultural, and Environmental Theories I

Edberg (2018). Chapter 5 (Week 5, Sept 6-Sep 12)

LABOR DAY (Sep 7 – No classes and Offices Closed)

Social, Cultural, and Environmental Theories II

Edberg (2018). Chapter 6 (Week 6, Sep 13-Sep 19)

Multilevel Theories

Edberg (2018). Chapter 7 (Week 7, Sep 20-Sep 26)

The New Frontier – Behavioral Epigenetics

Edberg (2018). Chapter 8 (Week 8, Sep 27-Oct 3)

MIDTERM EXAM (Week 8, Sep 27-Oct 3)

The Ecological Perspective and the Move from Theory to Practice

Edberg (2018). Chapter 9 (Week 9, Oct 4-Oct 10)

Last Day to Drop a Class (Week 9, Oct 5)

Communities and Populations as the Focus for Health Promotion Programs

Edberg (2018). Chapter 10 (Week 10, Oct 11-Oct 17)

Application of Theory: Schools and Worksites

Edberg (2018). Chapter 11 (Week 11, Oct 18-Oct 24)

Group Work 2 Due (Week 10 Oct 18-Oct 24)

Application of Theory: Communications Campaigns

Edberg (2018). Chapter 12 (Week 12, Oct 25-Oct 31)

Application of Theory: Global Health

Edberg (2108) Chapter 13 (Week 13, Nov 1-Nov 7)

Application of Theory: High Risk and Special Populations

Edberg (2018). Chapter 14 (Week 14, Nov 8-Nov 14)

Culture, Diversity, and Health Disparities: Are Current Theories Relevant?

Edberg (2018). Chapter 16 (Week 15, Nov 15-Nov 21)

Last Day of Classes (Week 16, Nov 25)

Course FINAL EXAM (Week 16, Nov 22-Nov 25)

University FINAL EXAM (Nov 30)