



Core Course: Principles of Health Behavior
CPHN 537 (SON, OHSU), H571 (OSU), PHE 512 (PSU)

Purpose: This overview course is designed to provide students with basic information concerning the interaction of biological, psychological, behavioral, sociocultural, and environmental processes that function in the promotion of health and prevention of disease. Theories developed to explain health and illness behaviors at the intrapersonal, interpersonal, and group/community levels are introduced and critiqued. Ethical considerations inherent to efforts designed to produce health-related behavior change are examined.

Credits: 3 credits

Competency	Related Components	Learning Activities	Competency Demonstrations	Program Learning Competency Reference
Communicate theoretical principles, constructs, and models used to understand and affect the behavioral aspects of health.	<ul style="list-style-type: none"> • Identify the multiple determinants of health. • Use key terms and concepts commonly used in modifying or researching health/illness behaviors. • Examine intrapersonal, interpersonal, community, and systems-based contributors to behavior. • Interpret applied behavioral research and discuss the strengths and limitations of behavioral theory in reducing risks to health. 	<ul style="list-style-type: none"> • Readings • Small group discussions/threaded discussions • Behavior Modification Exercise • Student class leadership employing one or more theoretical tools • Instructor presentations/demonstrations • Guest speaker presentations/demonstrations • Communication Dyad 	<ul style="list-style-type: none"> • Theory evaluation worksheets • Written exam assessing ability to communicate theoretical principles, constructs, and models 	#1, 4, 5

Competency	Related Components	Learning Activities	Competency Demonstrations	Program Learning Competency Reference
<p>Plan and assess interventions based on complexities of human behavior and behavior change theory.</p>	<ul style="list-style-type: none"> • Analyze ethical implications of applying individual versus population-based levels of analysis or intervention. • Assess the relative impact of theory-based interventions for individuals and populations. • Critique applied behavioral research. • Develop population-based interventions that integrate the ecological needs of diverse communities. 	<ul style="list-style-type: none"> • Readings • Small group discussions/threaded discussions • Behavior Modification Exercise • Student class leadership employing one or more theoretical tools • Instructor presentations/demonstrations • Guest speaker presentations/demonstrations 	<ul style="list-style-type: none"> • Critiques of intervention-based journal articles • Integrative project • Essay exam designing population-based theoretically-grounded interventions • Case study project 	<p>#1, 2, 5, 6, 7</p>