

PUB104 Introduction to Behavioural Health

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2021 Semester 1

Online

ONLINE 1

You can do this course without coming onto campus.

Please go to the USC website for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This introductory course will provide you with broad knowledge and skills needed to understand health behaviours and other health determinants. You will analyse, evaluate and communicate health information. You will explore and apply established behavioural health concepts and theories. You will analyse, generate and communicate knowledge, solutions and ideas related to health promoting factors, behaviours and evidence-based interventions that can influence health and wellbeing during a person's life.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
ONLINE 1			
Tutorial/Workshop – Scheduled Technology Enabled Learning and Teaching (TELT) Session	2hrs	Week 1	10 times
Independent Study/Research – Structured independent learning activities and materials	2hrs	Week 1	13 times

1.3. Course Topics

Behavioural health key concepts and definitions

Development and change of health behaviour

Theories and models of behaviour change

Social, environmental and behavioural risk and protective determinants (factors) influencing health across the lifespan

Psychology of health behaviours

Examples of health-related behaviours (i.e. physical activity, nutrition)

2. What level is this course?

100 Level (Introductory)

Engaging with discipline knowledge and skills at foundational level, broad application of knowledge and skills in familiar contexts and with support. Limited or no prerequisites. Normally, associated with the first full-time study year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Develop an understanding of key concepts, definitions and theories related to behavioural health.	Knowledgeable
2 Summarise and evaluate peer reviewed articles related to a health issue.	Empowered
3 Apply health behaviour theories and knowledge to analyse a health issue.	Empowered

5. Am I eligible to enrol in this course?

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

Not applicable

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

A practice quiz will be available in week 1 for students to complete prior to the first quiz in week 3.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Quiz/zes	Individual	20%	Variable	Refer to Format	Online Test (Quiz)
All	2	Report	Individual	40%	1600 words	Week 9	Online Assignment Submission with plagiarism check
All	3	Case Study	Individual	40%	1hr	Week 13	Online Assignment Submission

All - Assessment Task 1: Quizzes

GOAL:	To allow you to demonstrate and evaluate your knowledge acquisition and understanding of the key concepts, definitions and theories used in behavioural health.
PRODUCT:	Quiz/zes
FORMAT:	Submit: Weeks 3,5,7 & 11

CRITERIA:	No.	Learning Outcome assessed	
	1	Identification and application of terminology, knowledge, concepts and theories related to behavioural health	1
	2	Accuracy of your answers	1

All - Assessment Task 2: Summaries of scientific journal articles

GOAL:	To demonstrate your skills in identifying, selecting and summarising relevant bodies of knowledge, theory, and research.		
PRODUCT:	Report		
FORMAT:	Source at least two relevant and recent (published in the last six years) full-text original research articles on a health topic related to the case study or agreed upon with the tutor. You will evaluate and summarise the articles in a Word document. Based on the evidence available in the articles selected you must propose practice-oriented recommendations that will be of interest for clients and health professionals. The APA style of referencing must be used for this assessment.		
CRITERIA:	No.		Learning Outcome assessed
	1	Relevance of articles selected and synthesis capability	2
	2	Key findings and recommendations	2
	3	Syntax, grammar and referencing	2

All - Assessment Task 3: Case study analysis

GOAL:	To allow you to demonstrate your health behaviour knowledge through the analysis of a case study.		
PRODUCT:	Case Study		
FORMAT:	Case study analysis.		
CRITERIA:	No.		Learning Outcome assessed
	1	Accuracy of your answers	3
	2	Key ideas and concepts	3
	3	Syntax and grammar	3

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Directed study hours may vary by location. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Blackboard site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	PUBLISHER
Required	Jones, K and Creedy, D.	2012	Health and human behaviour: An introduction	Oxford University Press

8.2. Specific requirements

Students will be required to have access to a reliable Internet connection, a computer, a microphone headset and a webcam for Technology Enabled Learning and Teaching Activities.

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Blackboard, are electronically checked through SafeAssign. This software allows for text comparisons to be made between your submitted assessment item and all other work that SafeAssign has access to.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

*The final mark is in the percentage range 47% to 49.4%

*The course is graded using the Standard Grading scale

*You have not failed an assessment task in the course due to academic misconduct

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.

- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.

- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.5. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.6. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.7. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website: <http://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.8. General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au