PHTY2000

Behaviour Change for Health and Exercise

Session 3, Fully online/virtual 2021

Medicine, Health and Human Sciences Faculty level units

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Disclaimer

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Session 2 Learning and Teaching Update

The decision has been made to conduct study online for the remainder of Session 2 for all units WITHOUT mandatory on-campus learning activities. Exams for Session 2 will also be online where possible to do so.

This is due to the extension of the lockdown orders and to provide certainty around arrangements for the remainder of Session 2. We hope to return to campus beyond Session 2 as soon as it is safe and appropriate to do so.

Some classes/teaching activities cannot be moved online and must be taught on campus. You should already know if you are in one of these classes/teaching activities and your unit convenor will provide you with more information via iLearn. If you want to confirm, see the list of units with mandatory on-campus classes/teaching activities.

Visit the MQ COVID-19 information page for more detail.

General Information

Unit convenor and teaching staff
Unit Convenor, Lecturer and Tutor
Morwenna Kirwan
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Contact via Email
Email for an appointment

Director/Bachelor of Human Sciences
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Credit points
10

Prerequisites
((PSYC104 or PSYU1104 or PSYU1101) and (PSYC105 or PSYU1105 or PSYU1102)) or Admission to BClinSc

Corequisites

Co-badged status

Unit description
This unit introduces you to the key psychological theories underlying contemporary approaches to health behaviour change, in individuals and at the population level. In this unit you will develop skills in the design and evaluation of evidence-based health behaviour change interventions. Additionally, this unit will teach the foundational principles of motivational interviewing, an empirically-supported communication style that assists health professionals in conversing with individuals about lifestyle behaviour change. Learning activities will include interactive lectures, simulations, and observations. Through this unit you will gain essential research and communication skills to support your career in promoting health and behaviour change.

Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at https://www.mq.edu.au/study/calendar-of-dates

Learning Outcomes

On successful completion of this unit, you will be able to:

ULO1: Apply various theoretical models of health behaviour change to specific health issues

ULO2: Critically evaluate strategies to support health behaviour change initiatives

ULO3: Outline the common barriers and facilitators of lifestyle change and disease prevention

ULO4: Describe and demonstrate the key tasks, principles, skills and spirit of motivational interviewing

General Assessment Information

Information concerning Macquarie University's assessment policy is available at http://mq.edu.au/policy/docs/assessment/policy_2016.html. Grade descriptors and other information concerning grading requirements are contained in Schedule 1 of the Macquarie University Assessment Policy.

Further details for each assessment task will be available on iLearn.

Unless a student believes there is a clerical error in the calculation of an overall mark for an assessment task, or another error in accordance with the grade appeal policy, then there is no scope for negotiation of additional marks or re-marking of the assessment task.

All final grades are determined by a grading committee and are not the sole responsibility of the Unit Convenor.

Students will be awarded a final grade plus a Standardised Numerical Grade (SNG). The SNG is not necessarily a summation of the individual assessment components. The final grade and SNG that are awarded reflect the corresponding grade descriptor in the Grading Policy.

To pass this unit, students must demonstrate sufficient evidence of achievement of the learning outcomes, attempt all assessment tasks, meet any ungraded requirements including professionalism and achieve an SNG of 50 or better.

Student Professionalism

In the Faculty of Medicine, Health and Human Sciences, professionalism is a key capability embedded in all our courses. As part of developing professionalism, students are expected to engage in all of the content for the unit, which includes the weekly interactive online modules and tutorials. Students are also expected to submit all work by the due date.

Applications for assessment task extensions must be supported by appropriate evidence and submitted via www.ask.mq.edu.au. For further details please refer to the Special Consideration Policy available at https://students.mq.edu.au/study/my-study-program/special-consideration.

Late Submission

Late submissions will receive a 5% per day penalty including weekends and public holidays. If you submit the assessment task 10 days or more beyond the due date, without an approved extension, you will be awarded a maximum of 50% of the overall assessment marks.

Assessment Tasks

Name	Weighting	Hurdle	Due
Case study analysis	30%	No	Week 3
Health Consultation Simulation	40%	No	Week 4
Open book exam	30%	No	Date to be confirmed within examination period

Case study analysis

Assessment Type [1]: Case study/analysis
Indicative Time on Task [2]: 30 hours
Due: **Week 3**
Weighting: **30%**

You will apply various theoretical models of health behaviour change to real world cases, analyse scenarios, identifying barriers and facilitators to change, and critically evaluate strategies to improve health promotion initiatives.

On successful completion you will be able to:

- Apply various theoretical models of health behaviour change to specific health issues
- Critically evaluate strategies to support health behaviour change initiatives
- Outline the common barriers and facilitators of lifestyle change and disease prevention
- Describe and demonstrate the key tasks, principles, skills and spirit of motivational interviewing

Health Consultation Simulation

Assessment Type [1]: Simulation/role play
Indicative Time on Task [2]: 30 hours
Due: **Week 4**
Weighting: **40%**

You will produce a video recorded consultation with a client about changing their behaviour.

On successful completion you will be able to:

- Outline the common barriers and facilitators of lifestyle change and disease prevention

- Describe and demonstrate the key tasks, principles, skills and spirit of motivational interviewing

Open book exam

Assessment Type [1]: Examination
Indicative Time on Task [2]: 30 hours
Due: **Date to be confirmed within examination period**
Weighting: **30%**

End of session open book exam

On successful completion you will be able to:

- Apply various theoretical models of health behaviour change to specific health issues
- Critically evaluate strategies to support health behaviour change initiatives
- Outline the common barriers and facilitators of lifestyle change and disease prevention
- Describe and demonstrate the key tasks, principles, skills and spirit of motivational interviewing

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[1] If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- the Writing Centre for academic skills support.

[2] Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation

Delivery and Resources

Unit Organisation

This unit is run over a 5 week session. Each week the curriculum is delivered via interactive online modules, discussion forums and tutorials delivered via Zoom. Further information is available via the PHTY2000 iLearn site http://ilearn.mq.edu.au.

Teaching and Learning Strategy

The online modules provide foundational concepts, theories and approaches to promoting behaviour change in individuals and the wider population. Each online module includes videos, learning activities and formative knowledge checks to ensure an engaging learning experience. Discussion forum activities will be based on the content from the online modules. Tutorials will include group activities, case studies and problem solving scenarios. Motivational interviewing conversational skills will be developed via role-plays with peers in the tutorials.

Attendance

In the Faculty of Medicine, Health and Human Sciences professionalism is a key capability embedded in all our courses. As part of developing professionalism, students are expected to independently complete all online modules and fully participate in all tutorial sessions.

Online modules and dicussion forum activities will be delivered asynchronously and need to be completed prior to the tutorial. Tutorials are scheduled in your individual timetable. The timetable for classes can be found on the University web site at: http://www.timetables.mq.edu.au/. You may make a request to your tutor to attend a different tutorial on a one-off basis for extenuating circumstances. Please note that tutorials dates are subject to change and any changes will be communicated through iLearn.

Failure to complete the online modules and participate in discussion forums and all tutorials, may impact your final results. It is the responsibility of the student to contact their tutor by email to let them know they are going to be absent.

Textbooks & Readings

Essential

This unit does not have any textbooks that are essential for you to purchase.

Recommended

The following texts will be useful resources and are available online in the library. Recommendations about specific readings from these and other resources (such as research papers and books) will be listed on iLearn.

- Miller, W. R., & Rollnick, S. (2012). *Motivational interviewing: Helping people change. 3rd Edition*. Guilford Press: New York, USA
- Hagger, M., Cameron, L., Hamilton, K., Hankonen, N., & Lintunen, T. (Eds.). (2020). *The Handbook of Behavior Change* (Cambridge Handbooks in Psychology). Cambridge: Cambridge University Press. doi:10.1017/9781108677318

Unit Schedule

Online modules

Online modules will be made available every week. These modules should be completed prior to that week's tutorial.

Discussion forums

Discussion forum activities will be based on the online module content and should be completed prior to that week's tutorial.

Online tutorials

Tutorials will be conducted weekly. This schedule is subject to change. Any changes will be

communicated via iLearn.

Policies and Procedures

Macquarie University policies and procedures are accessible from Policy Central (https://policies.mq.edu.au). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- Academic Appeals Policy
- Academic Integrity Policy
- Academic Progression Policy
- Assessment Policy
- Fitness to Practice Procedure
- Grade Appeal Policy
- Complaint Management Procedure for Students and Members of the Public
- Special Consideration Policy

Students seeking more policy resources can visit Student Policies (https://students.mq.edu.au/support/study/policies). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

To find other policies relating to Teaching and Learning, visit Policy Central (https://policies.mq.edu.au) and use the search tool.

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: https://students.mq.edu.au/admin/other-resources/student-conduct

Results

Results published on platform other than eStudent, (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in eStudent. For more information visit ask.mq.edu.au or if you are a Global MBA student contact globalmba.support@mq.edu.au

Student Support

Macquarie University provides a range of support services for students. For details, visit http://students.mq.edu.au/support/

Learning Skills

Learning Skills (mq.edu.au/learningskills) provides academic writing resources and study strategies to help you improve your marks and take control of your study.

- Getting help with your assignment
- Workshops

- StudyWise
- Academic Integrity Module

The Library provides online and face to face support to help you find and use relevant information resources.

- Subject and Research Guides
- Ask a Librarian

Student Services and Support

Students with a disability are encouraged to contact the Disability Service who can provide appropriate help with any issues that arise during their studies.

Student Enquiries

For all student enquiries, visit Student Connect at ask.mq.edu.au

If you are a Global MBA student contact globalmba.support@mq.edu.au

IT Help

For help with University computer systems and technology, visit http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/.

When using the University's IT, you must adhere to the Acceptable Use of IT Resources Policy. The policy applies to all who connect to the MQ network including students.

Changes from Previous Offering

Assessment task 1 has been changed from a Personal Health Iniative Plan and Reflection to a Case Study Analysis.

A revised and improved rubric have been provided to support students in completing their AT2: Health Consultation Simulation.