DEPARTMENT OF REHABILITATION PSYCHOLOGY AND SPECIAL EDUCATION
University of Wisconsin-Madison
Fall 2017
194-660 Rehabilitation Counseling Psychology
Health Promotion for Persons with Disability and Chronic Illness

INSTRUCTOR
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TEACHING ASSISTANTS

COURSE GOAL
The goal of this online course is to study:

a) theory (health psychology, theories of health behavior and quality of life) and

b) practice (tools for assessing and tracking health behaviors and quality of life, public health initiatives to promote health and prevent secondary conditions, and practical models for healthy lifestyle interventions).

COURSE OBJECTIVES
This is an online course that intends to accomplish the following objectives:

1. to study health issues, health promotion and health practices that increase functioning and reduce secondary conditions due to disability and chronic illness.

2. to encourage dialogue across professional disciplines related to health and disability

COURSE WEBPAGE
Learn@UW logon to course homepage: https://learnuw.wisc.edu/

(REQUIRED READINGS for each week uploaded to Learn@UW)

COURSE OVERVIEW
The course is designed to be highly interactive in an online environment. The course activities will include assigned readings, PowerPoint presentations, interactive discussion and reflection, online quizzes, and a health promotion activity. Each student is responsible for a) keeping up with assigned readings, b) completing online quizzes on assigned dates and, c) participating actively and thoughtfully in online discussions.
ACCOMMODATIONS
Any students with limitations that might necessitate special accommodations in the curriculum, instruction, or assessment procedures should discuss their needs with Professor Lynch on the first or second day of class. She will attempt to modify as needed and facilitate participation while maintaining the integrity of course requirements and respecting the confidentiality of information shared.

COURSE REQUIREMENTS
Online discussions = Total of 60 points:
You will be expected to engage in at least six of the online discussions. Each discussion will be worth 10 points equaling a total of 60 points. More information will be provided specific to online discussion expectations. Students will be evaluated on integration of material from readings, insightful reflection, and quality of participation as a member of assigned group. See rubric for grading below.

Quizzes = Total of 80 points:
There will be four 20-point online quizzes. Details regarding the administration of the quizzes will be provided in a separate posting.

Health Promotion Project = Total of 60 points:
Students will complete and turn in the health promotion project in three parts. Due dates will be posted. See rubric for grading below.

EVALUATION
Online discussions 60 points
Quizzes 80 points
Health project 60 points
Total 200 points
A = 184-200 (92-100% of possible points)
AB = 170-183 (85-91% of possible points)
B = 156-168 (78-84% of possible points)
BC = 146-154 (73-77% of possible points)
C = 134-144 (67-72% of possible points)

SCHEDULE AND READING ASSIGNMENTS

WEEK 1 (week of January 16)
TOPICS:
* Introduce yourself to class in discussion page course content and requirements
* Overview of health promotion

ASSIGNMENTS:
* Readings
* Introduction discussion

**WEEK 2 (week of January 23)**
**TOPICS:**
* Health promotion
* Health and disability

**ASSIGNMENTS:**
* Readings about health promotion for people with disabilities
* PowerPoint lecture
* Discussion about health, health behavior, health promotion issues

**WEEK 3 (week of January 30)**
**TOPICS:**
* Health belief model
* Pender’s health promotion model
* Social cognitive model

**ASSIGNMENTS:**
* Readings about health belief model, Pender’s health promotion model, and Social Cognitive model
* PowerPoint lecture
* Discussion about health models

**WEEK 4 (week of February 6)**
**TOPICS:**
* Transtheoretical model
* Theory of planned behavior
* Models of health behavior change for persons with disabilities

**ASSIGNMENTS:**
* Readings about transtheoretical models and theory of planned behavior
* PowerPoint lecture
* Discussion about models
* Online quiz #1

**WEEK 5 (week of February 13)**
**TOPICS:**
* Self-efficacy and self-management in health promotion for disability and chronic illness

**ASSIGNMENTS:**
* Readings about self-efficacy and self-management
* PowerPoint lecture
* Discussion about self-efficacy and self-management
* **Part 1 of Health**
Promotion Project due Sunday February 19

WEEK 6 (week of February 20)
TOPICS
* Health Action Process Approach (HAPA) as a model to understand the discrepancies between intention and health behaviors

ASSIGNMENTS:
* Readings related to the HAPA model
* PowerPoint lecture
* Discussion

WEEK 7 (week of February 27)
TOPICS
* Assessment methodology and applications
* Assessment of health promotion outcomes
* Program Evaluation

ASSIGNMENTS:
* Readings about assessment methodology, applications and outcomes
* PowerPoint lecture
* Discussion
* Online quiz #2

WEEK 8 (week of March 6)
TOPICS:
* Health promotion applications in chronic illness and disability

ASSIGNMENTS:
* Readings
* PowerPoint lecture
* Discussion
* Part 2 of Health Promotion Project due Sunday March 12

WEEK 9 (week of March 13)
TOPICS:
* Health promotion with physical disabilities

ASSIGNMENTS:
* Readings
* PowerPoint lecture
* Discussion
SPRING BREAK (week of March 20)

WEEK 10 (week of March 27)
TOPICS:
* Health promotion with psychiatric disabilities

ASSIGNMENTS:
* Readings
* PowerPoint lecture
* Discussion

WEEK 11 (week of April 3)
TOPICS:
* Health promotion with persons with developmental disabilities

ASSIGNMENTS:
* Readings
* Discussion
* Part 3 of Health Promotion
* Online quiz #3

WEEK 12 (week of April 10)
TOPICS:
* Health promotion with persons with substance abuse issues

ASSIGNMENTS:
* Readings
* Discussion
* Part 3 of Health Promotion project due Sunday April 16

WEEK 13 (week of April 17)
TOPIC
* Health promotion related legislation and policies (ACA Promoting health through the Affordable Care Act + Healthy People 2000) Workplace wellness

ASSIGNMENTS:
* Readings
* PowerPoint lecture
* Discussion

WEEK 14 (week of April 24)
TOPICS:
* Advanced health information and communication technologies/telehealth
ASSIGNMENTS:
* Readings
* PowerPoint lecture
* Discussion

WEEK 15 (week of May 1)
TOPICS:
Course wrap up and evaluation

ASSIGNMENTS:
On-line quiz #4
Scoring Rubric for Discussions

Discussion #_______ Student name__________________________

Items: Weaker    Strength

a. Reflective comments with others (insight)  1  2  3  4  5
Comments:

b. Incorporation of content and materials from assigned readings  1  2  3  4  5
Comments:

Total Discussion Points _______ (possible 10)

Scoring Rubric for Health Promotion Project

(20 points per part x 3)

Part #__________ Student name__________________________

a. Completion of all elements of assignment  1  2  3  4  5
Comments:

b. Quality of writing (grammar, language, neatly presented)  1  2  3  4  5
Comments:

c. Application of content from professional literature  1  2  3  4  5
Comments:

d. Overall quality and depth of understanding of material  1  2  3  4  5
Comment

Total Project points per Part__________ (possible 20)