American University of Beirut  
Faculty of Health Sciences  
Department of Health Promotion and Community Health  
HPCH 310:  
SOCIAL AND BEHAVIORAL FOUNDATIONS OF PUBLIC HEALTH  
[3 credits]  
Course Syllabus Fall 2013-14

“We can’t solve problems by using the same kind of thinking we used when we created them.”  
Albert Einstein

Course instructors:
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Class time and venue:
Common lecture: Tuesdays 3:45-5:15pm in Bustani Auditorium, Van Dyck  
Section 1: application: Wednesdays 1:30-3:00 am in VD Room 332  
Section 2: application: Wednesdays 5:30-7:00 pm in VD Room 332

Course Description:
This course focuses on the social and behavioral influences on health. Students will learn how to challenge the assumptions used in defining, addressing and evaluating health issues. Students will be introduced to a selection of social science theories and how they guide contemporary public health practice and policy. The course also covers the effects of globalization and global environmental issues on health. Throughout the course, students use case studies, apply theory, learn analytical and critical thinking and discuss ethical issues in public health.

Learning outcomes for this course[LOs]
By the end of the course the students will be able to:
1. Distinguish a population perspective from an individual perspective.
2. Describe the ethical principles of public health.
3. Challenge the assumptions used in defining, addressing, and evaluating health issues.
4. Apply critical thinking to a health issue.
5. Describe the role of social and community determinants in both the onset and solution of public health problems.
6. Describe the interaction of the physical and social environment on health
7. Identify behavioral determinants contributing to health and illness.
8. Apply basic theories, concepts and models from social behavioral disciplines to public health practice.
9. Analyze influences of contemporary development approaches on health
10. Describe the merits and limitations of health behavior change interventions.
11. Explain the effects of globalization on health and the environment.
12. Apply problem solving skills to a health problem.

Introductory sessions at Jaffet Library and Saab Medical Library:
A hands-on session with Ms. Nabila Shehabeddine from Jaffet Library on university library resources will be held October 2 in Van Dyck Computer Lab [ground floor] during class time. All students are required to attend.

Another session with Saab Medical library on their resources will be arranged through the Research Design course. Students not taking that course may check with Saab Medical Library Librarian Ms. Aida Farha (email: aida.farha@aub.edu.lb), extension 5911 to arrange for small group or individual introductory sessions.

Course Requirements and Student Evaluation:
There are no pre-requisites for this course. Every session will constitute of a lecture and a relevant application session where the concepts in the lecture will be applied through interactive case studies and examples to help students link what they learn to real life. Students will be evaluated on attendance and participation as well as on written assignments and a quiz. Writing is an important skill that is needed in many of the courses of the Graduate Program as well as in the public health profession. We hope that this course will be a place to learn, practice or refine this skill. That is why we will use written assessments of students’ work.

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Participation</td>
<td>5%</td>
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<tr>
<td>Quiz</td>
<td>20% [LO 1,5,6]</td>
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</table>
| Essay 1 on public health
  determinants                     | 25% [LO 2,3,4,5,6,12] |
| Essay 2 on globalization         | 30% [LO 4,9,11] |
| Homework                         | 20% [LO 4,7,8,10] |

Instruction sheets and assessment rubrics for each assignment will be posted on Moodle. This course uses Moodle. Please log on to Moodle to be able to participate in this on-line course management system. This includes checking Moodle regularly for updates on class sessions.

- **Participation (5%)**: Active participation in class activities especially in the application sessions is necessary and important for learning and will be graded.
- **Quiz (20%)**: In this written exam, students are assessed on their understanding of Public Health, its disciplines and determinants, through answering questions from a case study in class.
- **Essay 1 (25%)**: In this assignment, students will be required to choose a topic from a list provided by the instructor. For this research paper, students are required to do a brief academic literature search for information and references to support their claims/arguments. Students write this assignment individually or in pairs. More detailed information will be provided on Moodle.
• **Essay 2 (30%)**: Students write one essay assignment in pairs if they have already written the individual short essay and vice versa with a partner of their choice about a topic from a list provided by the instructor.

• **Homework (20%)**: Students are assessed on their ability to apply critical thinking about public health interventions, through answering questions most of which are from a case study.

### Class Rules

All kinds of mobile phones and beepers must be turned off or put on silent and left in purses or bags during class. The use of laptops is permitted **only** to follow course material in class. Leaving the room to answer a mobile phone is not permitted. In the unlikely case of an emergency situation which necessitates the answering of a call, please inform the instructor.

To enhance the quality of the learning atmosphere, students will show respect for others’ opinions, show tolerance, and engage in active listening and participation in class activities.

### Academic Integrity

Education is demanding and time management is essential. Do not hesitate to use the resources available to you in the University [Libraries, Writing Center, Academic Computing]. Cheating and plagiarism will not be tolerated. It is the student’s responsibility to become familiar with the Student Code of Conduct [AUB Student Handbook or from AUB website [http://www.aub.edu.lb home page]. Read the definitions and penalties. If you are in doubt as to what constitutes plagiarism, ask your instructor. AUB has a strict anti-cheating and anti-plagiarism policy. **Penalties include: a zero on the assignment in question, which may lead to failing the course, suspension or expulsion from University and a record of the disciplinary action in the student’s file.**

### Attendance

The instructors will take attendance regularly. The Rules and Regulations of the University stipulate that students cannot miss more than 1/5 of the sessions in the first ten weeks of any one course as stipulated in the University Catalogue. Otherwise, he/she can be dropped from the course by the instructor without warning and will receive a grade of **W.**

### Useful resources

- The **Writing Center** in West Hall can provide valuable assistance on structuring and editing essays and other written assignments. The center’s number is ext 3157 and e-mail is **writing@aub.edu.lb**. Also visit their website for useful tips on essay writing: [http://staff.aub.edu.lb/~webwrite/](http://staff.aub.edu.lb/~webwrite/)
- The **Academic Core Processes & Systems (ACPS)** can provide guidance with respect to Moodle. The ACPS is located in Van Dyck East wing. For more details, check: [http://www.aub.edu.lb/it/acps/Pages/index.aspx](http://www.aub.edu.lb/it/acps/Pages/index.aspx)
- The **Student Handbook** is a valuable resource on rules and regulations for all students, including graduate students.
Soft copies of the assignments for the course must be uploaded to ‘Turn It In’ through Moodle for this course. The link will be provided in due time. This program helps instructors assess inappropriate referencing and possible plagiarism. The Academic Computing Center will provide a brief tutorial in class on this system. Assignments must be submitted through turnitin prior to submitting a hard copy to the instructor. The assignment must be submitted by one person if it is prepared by two.

A short workshop of three sessions on Essay Writing Skills and proper use of references will be held in VD Boustani Auditorium on September 10, 17, 24 from 7:00 to 8:30 pm. All students should attend for their benefit in developing their writing skills especially useful for the essay assignments.

Course Schedule

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<tr>
<th>Tuesdays 3:45-5:15 [VD Auditorium]</th>
<th>Wednesdays 1:30-3; 5:30-7:00 [VD 332]</th>
<th>Instructor</th>
<th>LO</th>
<th>Due date</th>
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<tr>
<td>Sept 4: Introduction + Public health &amp; its disciplines.</td>
<td>Sept 11: Applic. PH Disciplines</td>
<td>JM+RN</td>
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<td>Sept 10: PH Disciplines &amp; Dets.</td>
<td>Sept 18: Applic. PH Ethics</td>
<td>RN</td>
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<td>Sept 24: Critical Thinking in PH</td>
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<td>JM</td>
<td>2,3,4,5</td>
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<td>Oct 1: Quiz</td>
<td>Oct 2: Library session [VD computer lab],[2-3:45-4:45pm]</td>
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<td>Quiz</td>
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Oct 15: Al Adha Holiday Oct 16: Al Adha Holiday

| Oct 29: Theories of Disease Causation | Oct 30: Applic. Theories of DC | JM | 3,4,5 | |
| Nov 5: Explanatory Models of Health Disease and Illness | Nov 6: App EMs | JM | 1,2,8 | |
| Nov 12: Development Theories | Nov 13: App. Dev’t theories | JM | 7,10 | |
| Nov 19: PH interventions | Nov 20: PH interventions | R. Afifi | 5,10,12 | |
| Nov 26: Globalization and health I | Nov 27: Applic. Glob. and H. | JM | 3,4,8,9 | HW due Nov 29 |
| Dec 3: Globalization and Health II | Dec 4: Application Glob. & H. | JM | 3,4,6,9,11 | |
| Dec 10: FILM | | RN | 3,4,9 | Essay 2* |

*Due Dec 12-13.
Course List of Readings: Reading pack available at AUB Bookstore. Relevant readings should be completed prior to the class session in which they will be used or referred to. The teaching/learning process is a contract between students and instructor. One of the requirements of this contract is that BOTH parties must be prepared for class. Part of students’ preparation is completing the assigned readings.

Public Health

Public Health Ethics

Recommended Extra reading:

Behavior and health

Critical thinking

Social determinants of health


Explanatory Models of Health, Disease and Illness
Theories of Disease Causation


Public Health interventions


Development theories:

Globalization and Health [I]

Globalization and Health [II]