

TEACHING POSITION AVAILABLE – 26/27
HLTH 315* - Theory and Practice of Health Behaviour Change
Existing vacancy
School of Kinesiology and Health Studies
Queen's University, Kingston, ON CAN K7L 3N6

The School of Kinesiology and Health Studies at Queen's University invites applications from suitably qualified candidates interested in teaching a course in Theory and Practice of Health Behaviour Change (HLTH 315*). This is an in-person teaching, introductory course with an expected enrolment of 170 students. Candidates should have a M.A., M.Sc. or Ph.D, and teaching experience at the university level in Health Studies or a related discipline. This is a fall term appointment for the period September 1, 2026, to December 31st, 2026, with classes in session from September 8th, 2026, to December 8th, 2026.

The University invites applications from all qualified individuals. Queen's is strongly committed to employment equity, diversity and inclusion in the workplace and encourages applications from Black, racialized/visible minority and Indigenous people, women, persons with disabilities, and 2SLGBTQ+ persons. All qualified candidates are encouraged to apply; however, in accordance with Canadian immigration requirements, Canadian citizens and permanent residents of Canada will be given priority. Please indicate in your application if you have a valid legal work status in Canada. Applications from all qualified candidates will be considered in the applicant pool. In order to support your employment at Queen's, we require you to indicate whether or not you will need a work permit.

The University will provide support in its recruitment processes to applicants with disabilities, including accommodation that takes into account an applicant's accessibility needs. If you require accommodation during this process, please contact: Michelle Shorey, Department Manager at skhs.manager@queensu.ca or 613-533-6000 ext. 74685.

The academic staff at Queen's University are governed by the *Collective Agreement* between the Queen's University Faculty Association (QUFA) and the University, which is posted at [Collective Agreements/LoU's/MoA's](#).

The stipend for this position will be between \$9,500 and \$13,500. Actual salary will be commensurate with years of teaching experience and course weight, as per the Queen's-QUFA Collective Agreement.

Applications should include:

1. An expression of interest (1-2 pages max) that outlines the candidate's vision for the course including a list of possible topics and assessment strategies;
2. A complete and current curriculum vitae;
3. Names and contact information for two (2) referees, and;
4. Any other relevant materials the candidate wishes to submit for consideration such as a teaching dossier, etc.

Please arrange to have applications and supporting letters sent directly to skhs.manager@queensu.ca, to the attention of:

Dr. Samantha King, Director
School of Kinesiology and Health Studies
Queen's University
Kingston Ontario Canada K7L 3N6

Applications will be received until June 5th, 2026. Review of applications will commence shortly thereafter, and the final appointment is subject to budgetary approval. Additional information about the School of Kinesiology and Health Studies can be found at <https://skhs.queensu.ca/>.

Course Description:

HLTH 315* Theory and Practice of Health Behaviour Change / Units: 3.00

This course provides an overview of models and theories of health behaviour change at varying levels of practice and analysis, including individual, intrapersonal, group, and community influences on health behaviour. Students will learn how theories are applied in health promotion interventions in a variety of settings, with a variety of populations, and for a variety of health behaviours.

Learning Hours: 120 (36 Lecture, 84 Private Study)

Prerequisite: Level 3 or above and registration in a HLTH Plan, KINE Specialization, or the DIPA Certificate.

Course Learning Outcomes:

1. Identify various theories used to promote healthy lifestyles among individuals.
2. Recognize the process of evidence-based, health promotion practice.
3. Link behaviour change techniques with behaviour change theories.
4. Integrate behaviour change techniques and behaviour change theories into evidence-based health promotion practice.
5. Analyze the effectiveness of health behaviour change theories used in various lifestyle interventions.
6. Critically evaluate scientific literature relevant to health behaviour change in order to integrate evidence into health behaviour change practice.
7. Critically evaluate scientific literature relevant to equity deserving groups in order to adapt health behaviour change interventions to reflect responsible conduct of professional practice.

Posted: May 19th, 2026