

<p>Course Name: HLTH 315/3.0</p> <p>Theory and Practice of Health Behaviour Change</p>	<p>Course Instructor: Dr. Amy Latimer-Cheung</p>	<p>Contact Hours: Fall 2020 - Online</p> <hr/> <p>Prerequisite: PSYC 100/6.0 and (3.0 units of HLTH 205/3.0 or KNPE 265/3.0) Level 3 or above in a HLTH, KINE or PHED, or, the certificate of Disability and Physical Activity (DIPA).</p> <hr/> <p>Exclusion: NONE</p>														
<p>Course Description:</p> <p>For real health behaviour change to happen, we must intervene at multiple levels. This course specifically focuses on the central element for change – the individual. You will learn about the theories and the complimentary behaviour change techniques that have been developed to help change people’s unhealthy behaviours and encourage healthy choices. You will have the opportunity to read about and discuss the latest health behaviour change research and then apply this information to real-life situations.</p>		<p>Course Texts:</p> <ul style="list-style-type: none"> • Course notes will be posted on OnQ 														
<p>Intended Student Learning Outcomes:</p> <p>Ideas</p> <ul style="list-style-type: none"> • To become familiar with various theories used to promote healthy lifestyles among individuals • To appreciate the process of evidence-based, health promotion practice <p>Connections</p> <ul style="list-style-type: none"> • To link behaviour change techniques with behaviour change theories • To integrate behaviour change techniques and behaviour change theories into evidence-based health promotion practice <p>Extensions</p> <ul style="list-style-type: none"> • To analyze the effectiveness of health behaviour change theories used in various lifestyle interventions • To critically evaluate scientific literature relevant to health behaviour change in order to integrate evidence into health behaviour change practice • To critically evaluate scientific literature relevant to special populations in order to adapt health behaviour change interventions to reflect responsible 		<p>Course Evaluation:</p> <table border="0"> <tr> <td>Theory Reference Guide Assignment</td> <td>10%</td> </tr> <tr> <td>Online Activities</td> <td>5%</td> </tr> <tr> <td>Fact Sheet</td> <td>10%</td> </tr> <tr> <td>Pitch Presentation</td> <td>10%</td> </tr> <tr> <td>Discussion Post Responses</td> <td>10%</td> </tr> <tr> <td>Case Study</td> <td>15%</td> </tr> <tr> <td>Detailed Program Plan</td> <td>40%</td> </tr> </table>	Theory Reference Guide Assignment	10%	Online Activities	5%	Fact Sheet	10%	Pitch Presentation	10%	Discussion Post Responses	10%	Case Study	15%	Detailed Program Plan	40%
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conduct of professional practice	
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Course Outline

What is health behaviour	Distracted driving
Evidence-based practice in health promotion	Sexual health promotion
Importance of theory/Theory of planned behaviour	Changing eating behaviours
Self-regulation perspective	Changing movement behaviours, physical activity
Health Belief Model	Changing movement behaviours, Sedentary, sleep
Introduction to behavior change techniques	Considerations for changing multiple health behaviours – obesity prevention
Critical perspectives on theory	Considerations for maintaining health behavior change
Tobacco, alcohol and substance abuse	