

<p>Course Name: HLTH 315/3.0</p> <p>Theory and Practice of Health Behaviour Change</p>	<p>Course Instructor:</p> <p>El Zahraa Majed</p>	<p>Contact Hours:</p> <p>Lectures: 1 x 1.5 hrs/wk / 12 weeks</p>																			
		<p>Prerequisite:</p> <p>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 or KINE Plan or the certificate of Disability and Physical Activity (DIPA).</p>																			
		<p>Exclusion:</p> <p>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> <p>Course notes will be posted on OnQ</p> <p>There is no required textbook to purchase for this course. However, some of the readings will be assigned from: Glanz, K., Rimer, B. K., Viswanath, K. (Eds.). (2008). Health behavior and health education: Theory, research, and practice. San Francisco, CA: Jossey-Bass. This book is available for reference through the Queen's Library website at no cost. Chapter pdfs will be posted on onQ.</p>																			
<p>Learning Outcomes:</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 • To link behaviour change techniques with behaviour change theories • To integrate behaviour change techniques and behaviour change theories into evidence-based health promotion practice • 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 to adapt health 	<p>Course Evaluation:</p> <table border="0"> <tr> <td>Evidence-based practice case</td> <td>5%</td> </tr> <tr> <td>Behavioural change technique activity</td> <td>5%</td> </tr> <tr> <td>Case Study</td> <td></td> </tr> <tr> <td>Fact sheet</td> <td>15%</td> </tr> <tr> <td>Pitch presentation</td> <td>10%</td> </tr> <tr> <td>Individual Health Behaviour Change Program Plan</td> <td></td> </tr> <tr> <td>Part 1 – Case Study Description</td> <td>10%</td> </tr> <tr> <td>Part 2 – Detailed Program Plan</td> <td>25%</td> </tr> <tr> <td>Unit Test 1</td> <td>15%</td> </tr> <tr> <td>Unit Test 2</td> <td>15%</td> </tr> </table>	Evidence-based practice case	5%	Behavioural change technique activity	5%	Case Study		Fact sheet	15%	Pitch presentation	10%	Individual Health Behaviour Change Program Plan		Part 1 – Case Study Description	10%	Part 2 – Detailed Program Plan	25%	Unit Test 1	15%	Unit Test 2	15%
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behaviour change interventions to reflect responsible conduct of professional practice	
Course Outline	
Course Introduction & Evidence-Based Health Promotion Practice	Ecological models of change Pitch presentation applied activity
Review of Social Ecological model	Multiple Health Behaviour Change
Evidence-Based Health Promotion Practice & Theory	Frameworks of behaviour change, Case Studies
Systematic Reviews	Health Behaviour Change Program Plan
Theory, Research, and Practice	Health Behaviour change: Eating behaviours
Introduction to Self-regulation	HBC case studies & specific populations
Social Cognitive Theory (SCT)	Health Behaviour change: distracted driving
Theory of Planned Behaviour (TPB)	Health Behaviour change: smoking
Self-Determination Theory (SDT)	HBC case studies & specific populations
Transtheoretical Model (TTM)	HBC among immigrant communities
Behaviour Change Techniques	HBC among Indigenous communities
Health Education: Health Messaging	Changing movement behaviour & specific populations
Message framing, Message tailoring	Changing health behaviours – PA Populations with Chronic Disease and Disability
Health Education: Understanding the context Social marketing & branding	Changing movement behaviour & 24-hr movement guidelines
Intro to Health Behaviour counselling	

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