



School of Health & Exercise Sciences

HES 322: Physical Activity & Health Promotion

Fall 2023

3 Credits

We respectfully acknowledge that the land on which this course is taught is the unceded, ancestral, unsurrendered land of the Syilx Nation.

Instructor: Alex Santos (he/him)
Office: ART 127
E-mail: alex.santos@ubc.ca
Office Hours: Fridays 11am-2pm

TA: Alanna Shwed (she/her)
E-mail: alanna.shwed@ubc.ca
Office Hours: By Appointment (please e-mail to book)

Lecture Time & Location

Time: Wednesdays & Fridays 9:30am-11am

Location: ART 114

Academic Calendar Course Description

Design and implementation of health promotion strategies in a variety of arenas, particularly health promotion/education strategies aimed at encouraging physical activity. Formerly offered as HMKN 322. Credit will be granted for only one of HES 322 or HMKN 322.

Pre-requisites: One of HMKN 100, HES 100 and one of HEAL 200, HES 130 and one of HMKN 201, HES 131.

Methods of Delivery

In lectures, we will use a variety of learning methods, including lectures, group discussions, case studies, the use of e-learning tools, and critical reflections. Experiential learning via participation in THRIVE month will also help students learn. Asynchronous materials will help students solidify lecture information and provide opportunities to practice.

Required Text

There is no required textbook for this course. Any supplementary readings and materials will be made available on Canvas.



Learning Outcomes

After completing this course, successful students will be able to:

1. Understand and explain basic concepts and theories related to physical activity and health promotion across the lifespan, and health promotion practice skills.
2. Apply a variety of health promotion techniques and skills to real-life situations such as THRIVE month.
3. Reflect on and relate the above-mentioned techniques and strategies to potential uses in personal and professional contexts.

Evaluation Criteria and Grading

Asynchronous Videos and Practice Problems	30%
TCPS-2 Certification	10%
Assignment: THRIVE Reflection Podcast.....	35%
Final exam	25%

Asynchronous Videos and Practice Problems

The purpose of these videos and problems is to evaluate Learning Outcome 1. Throughout the semester, a total of 10 videos accompanied by practice questions will be posted on Canvas by the end of Friday each week (please see timeline provided below). The purpose of the videos and questions is to review content covered in the previous week and provide students with the opportunity to practice critical thinking questions related to the course content. Each video will be approximately 15-30 minutes in length. After watching the video, students will have the opportunity to submit an answer to the practice question at the end of the video. Submitting a correct answer will be worth 3% of the student's final grade. The videos and questions will be available from Fridays until the **beginning of class on Wednesdays the following week**. Videos will be made available again as studying resources when the midterm and final exam dates approach. More information about asynchronous content and procedures will be given in class.

TCPS-2 Certification

This year, HES 322 students will act as ambassadors for THRIVE month and actively play a role in the promotion of health on campus. To accomplish this, students will need to complete a course on research ethics and attain a TCPS-2 certificate. Completion of this certificate will allow students to assist in data collection processes in a real-world research project. This certificate will also be helpful in students' future research endeavours beyond this course.



Assignment: THRIVE Reflection Podcast

The purpose of this assignment is to evaluate Learning Outcomes 1, 2 and 3. More information and preparation for THRIVE month events will be provided in lecture. After THRIVE month, students will need to create a 20- to 25-minute podcast reflecting on their involvement and tie in their experiences with content learned from this course. Students are encouraged to be creative and have fun with this assignment while still covering some of the core components of this course. Students will need to complete this assignment in groups (4-5 per group). Please make sure every group member's name is mentioned at the beginning of the podcast.

Further details on what to include in your podcast, available tools and resources, and a rubric will be provided to students via Canvas.

Final Exam

The purpose of this written final exam is to evaluate Course Objectives 1, 2 and 3. The written final exam will be completed in-person at a date during the specified final exam period (**December 10th-21st**). Students will have the duration of the period to complete this exam. The final exam is cumulative, meaning all material covered during the course will be included. More information about the final exam will be provided in class.

Class Policies

Attendance

Lecture attendance is highly recommended as material discussed in class will be the substance of assignments and exams. Students who attend lectures achieve higher grades. Class participation is encouraged and has also been found to lead to higher grades. The lecture slides and other resources will be available on Canvas, but it is impossible to duplicate the discussions, activities, challenges and interactions that take place in the classroom.

If you are sick but still attending, please wear a mask to lecture. If you cannot attend or are unsure, please email your professor for guidance on how to catch up.

Late Policy

It is expected that review questions are submitted by the posted due date. These reviews are meant to bolster learning through repetition and will assist in participation during the following week's activities. In cases where assignments are late, 10% of the



eligible grade will be deducted **per day**. Assignments will not be accepted for marking more than five (5) days past the due date.

There are certain extenuating circumstances that will allow for further extension of an assignment due date. These are: health concerns, family emergency, travel for team sports. This does **NOT** apply for the group assignment (your group members are counting on you)! Please note that the instructor will not make accommodations for work schedule or other extracurricular activities. Please reach out to your instructor **BEFORE** the upcoming assignment due date and the instructor will determine eligibility for further extension on a case-by-case basis. The instructor may require that you submit written confirmation depending on the circumstances.

Final grades are not negotiable; this syllabus is the contract you agree to by registering for this course. No extra or additional assignments will be permitted to increase a student's grade at the end of the term. All students will be treated equally. Grade appeals are subject to university policies.

Missed Exam Policy

The final exam period for Fall 2023 semester is from **December 10th-21st**. If you need to miss the final exam for an extenuating circumstance, you must contact your instructor immediately (**BEFORE** the exam start) and apply for an out-of-time exam through the department and provide valid documentation of the reason for the missed final exam.

The Use of Artificial Intelligence

Using artificial intelligence (AI), including ChatGPT and other similar tools, for the completion of assignments for this course is prohibited as it diminishes students' intellectual processes for problem solving and synthesizing their own ideas and thoughts. Use of AI for the completion of course assignments will be considered academic misconduct and is subject to disciplinary action.

Safety & Respect in the Classroom and Beyond

UBCO students have the right to work, learn and socialize in a supportive, safe and healthy environment. The university is committed to developing a sense of community that is dedicated to creating a working and learning environment of the highest quality – one which is characterized by mutual respect, consideration, social and moral development of its members; and is free from harassment, discrimination and any form of disruptive behaviour or violence.

The university understands and recognizes that students have responsibilities related to appropriate student conduct. Students are responsible for reviewing relevant guidelines and policies.



Any student that demonstrates inappropriate behaviour; reckless behaviour that endangers themselves or others; or damages equipment will be asked to leave the class and, according to university policies, may be subject to further sanctions.

Please demonstrate professionalism and respect to the professor and other students, both in-person and virtually (i.e., e-mails). The professor of this course will ensure all possible steps are taken to guarantee a learning environment that is inclusive and equitable for all.



Tentative Course Timeline

Date	Topic	Assignment
Wednesday, Sep 6	Welcome to Physical Activity & Health Promotion!	
Friday, Sep 8	Canadian & Global Statistics	
Wednesday, Sep 13	Health Promotion & the Individual	Review Video 1 Due
Friday, Sep 15	Health Promotion & the Family	
Wednesday, Sep 20	Health Promotion & the Community	Review Video 2 Due
Friday, Sep 22	Health Promotion & Policy	
Wednesday, Sep 27	THRIVE Introduction	Review Video 3 Due
Friday, Sep 29	Physical Activity Program Planning	
Wednesday, Oct 4	Health Promotion Program Planning	Review Video 4 Due
Friday, Oct 6	THRIVE Follow-Up	
Wednesday, Oct 11	THRIVE Follow-Up	Review Video 5 Due TCPS-2 Certificate Due
Friday, Oct 13	Introduction to Physical Activity & Health Promotion Across the Lifespan	
Wednesday, Oct 18	Pregnancy	Review Video 6 Due
Friday, Oct 20	Infants	
Wednesday, Oct 25	Toddlers	Review Video 7 Due
Friday, Oct 27	Preschool Children	
Wednesday, Nov 1	School-Aged Children	Review Video 8 Due
Friday, Nov 3	Adolescents	
Wednesday, Nov 8	Young Adults	Review Video 9 Due
Friday, Nov 10	Middle-Aged Adults	
Wednesday, Nov 15	READING BREAK – NO CLASSES	
Friday, Nov 17		
Wednesday, Nov 22	Older Adults	
Friday, Nov 24	Indigenous Populations	
Wednesday, Nov 29	Vulnerable Populations	Review Video 10 Due
Friday, Dec 1	THRIVE Wrap-Up	
Wednesday, Dec 6	Final Exam Review	Assignment Due



Campus Policies

Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise, and harsh sanctions are imposed. For example, incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course. Careful records are kept to monitor and prevent recidivism.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at:

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,0>

Final Examinations

Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 27-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job.

Further information on Academic Concession can be found under Policies and Regulation in the Okanagan Academic Calendar:

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>

Grading Practices

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to university, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>



Student Services Resources

UBC Okanagan Disability Resource Centre

The DRC facilitates disability-related accommodations and programming initiatives to remove barriers for students with disabilities and ongoing medical conditions. If you require academic accommodations to achieve the objectives of a course, please contact the DRC at:

UNC 215 250.807.8053
email: drc.questions@ubc.ca
Web: www.students.ok.ubc.ca/drc

UBC Okanagan Equity and Inclusion Office

Through leadership, vision, and collaborative action, the Equity & Inclusion Office (EIO) develops action strategies in support of efforts to embed equity and inclusion in the daily operations across the campus. The EIO provides education and training from cultivating respectful, inclusive spaces and communities to understanding unconscious/implicit bias and its operation within in campus environments. UBC Policy 3 prohibits discrimination and harassment based on BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination, or harassment please contact the EIO.

UNC 325H 250.807.9291
email: equity.ubco@ubc.ca
Web: www.equity.ok.ubc.ca

Student Wellness

At UBC Okanagan health services to students are provided by Student Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Student Wellness for more information or to book an appointment.

UNC 337 250.807.9270
email: healthwellness.okanagan@ubc.ca
Web: www.students.ok.ubc.ca/health-wellness



Student Learning Hub

The Student Learning Hub is your go-to resource for free math, science, writing, and language learning support. The Hub welcomes undergraduate students from all disciplines and year levels to access a range of supports that include tutoring in math, sciences, languages, and writing, as well as help with study skills and learning strategies. Students are encouraged to visit often and early to build the skills, strategies and behaviors that are essential to being a confident and independent learner. For more information, please visit the Hub's website.

LIB 237 250.807.8491
email: learning.hub@ubc.ca
Web: www.students.ok.ubc.ca/slh

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Safewalk

Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at 250-807-8076.

For more information, see: www.security.ok.ubc.ca