



**School of Health & Exercise Sciences**

**HES 330: Introduction to Community Programming**

Fall 2024

3 Credits

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

Instructor: Alex Santos (he/him)  
Office: ART 127  
E-mail: [alex.santos@ubc.ca](mailto:alex.santos@ubc.ca)  
Office Hours: Tuesdays 11am-1pm

TA: Azize Yildirim (she/her)  
Office Hours: By Appointment

**Lecture Time & Location**

**Time:** Tuesdays & Thursdays 9:30am-11am

**Location:** ART 114

**Academic Calendar Course Description**

The theory and practice of designing community-based programs to promote behavior change based on recent advances in behavioural science. Credit will only be granted for HES 330 or HMKN 303. [3-0-0]

Prerequisite: Either (a) HES 231 or (b) HMKN 316.

**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 recommended 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 the fundamental theories and steps related to the identification of a community health problem, development of community-based interventions, and implementation of interventions across diverse populations.
2. Apply a variety of techniques related to community-based interventions in real-life situations based on the VOICE Project on campus.
3. Reflect on and relate the above-mentioned techniques and strategies to potential uses in personal and professional contexts.

## Evaluation Criteria and Grading

Weekly Engagement Activities.....	10%
Midterm Exam .....	20%
Assignment 1: VOICE Intervention Plan.....	20%
Assignment 2: VOICE Reflection Podcast .....	25%
Final exam .....	25%

### **Weekly Engagement Activities**

The purpose of these asynchronous activities is to evaluate Learning Outcomes 1 and 3. Throughout the semester, a total of 9 activities will be posted on Canvas by the end of Friday each week (please see timeline provided below). The purpose of the activities 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. Activities will range in format (e.g., review videos, survey completion, reflection post, etc.). Completing each activity will be worth 1% of the student’s final grade. The activities will be available from Fridays until the **beginning of class on Tuesdays the following week**. More information about asynchronous content and procedures will be given in class.

### **Midterm Exam**

The purpose of this exam is to evaluate Learning Outcome 1. The midterm exam will be an in-person, written exam on **Tuesday, October 29<sup>th</sup> during class time**. The exam will consist of multiple-choice questions, true or false, and short answer questions. Content covered in the course up to the midterm exam date will be included. A review session leading up to the exam will help students prepare for success.



## Assignment 1: VOICE Intervention Plan

The purpose of this assignment is to evaluate Learning Outcomes 1 and 2. **This is a group project (4-5 people per group).** This year, HES 330 students will work together with the VOICE team on campus and actively play a role in the promotion of health on campus. Based on research results from last year, students will design and implement a community-based mini-intervention during THRIVE month to address an identified health problem within campus. For this project, groups will outline their plan according to the theories and steps discussed in class. More information and preparation for VOICE events will be provided in lectures.

Further details on what to include in your plan and a rubric will be provided to students via Canvas.

## Assignment 2: VOICE Reflection Podcast

The purpose of this assignment is to evaluate Learning Outcomes 1, 2 and 3. After implementing your VOICE intervention, 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 first and last names are mentioned at the beginning of the podcast AND on the file name.

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 and 3. This is a take-home final exam. Students will be given access to the final exam on **Tuesday, December 3<sup>rd</sup> and have 2 days to complete this final exam.** The final exam is cumulative, meaning all material covered during the course may be used. 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 weekly activities are submitted by the posted due date. These activities 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 their 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 assignments (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 for this course is a take-home exam and does **not fall within the final exam period**. If an extenuating circumstance prevents you from completing the final exam in the specified period, 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

Students are permitted to use artificial intelligence tools, including generative AI, to gather information, review concepts or to help produce assignments. However, students are ultimately accountable for the work they submit, and any content generated or supported by an artificial intelligence tool **must be cited appropriately**. Use of AI tools is not permitted during the midterm exam or final exam of this course.

## 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
Tuesday, Sep 3	Welcome to Community Health Programming!	
Thursday, Sep 5	Health & the Determinants of Health	
Tuesday, Sep 10	Planning Cycle & Canadian Health Statistics	Weekly Activity 1 Due
Thursday, Sep 12	Public Health Pyramid & Social Ecological Model	
Tuesday, Sep 17	Behavioural Justice in Community Programming	Weekly Activity 2 Due
Thursday, Sep 19	Community Health Assessment	
Tuesday, Sep 24	Conducting a Needs Assessment	Weekly Activity 3 Due
Thursday, Sep 26	Causal Theory of Health Problems	
Tuesday, Oct 1	VOICE: Results from a Needs Assessment	Weekly Activity 4 Due
Thursday, Oct 3	VOICE: Your Involvement	
Tuesday, Oct 8	Community Intervention Options	
Thursday, Oct 10	The Behaviour Change Wheel	
Tuesday, Oct 15	Implementing A Community Health Intervention	Weekly Activity 5 Due
Thursday, Oct 17	Monitoring A Community Health Intervention	
Tuesday, Oct 22	Assignment Prep	Weekly Activity 6 Due
Thursday, Oct 24	Midterm Exam Review	
Tuesday, Oct 29	<b>Midterm Exam</b>	
Thursday, Oct 31	Community Programs for Children	<b>Assignment 1 Due</b>
Tuesday, Nov 5	Community Programs for Indigenous Populations	Weekly Activity 7 Due
Thursday, Nov 7	Community Programs for LGBTQIA2S+	
Tuesday, Nov 12	<b>READING BREAK – NO CLASSES</b>	
Thursday, Nov 14		
Tuesday, Nov 19	Community Programs for Older Adults	Weekly Activity 8 Due
Thursday, Nov 21	Community Programs for Disadvantaged Adults	
Tuesday, Nov 26	Community Programs for At-Risk Youth	Weekly Activity 9 Due
Thursday, Nov 28	VOICE Wrap-Up	
Tuesday, Dec 3	Final Exam Review	<b>Assignment 2 Due</b>
Thursday, Dec 5	<b>NO CLASS</b>	<b>Final Exam Due</b>



## **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](mailto:drc.questions@ubc.ca)  
Web: [www.students.ok.ubc.ca/drc](http://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](mailto:equity.ubco@ubc.ca)  
Web: [www.equity.ok.ubc.ca](http://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](mailto:healthwellness.okanagan@ubc.ca)  
Web: [www.students.ok.ubc.ca/health-wellness](http://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](mailto:learning.hub@ubc.ca)  
Web: [www.students.ok.ubc.ca/slh](http://www.students.ok.ubc.ca/slh)

## © Copyright Statement

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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](http://www.security.ok.ubc.ca)*