School of Health & Exercise Sciences

HES 332: Advanced Theories of Behaviour Change

Winter 2026
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 161
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Office Hours: Wednesdays 2pm-3pm

Lecture Time & Location

Time: Wednesdays & Fridays 12:30pm-2:00pm
Location: ART 219

Academic Calendar Course Description

Advanced theories in health and exercise psychology and their critical evaluation regarding utility for instilling and sustaining health behaviour change. Formerly offered as HMKN 421. Credit will be granted for only one of HES 332 or HMKN 421. [3-0-0]

Prerequisite: HES 330. Registration is limited to students in the Health Behavior Change Concentration in the B.H.E.S. Program.

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 behaviour change plans will help students apply content. Asynchronous materials will help students solidify lecture information and provide opportunities to practice.

Recommended Text

Michie, S., West, R., Campbell, R., Brown, J., & Gainforth, H. (2014). *ABC of Behaviour Change Theories*. Silverback Publishing.

Learning Outcomes

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

1. Understand and explain common theories of behaviour change, the interconnectedness between them, and the amalgamation of theories into a practical model for intervention development.

2. Utilize course content to develop and execute a behaviour change plan within a specified timeframe.

3. Reflect on and relate behaviour change experiences to relevant theories and real-world applicability.

Evaluation Criteria and Grading

Weekly Engagement Activities …… 10%
In-Class Activities …… 10%
Assignment 1: Behaviour Change Plan Prep …… 10%
Assignment 2: Behaviour Change Plan Explanation …… 20%
Assignment 3: Behaviour Change Plan Interview …….. 25%
Final exam …… 25%

Weekly Engagement Activities

The purpose of these activities is to evaluate Learning Outcome 1. Throughout the semester, a total of 10 activities and practice questions will be posted on Canvas by the end of Friday each week (please see timeline provided below). The purpose of each activity is to review content covered during the week and provide students with the opportunity to practice critical thinking questions related to the course content. Each activity will be approximately 30-45 minutes in length. Completing the activity correctly will be worth 1% of the student's final grade. The activities will be available from Fridays until the **beginning of class on Wednesdays the following week**. More information about asynchronous content and procedures will be given in class.

In-Class Activities

The purpose of these activities is to evaluate Learning Outcomes 1 & 3. Throughout the semester, experiential learning opportunities will be conducted on Fridays that are relevant to the theory of the week. These activities will vary in structure; all are designed to help students apply theory to real-life examples. Marks will be allocated as completion of each activity. More details will be provided at the beginning of each Friday lecture.

Assignment 1: Behaviour Change Plan Prep

The purpose of this assignment is to evaluate Learning Outcomes 2 & 3. As part of this course, you will work with an individual of your choice to help them change a specific behaviour over a one-month period. To prepare for your behaviour change plan, this assignment will help you determine key information to ensure a successful attempt at behaviour change, such as the specified target behaviour, the subject that will be executing the behaviour change plan, the timeframe in which the plan will be performed, communication plan, and the methods by which you will track plan progression. Further details and a rubric will be provided to students via Canvas.

Assignment 2: Behaviour Change Plan Explanation

The purpose of this assignment is to evaluate Learning Outcomes 1, 2, & 3. Now that you have chosen a theory covered in class to guide the development of your behaviour change plan, you will create an outline that summarizes your theory and includes the behaviour change techniques that will be implemented in the specified timeframe and their relevance to the chosen theory. This assignment will also include information regarding the mode of delivery and evaluation plan.

Following submission of this assignment, your subject is expected to try and implement your behaviour change plan, while you are expected to implement the specified tracking and evaluation plan. Further details and a rubric will be provided to students via Canvas.

Assignment 3: Behaviour Change Plan Interview

The purpose of this assignment is to evaluate Learning Outcomes 1 & 3. Students will need to record a ~20-minute video interview with the subject who executed the behaviour change plan. As the interviewer, the student will focus the interview on the evaluation of the plan, barriers and facilitators encountered, and potential future modifications. The student's job is to relate the interviewee's answers to their chosen theory and other course content. Students are encouraged to be creative and have fun with this assignment while still covering the core components of the rubric. Further details 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 & 3. The written final exam will be completed in-person at a date during the specified final exam period (**April 13th-24th**). 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 weekly activities and assignments will be submitted by the posted due dates. **These are firm deadlines**. The weekly activities are meant to bolster learning through repetition and will assist in retaining information; weekly activities will not be re-opened past their due dates. 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. Students need to be present in class to receive grades for in-class activities.

There are certain extenuating circumstances that will allow for further extension of an assignment due date, re-opening of a weekly activity, or alternate work for an in-class activity. These are: serious health concerns, family emergencies, and travel for team sports. Please note that the instructor will not make accommodations for work schedule or other extracurricular activities. Please reach out to your instructor BEFORE an upcoming 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 (i.e., self-declaration form).

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 and must follow the formally established process.

Missed Exam Policy

The final exam period for Winter 2026 semester is from **April 13th-24th.** 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

Students are permitted to use artificial intelligence tools, including generative AI, to gather information, review concepts, or to help with brainstorming. However, students are ultimately accountable for the work they submit, and any content supported by an artificial intelligence tool **must be cited appropriately**. Use of AI tools for the explicit completion of assignments and weekly activities is not permitted.

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
Wed Jan 7	Welcome!	
Fri Jan 9	Introduction to Behaviour Change Theories	
Wed Jan 14	Behaviour Change Techniques	Weekly Activity 1 Due
Fri Jan 16	Social Cognitive Theory	
Wed Jan 21	Self-Efficacy Theory	Weekly Activity 2 Due
Fri Jan 23	**In-Class Activity #1**	
Wed Jan 28	Transtheoretical Model of Change	Weekly Activity 3 Due
Fri Jan 30	**In-Class Activity #2**	**Assignment 1 Due**
Wed Feb 4	Self-Determination Theory	Weekly Activity 4 Due
Fri Feb 6	**In-Class Activity #3**	
Wed Feb 11	Theory of Planned Behaviour	Weekly Activity 5 Due
Fri Feb 13	**In-Class Activity #4**	
Reading Break (No Classes)		
Wed Feb 25	Fantasy Realization Theory	Weekly Activity 6 Due
Fri Feb 27	**In-Class Activity #5**	
Wed Mar 4	Health Action Process Approach	**Assignment 2 Due**
Fri Mar 6	**In-Class Activity #6**	
Wed Mar 11	Health Belief Model	Weekly Activity 7 Due
Fri Mar 13	**In-Class Activity #7**	
Wed Mar 18	Protection Motivation Theory	Weekly Activity 8 Due
Fri Mar 20	**In-Class Activity #8**	
Wed Mar 25	Insights from Theories	Weekly Activity 9 Due
Fri Mar 27	A Way Forward	
Wed Apr 1	Interview Prep	Weekly Activity 10 Due
Fri Apr 3	Final Exam Review	
Wed Apr 8	--	**Assignment 3 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 24-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