Land Acknowledgement

We respectfully acknowledge the Syilx Okanagan Nation and their peoples, in whose traditional, ancestral, unceded territory UBC Okanagan is situated.

HES 240: Health Research Methods

Faculty of Health and Social Development
School of Health and Exercise Sciences
Term 1 Winter 2026

Lecture Time & Location

- Time: Tuesdays & Thursdays 2:00pm-3:20pm
- Location: COM201
- Delivery Modality**:** In-Person (primary) & online (secondary)

Office Hours & Communication

- Office Hours: Thursdays from 3:20pm to 4:00pm or by appointment
- Instructor(s): Miho Asano
- Office: ART 166
- Contact: email or via Canvas
- Email: m.asano@ubc.ca
- Teaching Assistants: Emma Shipalesky, Gerald Tan & Roderick Sandilands
- ***Communication Note 1****: Please note that emails may not be answered immediately, particularly during evenings, weekends, and holidays. Please allow at least 24–48 hours for a response. Thank you for your patience and understanding in advance.*
- ***Communication Note 2****: Please include your course ID (i.e., HESXXX) in the subject heading.*

Academic Calendar Course Description

- Introduction to the research methods commonly encountered in health research, including quantitative and qualitative designs; provides a basis for comprehending more fully the research literature relevant to health studies. Formerly offered as HMKN 206. Credit will be granted for only one of HES 240 or HMKN 206. [3-0-0]
- Prerequisite: Either (a) HES 100 or (b) HMKN 100 and second-year standing in the B.H.E.S or B.H.K.

Course Overview

- This course consists of two 80-minute sessions per week.
- We will use a variety of learning methods, including lectures, group discussions, activities, videos, the use of e-learning tools, and critical reflections. Asynchronous materials will help students solidify lecture information and provide opportunities to practice. Lectures and tutorials may be offered virtually via UBC Zoom, with advance notice.

Required Text & Learning Materials

- There is no required textbook for this course. Any required or recommended learning materials will be made available on Canvas in the form of citations, links, or attachments.
- Most materials do not need to be reviewed before each session/week; however, you should plan ahead and review the relevant materials before the exams.
- Please note that not all of the content in the lecture slides may be covered during the sessions. The slides are provided for your reference and to supplement the material discussed in class. There may also be sessions where no lecture slides are used, depending on the topic and planned activities.

Learning Outcomes

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

1. Recognize the importance of being a critical consumer of media and research.
2. Differentiate types of potential harm that can impact research participants and how researchers can engage in ethical research.
3. Describe the main approaches to quantitative, qualitative and mixed-methods research.
4. Distinguish between and critique different types of quantitative, qualitative and/or mixed methods research.
5. Explain the research process and the importance of using a critical lens when interacting with individuals from a wide variety of educational backgrounds.
6. Recognize steps needed to decolonize the research process and using a critical lens when interacting with individuals from a wide variety of educational backgrounds.

Evaluation Criteria and Grading

A. Engagement Activity (45%): there are five engagement activities.

#	**Info, Focus & Related Learning Outcomes** (Submission via Canvas)	**Due Date***	**Weight**
1	Select a research topic and develop a research question for LO1.	Sept 21	10%
2	Complete *TCPS 2 CORE* (a free, self-paced online research ethics training) required for researchers working with human participants in Canada, and answer one question for LO2.	Oct 12	10%
3	Complete a midterm exam review quiz.	Oct 26	5%
4**	Based on EA #1 develop a research methods section for LO5 (primary focus) & LO3.	Nov 6	15%
5	Complete a final exam review quiz.	Dec 14	5%

** Due Date: Subject to change with advance notice.*

*** This activity may be completed individually, in pairs, or in groups of three. If completed in pairs or groups, only one submission is required, and the pair or group will receive one shared mark.*

B. Exams (55%): there are two exams for HES 240.

1) Midterm Exam (25%) will be on **October 27**. It is open-book without digital devices and covers the content from Weeks 1–7 and Learning Outcomes 1–4.
2) Final Exam (30%) will take place between December 12 and 22, 2026. It is cumulative and open-book without digital devices.

Engagement Activities

- Throughout the semester, a total of 5 activities will be posted on Canvas (please see timeline provided below). These activities are designed to be low-stakes assignments that support your learning by applying the content and/or principles of research we cover in class. Activities will range in format (e.g., TCPS-2, topic selection, research question development). Each activity will be available for ***approximately*** **one week** and will be due on the specified date by **11:59pm**. ***More information about these activities will be given in class and/or on Canvas.***
- **Engagement Activity #4** may be completed individually, in pairs, or in groups of three. If completed in pairs or groups, only one submission is required, and the pair or group will receive one shared mark.

Midterm Exam

- The midterm exam will be an open-book without digital devices, in-person, written exam during class time on **Tuesday, October 27th.** The exam will consist of multiple-choice questions, true or false, and short answer questions. A review session and practice exam activity leading up to the midterm will help students prepare for success. More information about the specifics of the exam will be provided in class and/or on Canvas.

Final Exam

- The final exam will be held during UBCO's final exam period, which is between **December 12 – 22**. The final exam is **cumulative**, meaning all material covered during the course may be used. The final exam is open-book without digital devices and will consist of multiple choice, short answer questions, and a long-answer integrative question. More information about the final exam will be provided in class and/or online along with a review session and practice exam to help students prepare.

Class Policies

Attendance

- Lecture and tutorial attendance are highly recommended as material discussed will be the substance of assignments and exams. It has been found that students who attend lectures generally achieve 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

- Assignments are due at the specified due date and time indicated on the course outline or Canvas. Individual course instructors will outline processes and penalties for late assignments within their individual courses. Please note that this may be different for each of your courses. It is expected that you will budget your time accordingly to avoid work overload and manage personal issues to meet academic performance requirements. Be aware of when your work is due, as it is common to have several exams and assignments due on the same day or within the same week.
- It is expected that engagement activities and assignments are submitted by the posted due dates. **These are firm deadlines.** 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, or 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 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 2026 semester is from **December 12th-22nd**. 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 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 exams or final exam of this course. Learn more through the Generative AI website.

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.

Course Schedule (subject to modification of topics & timelines)

Week	Date	Topic	Remark
1	Tue Sep 8	Welcome to HES 240!	
	Thu Sep 10	Introduction to Research (Overview) Research Loop & Questions	
2	Tue Sep 15	*Research Topics & Literature by Jane*	
	Thu Sep 17	Activity 1: Onsite Tutorial	**Activity 1 Open**
3	Tue Sep 22	Research Approach & Design (Overview)	
	Thu Sep 24	Research Methods (Overview)	
4	Tue Sep 29	Types of Evidence & Measures	
	Thu Oct 1	Research Management & Ethics	
5	Tue Oct 6	Activity 2: Self-paced Learning (Online activity)	**Activity 2 Open**
	Thu Oct 8	Quantitative Research 1	
6	Tue Oct 13	Quantitative Research 2	
	Thu Oct 15	Qualitative Research 1	
7	Tue Oct 20	Qualitative Research 2	
	Thu Oct 22	Activity 3: Self-paced Learning (Online activity & Midterm preparation)	**Activity 3 Open**
8	Tue Oct 27	**Midterm**	
	Thu Oct 29	Research Communication & Reporting	
9	Tue Nov 3	Activity 4: Onsite Tutorial	**Activity 4 Open**
	Thu Nov 5	*NO Class* *Self-paced Learning & Time for Activity 4*	
10	Tue Nov 10	**READING BREAK – NO CLASSES**	
	Thu Nov 12		
11	Tue Nov 17	Mixed Methods Research 1	
	Thu Nov 19	Mixed Methods Research 2	
12	Tue Nov 24	*Indigenous Research by Hanna*	
	Thu Nov 26	*Knowledge Translation & Mobilization* *	
13	Tue Dec 1	*Getting Involved in Research by Gina*	
	Thu Dec 3	Research Theories and Frameworks *	
14	Tue Dec 8	*Bring it all (review and instructions)* *	**Activity 5 Open**
Final Exam Period		From Dec 12-22, 2026	

* *Mode of Delivery would be announced by the end of October 2026.*

UBC Policies & Resources

UBC Values

UBC creates an exceptional learning environment that fosters global citizenship, advances a civil and sustainable society, and supports outstanding research to serve the people of British Columbia, Canada, and the world. UBC's core values are excellence, integrity, respect, academic freedom, and accountability.

Policies and Regulations

Visit UBC Okanagan's Academic Calendar for a list of campus-wide regulations and policies, as well as term dates and deadlines.

About the Academic Integrity Matters (AIM) Program

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 and the Academic Integrity Matters Program website.

Statement on Academic Misconduct

The academic enterprise is founded on honesty, civility, and integrity. Violations of academic integrity (i.e., academic 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 may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred for consideration for academic discipline. Careful records are kept to monitor and prevent recurrences. Any instance of cheating or taking credit for someone else's work, whether intentionally or unintentionally, can and often will result in at minimum a grade of zero for the assignment, and these cases will be reported to the Head of the Department and Associate Dean Academic of the Faculty.

Final Examinations

You can find the Senate-approved term and examination dates here. 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.

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. Further information on Grading Practices can be found in the Okanagan Academic Calendar.

Resources to Support Student Success

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:

Email: drc.questions@ubc.ca

Web: https://students.ok.ubc.ca/academic-success/disability-resources/

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 on the basis of BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination or harassment please contact the EIO.

Email: equity.ubco@ubc.ca

Web: 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.

Email: healthwellness.okanagan@ubc.ca

Web: https://students.ok.ubc.ca/health-wellness/

Office of the Ombudperson

The Office of the Ombudsperson for Students is an independent, confidential and impartial resource to ensure students are treated fairly. The Ombuds Office helps students navigate campus-related fairness concerns. They work with UBC community members individually and at the systemic level to ensure students are treated fairly and can learn, work and live in a fair, equitable and respectful environment. Ombuds helps students gain clarity on UBC policies and procedures, explore options, identify next steps,

recommend resources, plan strategies and receive objective feedback to promote constructive problem solving. If you require assistance, please feel free to reach out for more information or to arrange an appointment.

Email: ombuds.office.ok@ubc.ca

Web: www.ombudsoffice.ubc.ca

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.

Email: learning.hub@ubc.ca

Web: https://students.ok.ubc.ca/academic-success/learning-hub/

The Global Engagement Office

The Global Engagement Office provides advising and resources to assist International students in navigating immigration, health insurance, and settlement matters, as well as opportunities for intercultural learning, and resources for Go Global experiences available to all UBC Okanagan students, and more.

Email: ubco.global@ubc.ca

Web: https://students.ok.ubc.ca/about-the-avp-students-portfolio/directory/global-engagement-office/

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

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