School of Health & Exercise Sciences

HES 330: Introduction to Community Programming

Fall 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
E-mail: alexandre.santos@ubc.ca
Office Hours: Thursday 2:30pm-3:30pm

TA: Gerald Tan (he/him)
E-mail: gerald.tan@ubc.ca
Office Hours: By Appointment (please e-mail to book)

Lecture Time & Location

Time: Tuesdays and Thursdays 5:00pm-6:30pm
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 during THRIVE month 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…….…… 7%
VOICE Lecture Attendance…….. 3%
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 7 activities will be posted on Canvas by the end of Thursday 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 Thursdays until the **beginning of class on Tuesdays the following week**. More information about asynchronous content and procedures will be given in class.

VOICE Lecture Attendance

The purpose of these participation marks is to ensure all group members are present and contributing to the success of their group project. Students will receive these marks simply for showing up to three lectures (1% each) hosted by Campus Wellness & Education (please see timeline below).

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, November 3rd 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: THRIVE 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 Campus Wellness & Education and actively play a role in the promotion of health on campus. Based on research results from previous years, 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 THRIVE 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: THRIVE Reflection Podcast

The purpose of this assignment is to evaluate Learning Outcomes 1, 2 and 3. After implementing your THRIVE 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. The due date of the podcast will be **TWO WEEKS** after the date of your mini-intervention.

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 1st.** The due date is **Thursday, December 3rd at 11:59pm.** 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 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, 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 or fill out a self-declaration form 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 1) gather information, 2) review concepts, 3) brainstorm ideas, or 4) edit writing. However, students are ultimately accountable for the work they submit, and any content supported by an artificial intelligence tool must be cited via an AI statement. Use of AI tools is **not permitted for producing, writing, or answering** assignments, exams, or weekly activities.

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 8	Welcome to Community Health Programming!	
Thursday, Sep 10	Health & Determinants of Health	
Tuesday, Sep 15	Planning Cycle & Canadian Health Statistics	Weekly Activity 1 Due
Thursday, Sep 17	Public Health Pyramid/Social Ecological Model	
Tuesday, Sep 22	Behavioural Justice in Community Programming	Weekly Activity 2 Due
Thursday, Sep 24	Community Health Assessment	
Tuesday, Sep 29	Conducting a Needs Assessment	Weekly Activity 3 Due
Thursday, Oct 1	Causal Theory of Health Problems	
Tuesday, Oct 6	**THRIVE: Results from a Needs Assessment**	Weekly Activity 4 Due
Thursday, Oct 8	**THRIVE: Your Involvement**	
Tuesday, Oct 13	Community Intervention Options	
Thursday, Oct 15	The Behaviour Change Wheel	
Tuesday, Oct 20	Implementing a Community Health Intervention	Weekly Activity 5 Due
Thursday, Oct 22	Monitoring a Community Health Intervention	
Tuesday, Oct 27	Assignment Prep	Weekly Activity 6 Due
Thursday, Oct 29	Midterm Exam Review	**Assignment 1 Due 11:59pm**
Tuesday, Nov 3	**Midterm Exam**	
Thursday, Nov 5	**NO CLASS**	
Tuesday, Nov 10	**READING WEEK – NO CLASSES**	
Thursday, Nov 12		
Tuesday, Nov 17	Community Programs for 2S/LGBTQIA+	
Thursday, Nov 19	Community Programs for At-Risk Youth	
Tuesday, Nov 24	Case Study on Children	Weekly Activity 7 Due
Thursday, Nov 26	**THRIVE Wrap-Up**	
Tuesday, Dec 1	Final Exam Review	
Thursday, Dec 3	**NO CLASS**	**Final Exam Due 11:59pm**

Notes. Assignment 2 due date will depend on the date of your intervention. Assignment 2 is due 2 weeks after your intervention at 11:59pm.

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