THE UNIVERSITY OF BRITISH COLUMBIA

Land Acknowledgement

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

HES 356: Health Behavior Change for Chronic Disease Management

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

Lecture Time & Location

- Course Location: FIP 140
- Course Days & Time: Monday from 11am to 1:50pm
- Delivery Modality: Lecture-seminar format; In-Person (primary) & Online (secondary)

Office Hours & Communication

- Office Hours: Monday from 1:50pm to 2:30pm or by appointment
- Instructor(s): Miho Asano
- Office: ART 166
- Contact: email or via Canvas
- Email: m.asano@ubc.ca
- ***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 (e.g., HESXXX) in the subject heading.*

Course Description

Overview of behavior change theories and principles of behavior change intervention design with a particular focus on individual and community-based programming for those living with a variety of chronic conditions.

Course Format

- The course uses lecture to achieve the learning objectives. First two third of lectures will focus descriptions and critique of behavior change theories as well as recent advancements in behavioral science related to behavior change intervention design.

- A specific focus will be on how to apply these theories and evidence-informed principles in intervention design to specific contexts with a focus on individual and community-level programming for individuals living with a chronic condition.
- Lectures towards the end of the class will be used to advance students' understanding of evidence-informed behaviors change counselling techniques and will be broken into dyads and/or small groups to practice these techniques.
- This course consists of one 110-minute session per week. In class, content will be delivered using a combination of PowerPoint slides, videos, and activities designed to engage you in the learning process.
- Lectures and tutorials may be offered virtually via UBC Zoom, with advance notice.

Course Overview, Content, and Objectives

- The course is designed to advance student understanding of behaviors change theory and intervention design to be enhance their ability to work with individuals living with a variety of chronic conditions. The learning objectives are to:
- Advance students understanding of recent innovations in behavioral science for developing and implementing interventions to foster behavior change.
- Provide students with content and activities to help them understand the behavior change wheel and how it can be applied to promote behavior change with a focus on those design for individuals living with chronic conditions.
- Provide students the opportunity to practice and reflect on their ability to use behavior change counselling techniques with their peers.

Learning Outcomes

By the end of this course successful students will be able to:

1. Describe the evidence-informed behavior change theories applicable for designing interventions for people living with chronic conditions (LO1).
2. Describe the main components of the behavior change wheel and how they can be applied to promote behavior change with a focus on those design for individuals living with chronic conditions (LO2).
3. Apply theory, techniques, and strategies towards the development of a behavior change intervention for a variety of chronic health conditions (LO3).
4. Utilize behavior change counselling techniques in one-to-one behavioral support interactions (LO4).

Required Text & Learning Materials

- There is no required textbook for this course. Any recommended readings and materials will be made available on Canvas in the form of citations, links, or attachments.
- 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.

Course Schedule (subject to modification of topics & timelines)

Week #	Day	Date	Main Lesson Topic	Learning Outcomes
1	Monday	Sep-14	Introduction to HES 356	Nil
			Health Behaviors and Chronic Diseases	LO1
2	Monday	Sept-21	Health Behavior Changes in Chronic Diseases Paired Activity (Introduction and Practice)	LO1
3	Monday	Sept-28	**Self-paced Learning and Online Work** (Behavior Change Theories and Frameworks)	LO1-2
4	Monday	Oct-5	Work Presentation & Review (based on Week 3)	LO1-2
			Focus on the Behavior Change Wheel	LO2
5	Monday	Oct-12	**NO Class – Thanksgiving Day**	
6	Monday	Oct-19	Person-centered and Group-based Approach	LO3
7	Monday	Oct-21	Intervention Development and Implementation (Elements of Intervention and Measures)	LO3
8	Monday	Oct-28	Intervention Implementation and Evaluation (Process and Impact Measures)	LO3
9	Monday	Nov-2	**Midterm Exam**	LO1-3
10	Monday	Nov-9	**NO Class – Midterm Break**	
11	Monday	Nov-16	Consultation/Counselling 1 MI Overview - Core principles and skills	LO3-4
12	Monday	Nov-23	Consultation/Counselling 2 Process, progress and recordkeeping	LO3-4
13	Monday	Nov-30	**Final Performance Assessment**	LO3-4
14	Monday	Dec-7	**Final Performance Assessment**	LO3-4
Final Exam Period		From Dec 12-22, 2026 **Final Written Assignment Due** **On Friday Dec 18, 2026 at 11:59 p.m.**		

Assessments of Learning & Evaluation Criteria

1. Midterm Written In-Class Exam for LO1, LO2, and LO3
   - This exam will be completed in person, open book, and without digital devices
   - You will be asked to answer a series of questions related to the learning outcomes above.
   - The primary focus will be on intervention development, implementation, and evaluation.
   - *Course weight: 35%*
   - Date: November 2, 2026
   - Time: 11:00 a.m. to 1:00 p.m.

2. Final Performance-Based In-Class Assessment for LO3 and LO4
   - This assessment will be completed in person, open book, and without digital devices at the specified date and location.
   - Your role-play will be based on a case study/scenario.
   - You will receive a case study/scenario as part of the assessment.
   - You will be asked to play the role of a CEP consultant in the case study.
   - The primary focus will be on communication skills.
   - The assessment will include a mock consultation (performance) followed by a short Q&A with the instructor.
   - *Course weight: 30%*
   - Date: November 30 or December 7, 2026 (scheduled in approximately 30-35-min blocks).
   - A sign-up sheet will be available in class on November 23, 2026.

3. Final Written Take-Home Assignment for LO3 and LO4
   - This final written assignment will be completed at home.
   - You are expected to submit this assignment by the due date via Canvas.
   - You will be asked to submit one short written report: a self-reflection on your performance as a CEP consultant.
   - The assignment will be based on your final performance-based in-class assessment.
   - The primary focus will be on communication skills and consultation contents.
   - *Course weight: 10%*
   - Due date: December 18, 2026, at 11:59 p.m. via Canvas

4. Self-paced and Paired Learning for Week 3 & 4 for LO2 & LO3
   - This activity must be completed in pairs, or in groups of three.
   - Only one submission is required, and the pair or group will receive one shared mark.
   - Specific tasks:
     1) Confirm/identify your partner(s).
     2) Review the materials posted on Canvas.
     3) Complete a mini online quiz via Canvas (5% engagement mark).
     4) Answer selected questions to create a short presentation for Week 4, and present your work to the class and complete a short Q&A session (20%).
   - *Course weight: 25%*
   - Due date for presentation: October 5, 2026, between 11:00 a.m. and 1:50 p.m. (scheduled in approximately 20-25-min blocks).
   - Due date for presentation materials: October 5, 2026, at 11:59 p.m. via Canvas

Class Policies

Attendance

- Lecture and tutorial attendance are highly recommended as material discussed will be the substance of assignments and exams/assessments. Students who attend lectures often appear to 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

- We acknowledge that there are sometimes unforeseen circumstances that preclude our ability to meet our deadlines. Please inform your instructor of any late submissions, or to seek approval for an extension if needed; refer to the policies for the School of Health & Exercise Sciences (including Self-Declaration 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.
- With respect to these principles, assignments will be subject to a late penalty of 5% for the first 24 hours and 10% per day up to 10 days. Assignments submitted after 10 days will be given a grade of zero.

Use of AI Tools

- 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.

Missed Exam Policy

- If students anticipate the need for rescheduling of a midterm ahead of time (for a reason outlined in the HES polices), they must make a request to their instructor as early as possible (at least 2 weeks prior). If a midterm is missed for medical or other reasons outlined in the HES policies, students must inform their instructor and request a new date for writing as soon as reasonably possible. Your instructor will work with you to determine the best course of action.
- If you have missed an assessment, it is important that you do not discuss the missed exam with students who have written the exam, as this constitutes a form of Academic Misconduct. Please note, no re-writes (writing an assessment more than once) will be permitted and requests for moving of a midterm date may or may not be approved.

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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