

POTH 682 PROMOTING HEALTHY ACTIVITY

Credits: 2 credits

Prerequisites: For the students in the first year of the MSc(A)PT program, successful completion of all U3/Qualifying Year courses and at least one clinical placement.

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Course Description: This course will critically evaluate theory and empirical research related to healthy behaviour patterns. Determinants of health behaviours will be examined across the lifespan and in clinical populations. Application of behaviour change theories for the implementation and evaluation of health behaviour interventions will be discussed.

Course Structure: Two 1.5 -hour classes per week for six weeks followed by student presentations in the last five (5) classes of the course. Classes will consist of lectures, clinical reasoning activities and group discussions.

Learning Objectives According to PT Roles¹:

Expert

1. Describe relationships between health, wellness, illness and health promotion and the leadership role of physical therapists in promoting wellness.
2. Demonstrate an understanding regarding the determinants of health and illness with emphasis on the link between health-enhancing/compromising behaviours and health.
3. Implement and critically evaluate interventions to promote health behaviour change and maintenance throughout the lifecycle and with clinical populations.
4. Identify determinants that influence health behaviours in specific chronic conditions and through the lifecycle (i.e. children/adolescents, adults, elderly).
5. Identify and apply methods for evaluating effectiveness and adherence to behaviour change interventions and applying evidence-based strategies to modify interventions and goals to meet individual needs and preferences.

Collaborator

6. Apply behavioural theories to design evidence-informed interventions to promote health within the context of rehabilitation and inter-professional settings

Advocate

7. Identify the health needs and concerns of individuals, of populations, and communities, as well as understand professional responsibility in responding to those needs.

¹ Essential Competency Profile for Physiotherapists in Canada, October 2009

- Advise and motivate clients to adopt behaviours that promote improved physical and mental health and increased social participation.

Scholarly Practitioner

- Explain and critique the various health behaviour theories.
- Understand a variety of systematic methods for obtaining and interpreting various forms of data needed to develop an individualized evidence-informed behavior change intervention for specific age groups and clinical populations.
- Critically interpret randomized and nonrandomized studies in the health behaviour change area.
- Critically evaluate the influence of psychosocial and personal variables on individual response to behaviour change interventions.

Professional

- Be sensitive to ethical issues related to health behaviour change.

Instructional Method

During this course the following instructional approaches will be used: lectures, case-based discussions, group discussion and student presentations. Following the introductory lectures, students will select a presentation topic relevant to the course objectives and plan to critically present an overview of that topic.

Course Material

On-line course pack and selected readings through MyCourses. Students are expected to read the assigned reading(s) before each class and be prepared for critical discussion during the class.

Method of Evaluation*:

Assignments/Evaluations	%
Thought Questions based on assigned readings	25%
Group Oral Presentation and Poster Handout (25% for the oral part and 15% for a poster presentation summary which the group will distribute to the rest of the class in a poster handout format)	40%
Two (2) in-class quizzes **electronic device mandatory** Multiple choice (written) (15% for quiz 1 and 20% for quiz 2).	35%

*Detailed descriptions of these evaluations will be provided as part of the course schedule on the first day of class.

Special requirements for course completion and program continuation: In order to pass the course, a grade of at least B- (65%) must be obtained as a total course mark.

Plagiarism/Academic integrity: McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the Code of Student Conduct and

Disciplinary Procedures (see <http://www.mcgill.ca/students/srr/honest/> for more information).

Dress code: Professionalism with respect to dressing is encouraged throughout the course of the semester. It is each student's responsibility to have appropriate attire during all class assignments and learning activities.

Attendance: Students are requested to attend all lectures and are required to attend all student presentations.

Right to submit in English or French written work that is to be graded: In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded, except in courses in which acquiring proficiency in a language is one of the objectives.

Consequences of not completing assignments as requested: An individual who does not complete a required assignment and does not have a university recognized reason for deferral could receive a 0 in that portion of the evaluation.

Disability: "If you have a disability please contact the instructor to arrange a time to discuss your situation. It would be helpful if you contact the Office for Students with Disabilities <http://www.mcgill.ca/osd/> or at 514 398-6009 before you do this."

Professional conduct: Professionalism and accountability are expected throughout the course of the semester. This includes the on-going respectful nature of teacher-student as well as student-student interactions.

Technology in class: Your respectful attentive presence is expected, therefore while you are permitted to use your laptop in class, it is understood that you will not be using your laptop or cell-phone for social purposes during class time (e.g. e-mail, Facebook, sms). Your cell phone should be on silence during class time and phone calls should only take place during the break or after class. Please note that the two in-class quizzes will be via MyCourses platform and will require your electronic device ****electronic device mandatory**** for these two quizzes. Laptops may be reserved through course technicians or Teaching and Learning Services.

In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change.