

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.

Instructor: Sarah C. Marshall, pht Fellow, PhD candidate; guest instructors; TA.
sarah.marshall@mcgill.ca

Course Description: This course critically evaluates theory and empirical research related to healthy behaviour patterns. Determinants of health behaviours are examined across the lifespan and in clinical populations through lecture, readings and critical reasoning workshops. Application of behaviour change theories for the implementation and evaluation of health behaviour interventions will be discussed and developed through role-play, among other educational strategies. By the end of the course, participants will understand relationships between health, wellness, illness and health promotion, and the leadership role of PTs in promoting wellness. Successful participants will be able to apply behavioural theories to design effective evidence-informed interventions to promote health within the context of rehab and inter-professional settings.

Course Structure: Two 1½-hour classes each week. Classes will consist of lectures, clinical reasoning activities and group discussions, followed by student presentations in the last two weeks of the course. In the case of a recurring pandemic, the lectures may be pivoted to remote, with the group discussions held on the online myCourses platform, if required by health guidelines.

McGill University is situated on the traditional territory of the Kanien'kehà:ka, a place which has long served as a site of meeting and exchange amongst nations. We recognize and respect the Kanien'kehà:ka as the traditional custodian of the lands and waters on which we meet today.

Student Learning Objectives: This course will cover essential competencies and milestones related to the domains of **Communication, Leadership** and **Scholarship**¹. Upon completion of this course, the student will:

Learning objectives	Milestones
2.1 Use oral and non-verbal communication effectively	2.1.1, 2.1.2, 2.1.4
2.2 Use written communication effectively	2.2.1
2.3 Adapt communication approach to context	2.3.1, 2.3.2, 2.3.3
2.4 Use communication tools and technologies effectively	2.4.2, 2.4.3
5.1 Champion the health needs of clients	5.1.1, 5.1.2, 5.1.3
5.2 Promote innovation in healthcare	5.2.1, 5.2.2, 5.2.3
5.3 Contribute to leadership in the profession	5.3.1, 5.3.2, 5.3.3
Learning objectives	Milestones
6.1 Use an evidence-informed approach in practice	6.1.1, 6.1.4
6.2 Engage in scholarly inquiry	6.2.2, 6.2.3, 6.2.4, 6.2.5, 6.2.6

Course Materials: On-line course content and selected readings through myCourses. Students are expected to read the assigned reading(s) prior to each class and be prepared to participate in discussions during the class.

Copyright of course materials: Instructor-generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright may be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

¹ https://physiotherapy.ca/sites/default/files/competency_profile_final_en.pdf

Student Assignments and Evaluations*

Assignment/Evaluation	Value	Due Date	Milestones Assessed
Thought Questions based on assigned readings	20%	During the course	2.1.1, 2.2.1, 2.3.2, 2.4.2, 2.4.3
3 Critical Reasoning Workshops	5%	During the course	5.1.1, 5.1.3, 5.2.1, 5.2.2, 5.2.3, 5.3.1, 6.1.1, 6.1.4
Two (2) in-person quizzes **laptop mandatory** Multiple choice (written) (20% for quiz 1 and 30% for quiz 2).	50%	Week 4 and Week 7	6.2.3, 6.2.4, 6.2.5, 6.2.6
Poster Presentation and e-poster (10% for the in-person presentation and 15% for the e-poster which the group will present in person and submit in the Assignment tab of MyCourses)	25%	Week 9 and Week 10 of the course	2.1.1, 2.2.1, 2.3.2, 2.4.2, 2.4.3, 5.1.1, 5.1.3, 5.2.1, 5.2.2, 5.2.3, 5.3.1, 6.1.1, 6.1.4

***The content, weighting and/or evaluation scheme in this course is subject to change.**

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

Please note that the two in-person quizzes will be via the myCourses platform and will require your laptop ****laptop mandatory**** for these two quizzes.

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.

Attendance: Participation graded by polling will be delayed until the end of the add/drop period.

Plagiarism/Academic Integrity: McGill University and the Faculty of Medicine and Health Sciences value academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the [McGill University Code of Student Conduct and Disciplinary Procedures](#) and the [Faculty of Medicine and Health Sciences Code of Conduct](#)

L'université McGill et Faculté de Médecine et des Sciences de la Santé attachent une haute importance à l'honnêteté académique. Ils incombent par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le [Université de McGill Code de conduite de l'étudiant et des procédures disciplinaires](#) et [Faculté de médecine et des sciences de la santé](#)

McGill University is situated on the traditional territory of the Kanien'kehà:ka, a place which has long served as a site of meeting and exchange amongst nations. We recognize and respect the Kanien'kehà:ka as the traditional custodian of the lands and waters on which we meet today.

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.

"Conformément à la [Charte des droits de l'étudiant de l'Université McGill](#), chaque étudiant a le droit de soumettre en français ou en anglais tout travail écrit devant être noté (sauf dans le cas des cours dont l'un des objets est la maîtrise d'une langue)."

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 would receive a 0 in that portion of the evaluation.

Dress Code: Students are expected to demonstrate professional behaviour and wear appropriate attire at all times.

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. email, social media). Your cell phone should be on silent during class time and phone calls should only take place during the break or after class.

Course Accessibility: If you experience barriers to learning, please contact the [Student Accessibility and Achievement](#) at 514-398-6009, and discuss with the instructor(s).

Course evaluations: End-of-course evaluations are one of the ways that McGill works towards maintaining and improving the quality of courses and the student's learning experience. You will be notified by e-mail when the evaluations are available. Please note that a minimum number of responses must be received for results to be available to students.

Additional policies governing academic issues which affect students can be found in the [Academic Rights and Responsibilities](#).

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

McGill University is situated on the traditional territory of the Kanien'kehà:ka, a place which has long served as a site of meeting and exchange amongst nations. We recognize and respect the Kanien'kehà:ka as the traditional custodian of the lands and waters on which we meet today.