

POTH 682. PROMOTING HEALTHY ACTIVITY.

Credits: 0-2

Offered by: Phys and Occ Therapy (Graduate Studies)

Terms offered: Winter 2026

[View offerings for Winter 2026 in Visual Schedule Builder.](#)

Description

Individual and situational determinants of health behaviours will be examined across the lifespan and in clinical populations. Application of behaviour change theories for the design, implementation and evaluation of health behaviour interventions will be discussed. Strategies to facilitate behaviour change and adherence across the lifespan will be emphasized.

- Fall or Winter

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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