



MMPH3017/ CMED 7360 Time use and health

Coordinator: Prof Željko (Jacob) Pedišić

Course Description:

Time use is a health-related factor that every single person (including university students) is inevitably exposed to every day, 24 hours a day. Time-use activities (e.g. exercise, shift work, studying overnight) affect our physical, mental, and social well-being in different ways. As a leading risk factor for major chronic diseases, unhealthy use of time is responsible for more than 8 million deaths per year. This course introduces various time-use compositions that affect health, such as work-life balance, social and alone time, and composition of movement behaviours, including physical activity, sedentary behaviour, and sleep. It covers determinants and outcomes of time-use compositions, optimal time-use balance, and interventions for promoting healthy use of time in different populations and age groups. Through interactive classes, group discussions, and practical learning experiences, it equips students with skills and knowledge required to engage in public health research and practice related to time use and health. An added benefit is that you could learn how to use your time in a (more) healthy and balanced way.

Prerequisite: None

Term 2 (Tuesday)

Contact person: Dr Joni Zhang

Date	Time	Lecture Topic	Lecturer	Venue
13 Jan 2026	6:30 – 9:30 pm	1. An overture to time use and health	Prof Željko Pedišić	TBC
20 Jan 2026	6:30 – 9:30 pm	2. Measuring and tracking time use in the population	Prof Željko Pedišić	TBC
27 Jan 2026	6:30 – 9:30 pm	3. Optimal amounts of physical activity, sedentary behaviour, and sleep	Prof Željko Pedišić	TBC
03 Feb 2026	6:30 – 9:30 pm	4. (Un)healthy work-life balance	Prof Željko Pedišić	TBC
10 Feb 2026	6:30 – 9:30 pm	5. How time alone, social time, and enjoyment in activities affect our health?	Prof Željko Pedišić	TBC
03 Mar 2026	6:30 – 9:30 pm	6. The environmental context matters: balancing outdoor and indoor time for better health	Prof Željko Pedišić	TBC
10 Mar 2026	6:30 – 9:30 pm	7. Policies and social expectations influencing time use: How much choice do we have when it comes to living a healthy life?	Prof Željko Pedišić	TBC
17 Mar 2026	6:30 – 9:30 pm	8. What lies behind a perceived lack of time for a healthy lifestyle?	Prof Željko Pedišić	TBC
24 Mar 2026	6:30 – 9:30 pm	9. Behaviour change techniques and time management strategies for healthy living	Prof Željko Pedišić	TBC
31 Mar 2026	6:30 – 9:30 pm	10. Recommended steps in career paths related to public health aspects of time use	Prof Željko Pedišić	TBC
14 Apr 2026	6:30 – 8:30 pm	11. Final exam	/	TBC

Course Assessment:

30% final exam, including multiple-choice questions
 30% in-class quizzes
 30% reflective activities

Recommended Textbook:

10% in-class group work (to be conducted in whole during lecture 10)
 No textbook. Research articles for further reading will be recommended instead.

Contact person: Dr Joni Zhang – email: jozhangh@hku.hk