

Course Information

Instructor Name: Meghan McDonough, PhD **Classroom #:** EEEL 161
Phone Number: 403) 220-7211 **Day(s) Class Meets:** MW
Email Address: meghan.mcdonough@ucalgary.ca **Time Class Meets:** 2:00-3:15 pm
Office #: KNB 250 **Course Website:** D2L
Office Hours: M 11:00 am-12:00 pm.

Teaching Assistant Name: Bobbie-Ann Craig
Teaching Assistant Email: bobbieann.craig@ucalgary.ca

Course Description

An examination of psychological issues related to health, exercise, and physical activity.

Prerequisites

KNES 253

Course Learning Outcomes

This course is designed to enhance the participants' understanding of the relevant theoretical and non-theoretical factors related to the promotion of physical activity in both healthy and clinical populations. Emphasis will be placed on understanding and critical evaluation of these concepts and how they are translated to the practical needs of promoting and supporting regular exercise participation. Physical inactivity is widely recognized as a lifestyle associated with considerable health risk. The challenge of increasing the level of physical activity in the population so that we can receive the physical and psychological benefits requires an in-depth understanding of the individual and environmental factors that either promote or inhibit regular activity. This course will discuss the evidence for "why physical activity should be a priority", and then move from evidence to practice, examining "how we promote and intervene with physical activity" to enhance psychosocial well-being.

1. To increase understanding of psychological processes affecting physical activity participation.
2. To understanding of how physical activity participation affects psychological well-being.
3. To analyze cases and identify theoretically and empirically supported intervention options to increase physical activity and psychological well-being.
4. To identify and understand population-specific challenges to physical activity participation.
5. To effectively communicate evidence from the scientific literature and original ideas.

Course Content

Course content is subject to change, examination/assignment dates are firm.

| WEEK | Date | Topic | Readings/Assignments |
|------|------|--|----------------------|
| 1 | 1/8 | Course introduction | |
| | 1/10 | Overview of health and exercise psychology, issue of physical inactivity | |
| | 1/15 | Stimulus-response theory | Chapter 3 |

| | | | |
|----|------|---|---------------------------------------|
| 2 | 1/17 | Intro to social cognitive theories, and self-efficacy theory | Chapter 3 |
| 3 | 1/22 | Theory of planned behaviour | Chapter 3 |
| | 1/24 | Self-determination theory | Chapter 3 |
| 4 | 1/29 | Social Ecological Models: Introduction and social influences | Chapter 4 |
| | 1/31 | Social Ecological Models: Environmental and policy influences | Chapter 4 |
| 5 | 2/5 | Midterm #1 | |
| | 2/7 | Physical activity interventions: Overview, stages of intervention design, and understanding the behaviour | Chapter 5 |
| 6 | 2/12 | Physical activity interventions: Identifying intervention options, and identifying content and implementation options | Chapter 5 Assignment 1 due |
| | 2/14 | Physical activity interventions: Behaviour change techniques, and intervention evaluation | Chapter 6 |
| 7 | 2/19 | No Class-Mid-term Break | |
| | 2/21 | No Class-Mid-term Break | |
| 8 | 2/26 | Exercise and stress, coping, and well-being | Chapter 9 |
| | 2/28 | Exercise and stress, coping, and well-being | |
| 9 | 3/4 | Exercise and well-being | Chapter 12 |
| | 3/6 | Anxiety and Exercise | Chapter 10 |
| 10 | 3/11 | Depression and Exercise | Chapter 11 Assignment 2 due |
| | 3/13 | Exercise and Self-Perceptions | Chapter 8 |
| 11 | 3/18 | Exercise and Self-Perceptions | Chapter 8 |
| | 3/20 | Midterm #2 | |
| 12 | 3/25 | Exercise and Cognitive Function | Chapter 13 |
| | 3/27 | Exercise and Cognitive Function | Chapter 13 |
| 13 | 4/1 | No Class-Easter Monday | |
| | 4/3 | Exercise and Quality of Life | Chapter 14 |
| 14 | 4/8 | Midterm #3 | |

Required Reading Materials

Lox, C.L., Martin Ginis, K.A., & Petruzzello, S.J. (2019). *The Psychology of Exercise: Integrating theory and practice*. 5th Edition. Routledge.

Use of the ebook edition is fine. **Do not use older editions, as the content was significantly changed in the 5th edition.**

Recommended Reading Materials (Optional)

N/A

Assessment Components/Expectations

Grading Scale:

| Letter | Percent | Grade Point Value | Description |
|--------|---------|-------------------|--|
| A+ | ≥ 96 | 4.00 | Outstanding |
| A | 92-95 | 4.00 | Excellent – Superior performance, showing comprehensive understanding of subject matter |
| A- | 88-91 | 3.70 | |
| B+ | 84-87 | 3.30 | |
| B | 80-83 | 3.00 | Good – Clearly above average performance with knowledge of subject matter generally complete |
| B- | 76-79 | 2.70 | |
| C+ | 72-75 | 2.30 | |
| C | 68-71 | 2.00 | Satisfactory – Basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion |
| C- | 64-67 | 1.70 | Minimum grade required if needed as a prerequisite course |
| D+ | 60-63 | 1.30 | |
| D | 56-59 | 1.00 | Minimal pass – Marginal performance, generally insufficient preparation for subsequent courses in the same subject |
| F | < 56 | 0 | Fail – Unsatisfactory performance of failure to meet course requirements |

Percentages of .5 or greater are rounded up to the next whole number.

Evaluation of Course Content

Midterm Exam #1: 30% Monday, February 5

Midterm Exam #2: 30% Wednesday, March 20

Midterm Exam #3: 10% Monday, April 8

Assignments related to in-class activities: 30% (2 assignments, each worth 15% of total grade)

- Assignment 1 will involve developing theory-based method for improving motivation, and is due on 2/12. Assignment 2 will involve a reflection on techniques related to improving stress, coping, and well-being via exercise, and is due on 3/11. Instructions for the assignments will be provided on D2L.
- All assignments are to be completed individually.
- Hand in assignments to D2L dropbox by 5pm on the due date.

Midterm Exam Policy

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in **exceptional circumstances only**, which includes illness, participation in athletic events (varsity, national, or international), domestic affliction, and religious conviction; personal travel plans and arrangements **are not** valid reasons for requesting a special accommodation for a midterm exam. Wherever possible, it is the student's responsibility to discuss absences with instructors **prior to** the originally scheduled midterm. Students may be asked to provide supporting documentation for an exemption/special request: See university [calendar M.1.](#) for further information on supporting documentation.

Final Exam

There is no final exam in this course.

Late Policy

All assignments are due on the due date and time indicated. Any assignment which does not meet the respective due date and time will be deducted 10% per day late. Special accommodation may be granted by the instructor in **exceptional circumstances**, which includes illness, participation in athletic events (varsity, national, or international), domestic affliction, and religious conviction; personal travel plans and arrangements **are not** valid reasons for requesting a special accommodation for an assignment. Wherever possible, it is the student's responsibility to discuss absences with instructors **prior to** the originally scheduled due date. Students may be asked to provide supporting documentation for an exemption/special request: See university [calendar M.1](#). for further information on supporting documentation.

Contacting the Instructor

Students requiring assistance are encouraged to speak with their instructor during class or office hours. If you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment; please note that all course communications must occur through your @ucalgary email.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to their expectations about emails.

Students' Union

The Faculty of Kinesiology representative is Jessie Dinh and can be reached at kinesrep@su.ucalgary.ca.

Supplementary Course Information

Plagiarism/Cheating/Other Academic Misconduct

(see Calendar <https://www.ucalgary.ca/pubs/calendar/current/k.html>):

A **single** offence of cheating, plagiarism or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar in advance.

Academic Misconduct

Academic misconduct refers to student behavior which compromises proper assessment of a student's academic activities and includes: cheating; fabrication; falsification; plagiarism; unauthorized assistance; failure to comply with an instructor's expectations regarding conduct required of students completing academic assessments in their courses; and failure to comply with exam regulations applied by the Registrar.

For information on the Student Academic Misconduct Policy and Procedure please visit:

<https://www.ucalgary.ca/legal-services/university-policies-procedures/student-non-academic-misconduct-policy>

<https://www.ucalgary.ca/legal-services/university-policies-procedures/student-non-academic-misconduct-procedure>

Additional information is available on the Academic Integrity Website:

<https://ucalgary.ca/student-services/student-success/learning/academic-integrity>

Academic Accommodation Policy and Information on Student Accessibility Services

It is the student's responsibility to request academic accommodation as early as possible. If you are a student with a documented disability or medical condition who may require academic accommodation and have not registered with Student Accessibility Services (SAS), please contact their office at (403) 210-6019. SAS will process the request and issue letters of accommodation to instructors. You are also required to discuss your needs with your instructor preferably within the first fourteen (14) days of this course. Students who have not registered with Student Accessibility Services **are not** eligible for formal academic accommodation. Further information

<http://www.ucalgary.ca/access/>

[ucalgary.ca/student-services/access/prospective-students/academic-accommodations](http://www.ucalgary.ca/student-services/access/prospective-students/academic-accommodations)

<https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Accommodation-for-Students-with-Disabilities-Procedure.pdf>

Accommodations on Protected Grounds other than Disability

Students who require an accommodation in relation to their coursework or to fulfil requirements for an undergraduate degree, based on a protected ground other than disability, should communicate this need, preferably in writing, to Jodie McGill, Manager Undergraduate and Graduate Program at jdmcgill@ucalgary.ca. Students who require an accommodation unrelated to their coursework or the requirements for an undergraduate degree, based on a protected ground other than disability, should communicate this need, preferably in writing, to the Vice-Provost (Student Experience). For additional information on support services and accommodations for students with disabilities, visit www.ucalgary.ca/access/.

Intellectual Property

Course materials created by instructors (including presentations and posted notes, labs, case studies, assignments, and exams) remain the intellectual property of the instructor. These materials may NOT be reproduced, redistributed, or copied without the explicit consent of the instructor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

Media Recording for Study Purposes

Students who wish to audio record lectures for personal study purposes need to follow the guidelines outlined in [Section E.6 of the University Calendar](#). Unless the audio recording of lectures is part of a student accessibility requirement, permission must be sought by the course instructor to audio record lectures. Additional information about media recordings specific to the course will be shared by the course instructor as applicable.

Freedom of Information and Protection of Privacy Policy

Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary. The University of Calgary is under the jurisdiction of the Provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for further details. <https://www.ucalgary.ca/legal-services/access-information-privacy>

Copyright Legislation

All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright (<https://www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright-policy.pdf>) and requirements of the copyright act (<https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html>) to ensure they are aware of the consequences of unauthorised sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy <https://www.ucalgary.ca/pubs/calendar/current/k.html>.

Internet and Electronic Communication Device Information

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (i.e., cellular phones) for emailing, texting, etc., is strictly prohibited. Please turn **OFF** your phone before the beginning of each lecture unless permitted. Instructors have the authority, at the discretion of the Dean to require that specific course assignments, term papers and academic exercises be submitted in an electronic format.

<https://www.ucalgary.ca/legal-services/university-policies-procedures/acceptable-use-electronic-resources-and-information-policy>

Library and Resources in the Library

Visit the University of Calgary's library at <http://library.ucalgary.ca/>.

Wellness and Mental Health Resources

The University of Calgary recognizes the pivotal role that mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive support when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through Student Wellness Services (Room 370 MacEwan Student Centre,

<https://www.ucalgary.ca/wellness-services/services/mental-health-services>) and the Campus Mental Health Strategy (<http://www.ucalgary.ca/mentalhealth/>).

Sexual and Gender-Based Violence Policy

The University recognizes that all members of the University Community should be able to learn, work, teach and live in an environment where they are free from harassment, discrimination, and violence. The University of Calgary's sexual violence policy guides us in how we respond to incidents of sexual violence, including supports available to those who have experienced or witnessed sexual violence, or those who are alleged to have committed sexual violence. It provides clear response procedures and timelines, defines complex concepts, and addresses incidents that occur off-campus in certain circumstances. Please see the policy available at <https://www.ucalgary.ca/legal-services/university-policies-procedures/sexual-and-gender-based-violence-policy>

Student Success

The Student Success Centre provides services and programs to ensure students can make the most of their time at the University of Calgary. Our advisors, learning support staff, and writing support staff assist students in enhancing their skills and achieving their academic goals. They provide tailored learning support and advising programs, as well as one-on-one services, free of charge to all undergraduate and graduate students. For more information visit:

<https://www.ucalgary.ca/student-services/student-success>

Student Ombuds Office

The Student Ombuds Office supports and provides a safe, neutral space for students. For more information, please visit www.ucalgary.ca/ombuds/ or email ombuds@ucalgary.ca

Student Union (SU) Information

The SU Vice-President Academic can be reached at (403) 220-3911 or suvpaca@ucalgary.ca; Information about the SU, including elected Faculty Representatives, can be found here: <https://www.su.ucalgary.ca>

Emergency Evacuation/Assembly Points

Assembly points for emergencies have been identified across campus. Assembly points are designed to establish a location for information updates from the emergency responders to the evacuees; from the evacuated population to the emergency responders. For more information, see the University of Calgary's Emergency Management website:

<https://www.ucalgary.ca/risk/emergency-management/evac-drills-assembly-points/assembly-points>

Safewalk

Campus security will escort individuals, day or night, anywhere on campus (including McMahon Stadium, Health Sciences Centre, Student Family Housing, the Alberta Children's Hospital and the University LRT station). Call 403-220-5333 or visit <http://www.ucalgary.ca/security/safewalk>. Use any campus phone, emergency phone or the yellow phone located at most parking lot pay booths. Please ensure your personal safety by taking advantage of this service.