



Course Outline
KNES 397: Health and Exercise Psychology
Winter 2013
January 8 through April 16

Instructor: Nicole Culos-Reed, Ph.D.	Room: KNA 160
Phone: 403-220-7540	Days: Monday and Wednesday
Email: nculosre@ucalgary.ca	Time: 11:00 am – 12:15 pm
Office: KNB436	Course Website: Blackboard
Office Hours: By appointment	

Course Description: An examination of psychological issues related to health, exercise, and physical activity.
Course Hours: H(3-0)
Prerequisite(s): [Kinesiology 253](#).

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 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”.

Course Objectives: 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.

Required Text: Lox, C.L., Martin Ginis, K.A., & Petruzzello, S.J. (2010). *The Psychology of Exercise: Integrating theory and practice*. 3rd Edition. Holcomb Hathaway Publishers.

You can purchase the text in the bookstore or online (e-version).
“The publisher of *The Psychology of Exercise* is offering students a **20% discount** off the list price of the **ebook version** of this text. With the discount, the ebook will cost \$35.20, which may be less than online or bookstore prices for the print book. The ebook will be immediately downloadable to your PC, laptop, or tablet. Visit <http://www.hh-pub.com>, search for the book title or author name, and use the discount code **S13eB20** to receive 20% off your order.

Contacting the Instructor: Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment.

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 his/her expectations about emails.

Grading Scale:

Grade	Percent	Grade Point Value	Description
A+	95.0 +	4.00	Outstanding
A	86.0-94.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	82.0-85.9	3.70	
B+	78.0-81.9	3.30	
B	74.9-77.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	70.0-73.9	2.70	
C+	66.0-69.9	2.30	
C	62.0-65.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	58.0-61.9	1.70	Minimum grade required if needed as a prerequisite course.
D+	54.0-57.9	1.30	
D	50.0-53.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	Below 50.0	0	Fail – unsatisfactory performance or failure to meet course requirements.

Evaluation of Course Content:

Midterm Exams: 1- 30% (Wednesday, February 6th, 2013)
 2- 25% (Wednesday, March 13th, 2013)
 3- 10% (Monday, April 15th, 2013)

Group Assignment -Approved topics by February 13th, 2013
 15% written (due April 3rd, 2013);
 20% video presentation (due April 3rd, 2013);
 -Scheduled in class on April 8th and 10th, 2013

Final Exam No Final Exam

Late Policy:

All work must be submitted to the instructor by 4pm on the assigned due date. Anything handed in after 4pm on the due date up until one week past the due date will be capped at 50% (i.e. 20/40). After one week, assignments will not be accepted and you will be given a grade of 0% for the assignment missed.

If you have mitigating circumstances please provide suitable independent documentation.

Final Examination: The final exam will be scheduled by the registrar. You will not be permitted to bring any resources (textbook, notes, calculators, etc.) into the examination room. The final exam is worth 30% of your final grade.

Course Content:

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

Week of:

January 7th, 2013 (classes begin on January 9 – Wednesday)

Why Make Physical Activity a Priority?

Video

Overview of Health and Exercise Psychology

Readings: Chapter 1, 2

January 14th, 2013

How to Work in Teams

Group Exercise

Theories of Exercise Behaviour

Readings: Chapter 3, 4

January 21st, 2013

Start of "self" study

Tracking of PA levels

Psychosocial Influences and Consequences of Exercise: Self views, Emotional Well-being

Readings: Chapter 8, 13

January 28th, 2013

Psychosocial Influences and Consequences of Exercise: Personality

Readings: Chapter 7

Promotion of Physical Activity: Special Populations

Readings: Chapter 6

February 4th, 2013

Psychosocial Influences and Consequences of Exercise: Depression, Anxiety, Stress

Readings: Chapter 10, 11, 12

Midterm Exam #1 – February 6, 2013

February 11th, 2013

Psychosocial Influences and Consequences of Exercise: Social Influences

Readings: Chapter 5

Physical Activity and Health Related Quality of Life

Readings: Chapter 15

February 17th – 24th, 2013

Reading Week – No Classes

February 25th, 2013

Promotion of Health and Physical Activity

Readings: Chapter 13

Exercise Interventions

Readings: To be posted on blackboard.

March 4th, 2013

Model for Physical Activity Intervention: Head/Neck and Neuro Oncology Program

Lauren Capozzi, PhD Student

Yoga for cancer survivors

Amanda Wurz, MSc Student

March 11th, 2013

Building Health Communities – Thrive Centre

Lauren Capozzi, PhD Student

Midterm Exam #2 – March 13, 2013

March 18th, 2013

Psychosocial Influences and Consequences of Exercise: Cognitive Function, Motivation

Readings: Chapter 14

Exercise in Pediatric Oncology

Dr. Carolina Chamorro

March 25th, 2013

Health Promotion

Dr. Lisa Daroux-Cole

Exercise for Women with Breast Cancer – BEAUTY

Jessica Danyluk, CEP and Tracy Job

April 1st, 2013

Exercise in Renal Populations – Building a clinic-based program

Kathryn Wytsma, CEP

Wrapping It Up – Where Do We Go From Here?

April 8th, 2013

Group Video Presentations: “From Evidence to Practice”

April 15th, 2013

Midterm Exam #3 – April 15, 2013

Supplementary Course Information

In accordance with the University of Calgary Calendar

<u>Academic Accommodation Awareness Information:</u>	It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre <u>are not</u> eligible for formal academic accommodation.
<u>Plagiarism/Cheating/Other Academic Misconduct:</u> (see Calendar)	A <u>single</u> 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.
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 <u>exceptional circumstances only</u> , which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification <u>prior</u> to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are <u>not</u> valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.
FOIP Policy:	Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: http://www.ucalgary.ca/secretariat/privacy
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 (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.
Emergency Meeting Place:	For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby
Safewalk Information:	Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).
Student's Union:	The Kinesiology Representative is Calindy Ramsden - E-mail: kinesrep@su.ucalgary.ca