

**MCGILL UNIVERSITY**  
**Department of Kinesiology and Physical Education**  
**EDKP 448: Exercise and Health Psychology (3 credits)**

**Term:** Winter 2021  
**Time:** Tuesdays and Thursdays (8:35am to 9:55am)  
**Location:** Remote Delivery

**Instructors:** Emilie Michalovic & Shannon Herrick  
**E-mail:** [emilie.michalovic@mcgill.ca](mailto:emilie.michalovic@mcgill.ca) ; [shannon.herrick@mcgill.ca](mailto:shannon.herrick@mcgill.ca)  
**Office hours:** Email to make an appointment

<b>Teaching Assistants:</b>	Zhiyang (George) Shi	Olivia Pastore
<b>E-mail:</b>	<a href="mailto:zhiyang.shi@mail.mcgill.ca">zhiyang.shi@mail.mcgill.ca</a>	<a href="mailto:olivia.pastore@mail.mcgill.ca">olivia.pastore@mail.mcgill.ca</a>
<b>Roles:</b>	Assisting with course content, student questions, evaluating assignments, myCourses discussions	

<b>Graders</b>	Tiphaine Pierson	Christopher Angelillo	Niki Sofranos
<b>Roles:</b>	Evaluating reflections, assignments, and exam marking		

**DESCRIPTION**

**Online description:** The psychological aspects of health and participation in exercise and physical activity. The application of psychological knowledge and methodology within exercise and health. Theory and evidence on selected topics in this area of study.

**Additional description:** This course focuses on the psychological antecedents and consequences of exercise. Emphasis will be placed on understanding concepts, principles, and theories and how these may be applied to research as well as the promotion and maintenance of exercise.

**COURSE LEARNING OBJECTIVES**

By the end of this course students should be able to:

- ◆ Define and explain the theoretical concepts used to understand physical activity participation
- ◆ Apply the theories to promote physical activity participation
- ◆ Design a theory-based intervention to promote psychosocial variables aimed at increasing physical activity participation (or another health behaviour)
- ◆ Understand, identify, and analyze a multitude of psychosocial influences on physical activity participation
- ◆ Critically examine the link between physical activity and psychological well-being and how physical activity can be used to improve various aspects of psychological well-being

## **REQUIRED TEXT**

1. Lox, C. L., Martin Ginis, K. A., Gainforth, H. L., & Petruzzello, S. J. (2019). *The psychology of exercise: Integrating theory and practice (5<sup>th</sup> edition)*. Routledge.
  - The book is available in both physical and e-book format from the at **Le James Bookstore** located at: 680 Sherbrooke St W, Montreal, QC H3A 0B8  
<https://lejames.ca/>
  - Note the 4<sup>th</sup> edition can be used. However, lecture content will be based on the 5<sup>th</sup>.
2. Articles, book chapters (Motivational Interviewing) and media content posted on myCourses or the course timeline.

**Note:** the course book and the Motivational Interviewing book is also available on Reserve at the McGill Library <https://mcgill.on.worldcat.org/courseReserves/course/id/17390943>.

## **GENERAL TOPICS OF THE COURSE**

**UNIT 1        THEORETICAL APPROACHES TO UNDERSTANDING EXERCISE**

**UNIT 2        INTERVENTIONS TO INCREASE EXERCISE**

**UNIT 3        EXERCISE AND PSYCHOSOCIAL OUTCOMES**

\* See course timeline on myCourses for readings and weekly topics

## **INSTRUCTIONAL METHOD**

The course will be delivered remotely via MyCourses and Zoom. Some course content will be delivered synchronously (e.g., live on Zoom) and the remaining course content will be delivered asynchronously (e.g., pre-recorded videos, supplemental readings, and other materials posted on MyCourses). The majority of the course material will be provided in the form of pre-recorded videos. Synchronous content will often include student engagement through breakout rooms, group discussions, and/or question-and-answer periods. Students are highly encouraged to attend all sessions delivered synchronously. All synchronous sessions will occur during our scheduled class time either on Thursdays between 8:35am and 9:55am. A schedule of when synchronous content will be offered will be posted on myCourses. Synchronous sessions will be recorded and subsequently posted on myCourses. Students are expected to regularly check myCourses for updates and information pertaining to all aspects of the course.

## **INSTRUCTOR MESSAGE REGARDING REMOTE DELIVERY**

The remote learning context presents new challenges for all involved, and we are particularly concerned about providing meaningful learning opportunities for students. When live (synchronous) sessions are scheduled, we believe that students will benefit most from attending and participating live (synchronously). We recognize that live (synchronous) Zoom lectures present some technological challenges for students; however, we hope that if students are able, they will fully participate in these sessions possible (e.g., via video, audio, chat, polling, as appropriate). This course is designed to consider the challenges that students may be experiencing due to the pandemic and is committed to providing a supportive learning environment. Please visit the most recent version of the Guidelines for Instructors and Students on Remote Teaching

and Learning (<https://www.mcgill.ca/tls/instructors/class-disruption/guidelines-remote-w2021>), which was released at the end of November.

**Course Recordings:** You will be notified through a ‘pop-up’ box in Zoom if a lecture or portion of a class is being recorded. By remaining in sessions that are recorded, you agree to the recording, and you understand that your image, voice, and name may be disclosed to classmates. You also understand that recordings will be made available in myCourses to students registered in the course.

**Content reproduction:** We remind everyone of their responsibility in ensuring that each recorded zoom lecture and associated material are not reproduced or placed in the public domain. This means that each of you can use it for your educational (and research) purposes, but you cannot allow others to use it, by putting it up on the Internet or by giving it or selling it to others who may also copy it and make it available. 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 can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

## **EVALUATIONS**

<b>Name of Assignment</b>	<b>% Final Grade</b>	<b>Due dates</b>
PARTICIPATION	5%	
REFLECTIONS	15%	February 2 <sup>nd</sup> , 2021 & March 11 <sup>th</sup> , 2021
MID-TERM	25%	February 9 <sup>th</sup> , 2021
INTERVENTION ASSIGNMENT	30%	January 26 <sup>th</sup> , 2021 (Group selection)
		February 25 <sup>th</sup> , 2021 (Abstract)
		March 25 <sup>th</sup> , 2021 (Full assignment)
MEDIA ASSIGNMENT	20%	April 6 <sup>th</sup> , 2021
FINAL COURSE REFLECTION	5%	April 13 <sup>th</sup> , 2021

- A) Midterm Exam.** The midterm exam will consist of all material presented in class including all assigned readings (both book chapters and additional readings). The exam will be an online timed exam administered through myCourses. Students will have a window of 48 hours to complete the online midterm exam. Once started, the midterm must be completed and submitted within 2 hours. The midterm exams will not have a set time within the assigned 48-hour window during which they must be completed.
- B) Each component of the Intervention Assignment** is due 30 minutes prior to start of class and to be submitted on myCourses. Assignments received at 8:06am or later on the due date

will be considered late and ten percent (10%) will be deducted from the assignment. Ten percent (10%) is deducted from the assignment for each 24-hour period that your assignment is late. For example, if your assignment is two days late, a late penalty of 20% will be deducted from the mark that you receive for the assignment. Assignments must be submitted on myCourses. Emailed assignments will not be accepted under any circumstances. There are no specific grades associated with the **abstract submission**, however a 5% penalty will be charged on the full assignment if the abstract is not submitted. Please see the intervention assignment rubric for more information. Further instructions on the components of the assignment will be provided in class.

- C) **Media assignment** is due 30 minutes prior to start of class and to be submitted on myCourses. The same penalty policy described for the intervention assignment will be applied for reflections. Please see the media assignment rubric for more information.
- D) **Reflections:** The reflections are due 30 minutes prior to start of class and to be submitted on myCourses. The same penalty policy described for the intervention assignment will be applied for the reflections. Please see the reflection rubric for more information.
- E) **Final Course reflection:** The final course reflection is due 30 minutes prior to start of the final class and to be submitted on myCourses. The same penalty policy described for the intervention assignment will be applied for the final reflection. Please see the final reflection rubric for more information.
- F) **Participation.** Participation marks are earned with your response rate to myCourses surveys and your general attitude in class discussions. Each week, a multiple-choice question on the week's content will be posted on myCourses. The question will go up at 8:30am EST each Thursday. You will have 24hrs to respond to the question. There will be a total of 10 multiple quizzes throughout the semester. Your response rate to the questions will be recorded and your percentage of responses will be given to your participation score. Participation in quizzes will be calculated from after add/drop on Friday January 22, 2021.

### **MCGILL POLICY STATEMENTS AND COURSE EXPECTATIONS**

#### **Policy regarding the use of email**

All emails and electronic correspondence will be sent through myCourses. It is your responsibility to verify the email address that is linked with myCourses (your McGill University email by default). To protect your privacy, the Faculty of Education will only reply to you at your official e-mail address at McGill. Please be sure that you check your McGill e-mail on a regular basis. We recommend students with questions about class material, exams or assignments can seek assistance from the teaching assistants first by email and then reach out to the course instructors. Remember that your classmates are your first line of correspondence, including the discussion on the myCourses discussion boards. Please have the course code EDKP 448 as the subject line of your emails to ensure a prompt reply. We reserve the right **NOT** to answer any exam or assignment-related questions asked via email 24 to 36 hours prior to the exam or deadline of an evaluation.

#### **Academic integrity**

“McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the Code of Student Conduct and Disciplinary Procedures” (see [www.mcgill.ca/students/srr/honest/](http://www.mcgill.ca/students/srr/honest/) for more information). (Approved by Senate on 29 January 2003)

« L'université McGill attache une haute importance à l'honnêteté académique. Il incombe 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 Code de conduite de l'étudiant et des procédures disciplinaires (pour de plus amples renseignements, veuillez consulter le site [www.mcgill.ca/students/srr/honest/](http://www.mcgill.ca/students/srr/honest/)).»

### **Language of Submission:**

“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. This does not apply to courses in which acquiring proficiency in a language is one of the objectives.” (Approved by Senate on 21 January 2009)

« 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). »

### **Office for Students with Disabilities**

If you experience barriers to learning in this course, do not hesitate to discuss them with me and the Office for Students with Disabilities, 514-398-6009.

### **End-of-course evaluations (Mercury)**

“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.”

### **Key Academic Dates**

First Lecture EDKP 448: January 7<sup>th</sup>, 2021; Last Lecture EDKP 448: April 13<sup>th</sup>, 2021

Study break: from March 1-5

Makeup Day: Thursday, April 15

Classes end: Friday, April 16

Study Days: Saturday, April 17 and Sunday, April 18

Exams begin: Monday, April 19

Exams end: Friday, April 30 (10 days, including evening exams)

### **Accommodation of religious holy days.**

Students who because of religious commitment cannot meet academic obligations, other than final examinations, on certain holy days are responsible for informing their instructor, with two weeks' notice of each conflict. Possible solutions include a) rescheduling the evaluation, or b) preparing an alternative evaluation for that particular student, or c) shifting the weight normally assigned to the evaluation to the weight assigned to the remaining evaluation. When the instructor

and student are unable to agree on suitable accommodation, the matter will be referred to the Associate Dean, who may request official documentation confirming the student's religious affiliation. The Associate Dean will convey the decision to the instructor and student. For undergraduate students in the Faculty of Education, the Executive Director Student Affairs should be contacted.

### **Grading for the course**

Grading is based on guidelines presented in the McGill University Calendar:

A	85-100%
A-	80-84%
B+	75-79%
B	70-74%
B-	65-69%
C+	60-64%
C	55-59%
D	50-54%
F	0-49%

### **The Learning Environment**

As the instructors of this course, we endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me and the *Office for Students with Disabilities*, 514-398-6009.

### **Land Acknowledgement**

McGill University is on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Haudenosaunee and Anishinabeg nations. We acknowledge and thank the diverse Indigenous people whose footsteps have marked this territory on which peoples of the world now gather.

L'Université McGill est sur un emplacement qui a longtemps servi de lieu de rencontre et d'échange entre les peuples autochtones, y compris les nations Haudenosaunee et Anishinabeg. Nous reconnaissons et remercions les divers peuples autochtones dont les pas ont marqué ce territoire sur lequel les peuples du monde entier se réunissent maintenant.

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