

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

Term: Winter 2019
Time: Mondays and Wednesdays (4:05pm to 5:25pm)
Location: Duff Medical Building Theatre 1

Instructor: Dr. Shane Sweet
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Teaching Assistants:	Emilie Michalovic	Dana Raffoul
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Roles:	Assisting with course content and evaluating assignments	

TEAM award	Kaila Bonnell (Phys Ed.)	Matthew Lassman (Kin)	Sarah Kapur (Kin)	Evan Bishop (Phys Ed)
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Roles:	myCourse discussions; writing myCourse material; facilitating reviews for the mid-term and final; assisting with assignments			

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)
- ◆ 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., & Petruzzello, S. J. (2014). *The psychology of exercise: Integrating theory and practice (4rd edition)*. Scottsdale, AZ: Holcomb Hathaway Publishers.
 - The book is available at **Paragraphe Bookstore** located at: 2220 McGill College Ave, Montreal, QC H3A 3P9. Phone: (514) 845-5811
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.

GENERAL TOPICS OF THE COURSE

UNIT 1 THEORETICAL APPROACHES TO UNDERSTANDING EXERCISE

UNIT 2 INTERVENTIONS TO INCREASE EXERCISE

UNIT 3 EXERCISE AND PSYCHOSOCIAL OUTCOMES

INSTRUCTIONAL METHOD

In this course, a variety of instructional approaches will be used, which includes lectures, group activities, class discussions and online content (myCourses). As a result, students should expect to be actively involved in their learning.

EVALUATIONS

Name of Assignment	% Final Grade	Due dates
PARTICIPATION	5%	
REFLECTIONS	10%	January 30 th , 2019 & March 13 th , 2019
MID-TERM	25%	February 6 th , 2019
INTERVENTION ASSIGNMENT	25%	January 28 th , 2019 (Group selection)
		February 27 th , 2019 (Abstract)
		March 25 th , 2019 (Full assignment)
MEDIA ASSIGNMENT	10%	April 10 th , 2019
FINAL EXAM	25%	To be announced

A) Midterm. The mid-term will consist of all material presented in class including all assigned readings (both book chapters and additional readings).

- 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 3:36pm or later 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 reflection. Please see the reflection rubric for more information.
- E) Participation.** Participation marks are earned with in-class assignments, your response rate to myCourses surveys and your general preparedness and class attitude. You will have 4 opportunities to earn participation marks through in-class assignments. Each assignment will be worth 1% up to a maximum of 3%. Therefore, you need to complete 3 of 4 assignments to receive the full 3%. An extra 1% will be attributed if you answer at least 75% of myCourse questions/surveys. The extra 1% will reflect your class preparedness, respect and willingness to participate in class activities.

MCGILL POLICY STATEMENTS AND COURSE EXPECTATIONS

Attendance

Students are expected to be prepared for and to attend all classes. Assigned readings, including supplemental articles, should be read in advance of class in order to further understand and contribute to group and class discussions/activities. In-class group assignments will also be used to assess attendance (see above regarding details for the in-class assignments).

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). I recommend students with questions about class material, exams or assignments can seek assistance from the instructor before/after class or by appointment. 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. I 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/ 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/).»

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.”

I also review all my end-of-course evaluations seriously with the goal of improving this course from year to year. Your constructive feedback is greatly appreciated.

Mobile devices

Mobile computing and communications devices are permitted in class insofar as their use does not disrupt the teaching and learning process. In support of individual and collective positive classroom experiences, there must be freedom from distraction for:

- a. Fellow students
- b. The instructor

The use of social media for personal matters is considered a distraction.

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%