

Kinesiology & Physical Education: Applied Exercise Psychology (EDKP 548)

Winter 2020

Instructor Information

Professor: Lindsay R. Duncan, Ph.D.
Office: Currie Gym, A213
Phone: 514-398-4184, ext. 00919
E-mail: lindsay.duncan@mcgill.ca
Office hours: By appointment

Course Format

This course consists primarily of group discussions and debates, in-class learning activities, and student presentations. There are no labs or tutorials for this course.

Time and Location

Mondays, 10:05am to 12:55pm, Currie Gym Room 304. **As of March 30th, 2020, due to the extraordinary circumstances of COVID-19, the course will be delivered in an online format (via Zoom).**

Course Description

In this course we will examine common theories and interventions used to understand and promote physical activity and other health behaviours. We will review, discuss, and critically evaluate theories of health behavior change and learn, practice, and apply physical activity counselling strategies.

Student Outcomes

Upon completion of this course, students will:

1. understand the fundamental theories in physical activity and health psychology.
2. describe and explain the fundamental constructs, relationships, and mechanisms for health behaviour change.
3. analyze and evaluate theories and the application of those theories in physical activity and health behaviour interventions.
4. apply knowledge of theory to effective intervention approaches in a practical experience.
5. take a critical and theoretical eye to an existing health promotion program.

Schedule of Class Topics and Tasks

Week	Date	Topics	Tasks to be Completed
1	Monday, January 6 th , 2020	Course Introduction Social Cognitive Theory Self-Efficacy Theory of Planned Behaviour	All: ✓ Week 1 readings
2	Monday, January 13 th , 2020	Transtheoretical Model Health Action Process Approach	All: ✓ Week 2 readings
3	Monday, January 20 th , 2020	Self-Determination Theory	All: ✓ Week 3 readings
4	Monday, January 27 th , 2020	Goal Setting Motivational Interviewing (MI): Overview and Spirit	All: ✓ Week 4 readings
5	Monday, February 3 rd , 2020	Action Planning, Implementation Intentions MI Engaging: The Relational Foundation	All: ✓ Week 5 readings
6	Monday, February 10 th , 2020	Self-Regulation MI Focusing: The Strategic Direction	All: ✓ Week 6 readings ✓ Identify BCC “client”
7	Monday, February 17 th , 2020	Behaviour Change Techniques MI discussion 1 MI Evoking: Preparation for Change, Part 1, Change and Sustain Talk	All: ✓ Week 7 readings ✓ Submit BCC consent form ✓ BCC session #1 ✓ Submit BCC reflection #1 Leads: ✓ Transcribe BCC session #1

			<ul style="list-style-type: none"> ✓ Circulate transcription ✓ Prepare discussion
8	Monday, February 24 th , 2020	<p>Affect</p> <p>MI discussion 2</p> <p>MI Evoking: Preparation for Change, Part 2, Evoking Confidence and Strengthening Commitment</p>	<p>All:</p> <ul style="list-style-type: none"> ✓ Week 8 readings ✓ BCC session #2 ✓ Submit BCC reflection #2 <p>Leads:</p> <ul style="list-style-type: none"> ✓ Transcribe BCC session #2 ✓ Circulate transcription ✓ Prepare discussion
Note	Monday, March 2 nd , 2020	No class – Reading Week	
9	Monday, March 9 th , 2020	<p>Social Influences</p> <p>MI discussion 3</p> <p>MI Planning: The Bridge to Change</p>	<p>All:</p> <ul style="list-style-type: none"> ✓ Week 9 readings ✓ BCC session #3 ✓ Submit BCC reflection #3 <p>Leads:</p> <ul style="list-style-type: none"> ✓ Transcribe BCC session #3 ✓ Circulate transcription ✓ Prepare discussion
10	Monday, March 16th, 2020	<p>Theoretical Domain Framework</p> <p>Next Steps in Physical Activity Theory</p> <p>MI discussion 4</p> <p>MI Skills: Review and Practice</p>	<p>All:</p> <ul style="list-style-type: none"> ✓ Week 10 readings ✓ BCC session #4 ✓ Submit BCC reflection #4 <p>Leads:</p> <ul style="list-style-type: none"> ✓ Transcribe BCC session #4 ✓ Circulate transcription

			✓ Prepare discussion
11	Monday, March 23 rd , 2020	Elaboration Likelihood Model Health Messaging MI discussion 5 MI Skills: Review and Practice	All: ✓ Week 11 readings ✓ BCC session #5 ✓ Submit BCC reflection #5 Leads: ✓ Transcribe BCC session #5 ✓ Circulate transcription ✓ Prepare discussion
12	Monday, March 30 th , 2020 10:05 AM – 11:30 AM via zoom	Topic TBD by Group Consensus MI discussion 6 MI discussion 4	All: ✓ Week 12 readings ✓ BCC session #4 ✓ Submit BCC reflection #4 by Wednesday, April 1st, at midnight Leads: ✓ Transcribe BCC session #4 ✓ Circulate transcription ✓ Prepare discussion
13	Monday, April 6 th , 2020 10:05 AM – 12:55 PM via zoom	Student Presentations to be made via zoom video conference	✓ Prepare presentation
Note	FRIDAY, April 10, 2020	Final BCC Reflection Due	✓ Submit Final BCC reflection

Note. BCC = Behaviour Change Counselling, MI = Motivational Interviewing

Required Readings

There is no required textbook for this course. A list of required readings will be posted on MyCourses alongside this course outline and a pdf copy of each required reading will be posted on MyCourses. The list of required readings is subject to change; however, if any changes are made to the required reading list they will (a) be made at least one week in advance and (b) be brought to the attention of students in class and/or by email. Students are expected to complete a thorough review of each of the required readings before class. If you complete the readings for the week and do not feel you have an adequate grasp on the topic, it is your responsibility to consult with me and/or complete supplemental readings before class begins.

MyCourses

MyCourses will serve as the online interface for EDKP 548. A copy of the course outline, reading list, and pdf copies of the required readings will be provided on MyCourses. Materials for in-class activities may also be posted on MyCourses. Specific instructions related to course assignments will be provided in class and posted on MyCourses. Submission of written assignments will occur via the “Assignments” tab in MyCourses. Students are expected to regularly check MyCourses for course updates and information.

Zoom

Classes on Monday, March 30th and Monday, April 6th will be convened via zoom video conferencing system. More details regarding access to zoom will be distributed by email.

Evaluation

Method	Date	Grade
Class Participation	Weekly, Monday, January 6 th to Monday, April 6 th	30%
Behaviour Change Counselling Discussion Lead	As scheduled for each student. Due to the extraordinary circumstances of COVID-19, students who were scheduled to lead discussions based on conversations #5 or #6 with their client will have an alternative writing assignment to submit by Friday, April 10th.	10%
Weekly Behaviour Change Counselling Reflections	Four reflections. Due February 17th, February 24th, March 9th, and Wednesday, April 1st.	20%
Program Enhancement Presentation	Monday, April 6 th	30%
Behaviour Change Counselling Final Report	Friday, April 10 th	10%

Class Participation

Students are expected to attend each class, to be on time and prepared, and to be actively engaged with the content. Examples of active engagement include playing an equal role in group activities, providing comments and asking questions that feed the discussions, and respectively assisting a classmate with course material. Meaningful and intellectual contributions are valued.

Mutual Expectations

In order to promote a collegial and stimulating learning environment, it is important that we all abide by a mutual code of *courtesy and respect*. I will come prepared and on time for class and will expect the same from you. To prepare for class you are required to complete the readings and additional tasks as outlined in the “schedule of class topics and tasks” (above). Questions, discussions, and constructive comments pertaining to class material are encouraged, and always welcome.

In service of your learning experience, please do not use cell phones and other electronic devices/social media during class (e.g., texting, Facebook, twitter, iPods, etc.), and refrain from activities which may impede your ability, or the ability of those around you, to learn effectively.

I am approachable; if you are having problems with any aspect of the course, please make an appointment to speak with me.

Given that our class is nearly 3 hours in duration and is scheduled over the lunch hour you are welcome to bring stacks and/or your lunch to class. Please be mindful of others (e.g., regarding odors) when selecting the food and beverages you bring to class. We will take 1-2 short breaks during each class; however, they will likely not be long enough to purchase lunch from the cafeteria so please plan accordingly.

McGill University Policy on Academic Conduct [approved by Senate on 29 January 2003]:

McGill University values academic integrity. Honesty and integrity are expected of every student in class participation, examinations, assignments, patient care, and other academic work. Every student must perform his or her own work unless specifically instructed otherwise. Students are encouraged to review the Code of Student Conduct and Disciplinary Procedures at: (www.mcgill.ca/students/srr/honest/) to understand the meaning and consequences of cheating, plagiarism, and other academic offences.

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/).

Right to submit in English or French written work that is to be graded [approved by Senate on 21 January 2009]:

In accordance 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.

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).