COURSE NUMBER:  Kin 9231A
COURSE NAME:  Selected Topics in Exercise and Health Psychology
MODE OF STUDY:  Day (Lecture time: Thursday 9-11:30 am Thames Hall Room 3160)
Note* Time day and location of lecture may subject to change
SEMSETER OFFERED:  1st (September-December)
STAFFING:  Lecturer & Examiner: Dr. Harry Prapavessis
TYPE OF COURSE:  Elective Graduate
ASSESSMENT MODE:  Graded

RATIONALE
The health benefits of physical activity have achieved international recognition and acceptance following the publication of the 1996 Surgeon General’s Report. Despite the overwhelming evidence of these benefits, industrial countries seem to be systematically engineering physical activity out of society. A consequence of this inactivity is growing number of overweight people with health problems. As Health Professionals, we have a responsibility to better understand and promote the benefits of being less sedentary. This is fundamentally different from better understanding and promoting the benefits of being more physically active. Population based studies indicate that adults spend most of their waking time being sedentary. Time spent in sedentary behaviour has been shown to be associated with an increased risk of health problems, independent of time spent in physical activity behaviour.

SYNOPSIS
The course will comprehensively examine the “Science of Sitting” from a theoretical, health consequence, measurement and intervention perspective.

TEXTS & MATERIALS
Nil.
ASSessment

1. Research Grant Proposal

Each student will be expected to develop a testable research question from the research covered in class. Based on this research question, the student will write and present a comprehensive grant proposal that has the potential to make a significant contribution to the literature.

2. Class Participation

Students enrolled in the course will be expected to present, critique, and discuss all research articles that Dr Prapavessis selects from his reference material list. Dr Prapavessis’s role will be to act as a facilitator for these weekly class presentations.

3. A written exam will be held at the end of semester.

Course Grading

1. Research Grant Proposal 35%
2. Class Participation 35%
3. Final Exam 30%

Distribution of Student Load

Lectures: 2-3 hour
Seminar/Lab: Nil
Private study: 3-5 hours per week