

THE UNIVERSITY OF WESTERN ONTARIO

School of Kinesiology

2024

PLANNED COURSE DETAIL

COURSE NUMBER: Kin 9231B

COURSE NAME: Selected Topics in Exercise Psychology

MODE OF STUDY: In-person (Lecture time: Wednesday 9:30am-12:30 pm. Location: TBA)

SEMESTER OFFERED: Winter (January - April)

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 the growing number of 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 is associated with an increased risk of health problems, independent of time spent in physical activity.

SYNOPSIS

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

TEXTS & MATERIALS

Nil.

REFERENCE MATERIALS

TBA

ASSESSMENT

1. Research Grant Proposal

Each student will 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 present, critique, and discuss all research articles that Dr Prapavessis selects from his reference list. Dr Prapavessis's role will be to act as a facilitator for these weekly class presentations.

3. Students will complete a written exam at the end of semester.

Course Grading

1.	Research Grant Proposal	40%
2.	Class Participation	30%
3.	Final Exam	30%

DISTRIBUTION OF STUDENT LOAD

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