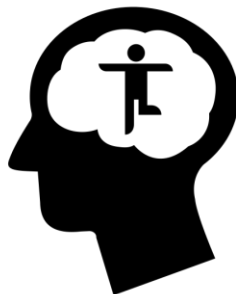


School of Kinesiology
Faculty of Health Sciences
Western University



**KINESIOL 3476F – Exercise and Health Behavior Change
Fall 2018**

Instructor: Wuyou (Yoah) Sui

Location: 3M Centre Rm 3250

Lectures: MWF 2:30 – 3:30

TAs: Kendra Ferguson

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(jmahon7@uwo.ca)

Email: wsui3@uwo.ca

Phone: 519-661-2111 ext. 81189

Office: HSB 408

Office hours: By appointment only

NOTE: All course information (grades, assignment outlines, deadlines, etc.) is also available via OWL.

Course Description:

KINESIOL 3476F is an upper-year, writing-centered, research-directed course, which focuses on critically examining and evaluating prevailing topics in exercise and behaviour change. This course builds upon the foundational knowledge of exercise and sedentary behaviour psychology explored in KINESIOL 1070A and KINESIOL 2276F. The core components of the scientific method and scientific writing explored in KINESIOL 2032B will also be assessed through major course evaluations. 0.50 credits will be awarded upon successful completion of this course.

Research that is being supported by Exercise and Health Psychology Laboratory www.ehpl.uwo.ca is primarily examined, with focus on (a) examining interventions grounded in behavior change theory that increase physical activity in diseased and non-diseased populations (b) using exercise as a therapy to improve health outcomes and (c) investigating the role that psychological factors play in the prediction, prevention, and recovery of injury.

Students will become familiar with the latest theory and research for the following three domains:

Domain One: Exercise Behavior Change

Models and research of exercise behavior change are examined in non-diseased and diseased populations as well as patients with physical injury.

Domain Two: Sedentary Behavior Change

Models and research of inactivity will be examined and interventions to reduce sitting time will be reviewed and critiqued.

Domain Three: Using Exercise to Improve Health Outcomes

An in-depth analysis of the acute and chronic consequences of exercise on the following health outcomes will be examined:

- Smoking cessation
- Mental health (e.g., depression)
- Injury recovery
- Quality of life and other psychosocial factors

Additionally, students will develop their scientific writing and comprehension abilities through the exploration of the basics of scientific communication.

Anti-requisite(s)/Pre-requisite(s)/Co-requisite(s) if applicable:

Pre-requisite(s): Kinesiology 2032A/B or the former Kinesiology 332A/B, Kinesiology 2276 A/B, permission of Kinesiology. **Anti-requisite:** Kinesiology 4476 F/G.

You are responsible for ensuring that you have successfully completed all course pre-requisites. Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees if you are dropped from a course for failing to have the necessary prerequisites.

Learning Objectives:

By the end of this course, as a successful student, you will be able to:

Demonstrated, in part, through:

1. **Identify** and **delineate** theoretical terms, concepts, and philosophies related to behavior change.

In-class participation, Behaviour change assignment, Research paper, Midterm/Final exam

2. **Compare** and **contrast** theoretical approaches to behavior change.

In-class participation, Behaviour change assignment, Research paper, Midterm/Final exam

3. Interpret, synthesize, and discuss research articles (e.g., rationale, methods, results, and discussion) and theoretical knowledge as it relates to behavior change.	In-class participation, Behaviour change assignment, Research paper
4. Develop scientific writing and communication skills in order to effectively present scientific findings and research.	Behaviour change assignment, Research paper, Midterm/Final exam
5. Critically reflect upon own learning and relate to the behavior change topics discussed in class.	In-class participation, Behaviour change assignment, Research paper,

Course Evaluation Summary:

The following course evaluations make up the formal assessment for KINESIOL 3476F.

1. In-class participation	5%
2. Five-minute papers	10%
3. Research paper (<i>due November 5th</i>)	35%
4. Midterm exam (<i>held October 17th</i>)	20%
5. Final exam (<i>date TBA</i>)	30%

1. *In-class participation (5%)* – Topics and issues for class discussions will often be drawn from past lectures or current research. Periodic classroom assessments through “Kahoot!” will also assess these topics. Thoughtful contribution to discussion and ongoing engagement in the class and through “Kahoot!” is crucial.
2. *Five-minute papers (10%)* – A 5-minute paper will be posed weekly in-class. A question will be presented by the instructor and students will have 5 minutes to write a thoughtful and detailed, but concise, response to the question. Students are expected to successfully complete at least eight out of a possible 12 five-minute papers.
3. *Research paper (35%)* – In pairs, students will identify a health behaviour that impacts a specific population (TBD), and then conduct a literature review using primary research. Students will then collate the findings of the search into a brief review paper (<10 pages), highlighting the key findings and implications of the research, in an academic voice. Finally, students will summarize the findings into either a short 3-minute PowerPoint presentation (1-2 slides) or a 2-page non-academic journal article/blog. Students who opt for the PowerPoint presentation will present their findings to the class. Students who opt for the non-academic journal will post their articles online to OWL. The research paper is due November 5th, 2018 at the beginning of class.

4. *Midterm exam (20%)* – Students will write a midterm exam, covering material up to, and including, the lecture before the exam. Students will choose and answer one essay-style question. The midterm exam will be held in-class on October 17th, 2018.

5. *Final exam (30%)* – Students will write a final exam, covering material from the midterm up to, and including, the last lecture. Questions will be a mix of multiple choice, short answer, and essay-style question. Questions may also be derived from student presentations/articles from the research paper, questions covered by Kahoot!, or 5-minute papers.

**Students who miss the final exam must present a medical certificate to the course instructor within 7 days.*

***Deadline dates for assignments and labs: **Students will receive a grade of zero** on any assignment or lab submitted after the due date without appropriate documentation. There will be no exceptions.*

Course Readings/Required Materials

PowerPoint slides of lecture material will also be posted to OWL *after class*. The aim of making these slides available is to complement the lecture; hence students are not advised to rely solely on these lecture slides. Rather, these slides act as a guide – there will be material that you may not understand if you do not attend class.

There is no textbook for this course. However, students will be expected to read and interpret any posts made by the instructor or TAs in OWL, which may include: relevant research articles, announcements, questions, etc. Participation and responses to Kahoot! questions in-class is imperative for success in KINESIOL 3476F; hence, the use of a laptop computer and/or smartphone with internet access, for this purpose, is encouraged.

Communicating with the Course Instructor

The course email is: wsui3@uwo.ca. Any inquiries involving the course or materials covered in the course should be addressed to the course instructor. You should expect a response from the course instructor within 24-48 hours during the work week. You are also welcome to make an individual appointment with the instructor or TA's. Emails sent on the weekend will be answered the following week. Communications by email must be professional and appropriate. As per university regulations, all students are required to check their @uwo.ca email regularly.

Please note: e-mails that cannot be answered in two or three sentences may not be answered. If you have a longer inquiry you are encouraged to make an appointment with the course instructor.

Course/University Policies

1. **Inclusivity:** KINESIOL 3476F strives to maintain a classroom environment of inclusivity. Through in-class discussion, we will cover a range of different topics and perspectives. As members of KINESIOL 3476F we recognize that, while we may not always agree with all the points raised (by the instructor or fellow peers), we will respect others' views and support a classroom of inclusivity.

2. **Lateness/Absences:** The research paper is due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Both a physical and electronic copy should be submitted. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, or to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

3. **Documentation for Accommodation (Illness, Medical/Non-Medical Absences):**

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic.

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for medical requests for accommodation must be submitted within two (2) business days after the end date on the documentation, to the appropriate Academic Counselling Office of the student's Faculty of registration. For KIN students, you may go to the School of Kinesiology in 3M Centre room 2225 **NOT** to the instructor. It will be the Academic Counselling office that will determine if accommodation is warranted

An "Accommodation Consideration Request Form" found online https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf or in the Kinesiology Undergraduate Office" for ALL accommodation requests must be submitted into the appropriate Academic Counselling office of the student's Faculty/School of registration. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

4. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately. 15% of course grades will be posted by the last day to drop a course

The university-wide descriptor of the **meaning of letter grades**, as approved by Senate:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable
F	Below 50	Fail

5. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such

as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers might be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

6. **Formatting:** APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

7. **Exams:** According to the **Examination Conflict policy**, “A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor.” **This policy does NOT apply to midterm examinations.* There will be no make-up for the midterm exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers

8. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room.

Smartphones, tablets, and/or laptops are essential to participating in classroom assessments; however, these devices can be disruptive, and if they are disturbing other members of the class, you may be asked to leave.

10. **Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>

Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. *Student Development Centre* -- <http://www.sdc.uwo.ca/ssd/>
2. *Student Health & Wellness* -- <http://www.health.uwo.ca/>
3. *Registrar's Office* -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>