

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
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4. Develop scientific writing and communication skills in order to effectively present scientific findings and research.	Behaviour change assignment, Research paper, Midterm/Final exam
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5. Critically reflect upon own learning and relate to the behavior change topics discussed in class.	In-class participation, Behaviour change assignment, Research paper,
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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%

d p r a a s w t n

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; hen(:)-1 454.54 44(an)3()-4ni96.1 Tm54 445.5G

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

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

Faculty of registration. For KIN students, you may go to the School of Kinesiology in 3M Centre room 2225 **NOT**

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>)

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

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. -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>