

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 3476F - Exercise and Health Behaviour Change
Fall 2020**

Instructor: Dr. Harry Prapavessis

Office: Arts & Humanities Bldg Rm 3G14

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. As Health Professionals, we have a responsibility to better understand and promote the benefits of physical activity.

Learning Outcomes/Schedule:

Upon completion of this course, 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

Upon completion of this course, students will be able to:

1. **Identify and delineate** theoretical terms, concepts, and philosophies related to behavior change
2. **Compare and contrast** theoretical approaches to behavior change
3. **Synthesize** research and theoretical knowledge as it relates to behavior change.
4. **Develop** skills in writing research papers and presentations pertaining to each student's particular area of interest in behavior change
5. **Further develop** abilities to *critically reflect* upon own learning and relate to the behavior change topics discussed in class.

Required Course Material/Text:

All required readings will be posted on OWL.

Course Evaluation:

Assignment due dates will be determined in class by the instructor and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

Course Evaluation Summary:

1. Assignment: TBA	10%
2. Research Paper: TBA	25%
3. Mid Term Exam: TBA	20%
4. Final Exam: (see Fall examination schedule)	45%

Course/University Policies

1.

If Personal Response Systems (“Clickers”) are used in the course, a reference to the Guidelines for their use (Guidelines are shown below). Instructors are to communicate clearly to students information on how clickers are used including: how the student’s privacy will be protected, how clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic offences**

Reported Absence Policy must be submitted to the Academic Counselling office of a student's Home Faculty.

For Western University policy on Consideration for Student Absence, see [Policy on Academic Consideration for Student Absences - Undergraduate Students in First Entry Programs](#)

and for the Student Medical Certificate (SMC), see:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf.

Religious Accommodation

Students should consult the University's list of recognized religious holidays, and should give reasonable notice in writing, prior to the holiday, to the Instructor and an Academic Counsellor if their course requirements will be affected by a religious observance. Additional information is given in the [Western Multicultural Calendar](#).

7. **Examination Conflicts:** A student with examinations having flexible submission times (e.g., where one or more examination is a take-home examination) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as “heavy load” conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request accommodation with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online examinations, an “Examination Conflict Room,” which may be assigned when a student is scheduled to write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

8. **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.

Generally, students can expect some form of feedback on their performance in a course before the drop date.

November 12th, 2020 (for first term half-courses)

November 30th, 2020 (for full-year courses)

March 7th, 2021 (for second term half-or full year courses)

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

Rounding of Grades (for example, bumping a 79 to 80%):

This is a practice some students request. **This practice will not occur here.** The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, or ‘giving away’ of marks. Please don't ask me to do this for you; the response will be “please review the course outline where this is presented”.

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning: In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor

9. **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. Please keep all electronic devices on silent and avoid distracting classmates.

10. **Online Etiquette:** Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

please “arrive” to class on time

please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)

ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material

to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise

[suggested for classes larger than 30 students] In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak

[suggested for cases where video is used] please be prepared to turn your video camera off at the instructor’s request if the internet connection becomes unstable

unless invited by your instructor, do **not** share your screen in the meeting (as opposed to a cell phone or tablet)