

Research that is being supported by Exercise and Health Psychology Laboratory www.ehpl.uwo.ca is examined. The health benefits of physical activity have achieved international recognition and 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** an 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. There is NO make-up for missing the Midterm Exam. The final exam will be re-weighted accordingly for those who miss the midterm with appropriate documentation.

Course Evaluation Summary:

1. Assignment: TBA	10%
2. Research Paper: TBA	25%
3. Mid Term Exam: TBA	20%
4.	

material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

4. Health and Wellness:

Information regarding health and wellness-related services available to students may be found at

For medical and non-medical absences that are not eligible for self-reporting Kinesiology students must submit an Academic Consideration Request form found online