



**Brescia University College**  
**LONDON CANADA**

## **Mental Health and Physical Activity**

Psychology 3337F/G, section 530

**Provisional Course Outline 2018**

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Instructor: Dr. Anne Barnfield

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Office hours: Tuesdays 9 - 11 am, Wednesdays 1 - 2 pm, and by appointment.

Class times: Mondays 2:30 - 4:30 pm and Wednesdays 2:30 - 3:30 pm; room 202.

Required reading:

Textbook - Clow and Edmunds (Eds.), (2014). *Physical Activity and Mental Health*. Human Kinetics.

Note - Additional readings will be made available through library reserve and/or course OWL site.

### **Course Website and Emails**

Registered students will see the course listed on the course Owl site. Information, handouts, PowerPoint slides, etc., will be posted to the course site. It is the student's responsibility to check the site regularly. You are also required to have an active UWO email account and to use this or to link it to your regularly used email address.

**Please note that the primary form of contact for this course will be announcements on Owl, also delivered as email.** You **must**, therefore, make sure that your UWO email account is functioning. Note also that official communications from the university are sent to students' registered UWO email addresses. Not using UWO email is not considered an excuse for not receiving such notifications.

You are responsible for checking the course Owl site and your UWO email on a regular basis for information including requirements for this course. Not receiving an announcement because your email is over quota or a message did not forward from your UWO email account, or because you did not check your email in a timely fashion will not be accepted as an excuse for missing a deadline or failing to complete a course responsibility.

If you need to ask questions it is better to talk to me, so come and see me at classes or in my office. You may also telephone the Brescia number given above (if I am not in, leave a message). If you choose to use email to contact me, please note that a reply may not be immediate. I do have other responsibilities, and you need allow time for an email to be received and dealt with; this usually will be within 24 hours.

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## Course Description

A review of research and data related to how physical activity (e.g., sport, exercise) influences, and is influenced by, mental health. Topics may include depression, anxiety eating disorders, personality issues, motivation to exercise/sport participation, preventive factors, and other issues relating to mental health and wellness continua.

**Antirequisite(s):** None

**Prerequisite(s):** Registration in third or fourth year of a Major, Specialization or Honors Specialization in Psychology, or permission of instructor.

**N.B.** This course cannot be used towards completion of a Kinesiology module.

## Learning Outcomes

By the end of this course, among other skills, students should be able to:

- outline major principles related to activity and mental health  
*Competencies: Critical thinking; Inquiry and Analysis; Problem Solving*
- describe how the mind affects the body, and the body the mind, across a variety of situations  
*Competencies: Communication; Critical thinking; Valuing*
- explain why the psyche is affected by physical aspects of self  
*Competencies: Communication; Critical thinking; Self Awareness and Development*
- assess the influence of physical activity on an individual's mental health, across the lifespan.  
*Competencies: Critical thinking; Social Awareness and Engagement; Valuing*

Notes:

(i) "Students may vary in their competency levels on these outcomes. They can expect to achieve these outcomes if they honor course policies, attend classes regularly, complete all assigned work in good faith and on time, and meet all other course expectations of them as students" (Nilson, 2010, p.37).

(ii) For description of Brescia Competencies, see: <http://brescia.uwo.ca/academics/brescia-competencies/>

## Evaluation

There will be one two-hour test and a final exam, based on the lectures and assigned readings. The test and exam will consist of multiple-choice questions and short essay questions and are not cumulative. Two main assignments will be required: Each half of the term an essay on an issue of relevance to the course: Essay 1 – *Factors involved in the interaction of mental health and physical activity*; Essay 2 – *Physical activity's influence on a specific mental health condition*. These essays will be due in class (see "topics" page of outline dates). Further information regarding these essays will be given during classes, at the start of term. Please note: according to UWO Senate regulations you must pass the essay component to pass the course.

## Mark distribution

*Note: Due to the UWO regulation regarding the date by which 15% of marks must be given to students the course material cannot be evenly divided; the mid-term and final exam thus are weighted accordingly.*

Mid-term	30 %
Final	40 %
Essays	30 % (i.e., 15 % each)

(Information continues →)

This course is designated as an essay course. Senate regulations for a half-year essay course include:

The guidelines for the minimum written assignments refer to the cumulative amount of written work in a course but excludes written work in examinations.

An essay course must normally involve total written assignments (essays or other appropriate prose composition, excluding examinations) as follows: ...

Half course (2000 and above): at least 2500 words and must be so structured that the student is required to demonstrate competence in essay writing to pass the course.

The structure of the essay course must be such that in order to pass the course, the student must exhibit some minimal level of competence in essay writing and the appropriate level of knowledge of the content of the course.

The term "essay" is to be understood broadly to include many of the reports, reviews, summaries, critiques, and some laboratory reports that are currently assigned, as well as essays in the strictest sense. The essential point is that the assignments involve assembling information and argument and presenting it in connected prose.

**There will be no re-taking of tests/examinations nor extra work available for the purpose of improving grades.** You must plan to study and prepare well in advance of examinations. The course involves a fair amount of reading on your own. It is best to read set materials before the corresponding lectures. You are advised to attend every lecture. Missing lectures is the responsibility of the student. Should you be absent you are advised to find out what material you missed and make arrangements to catch up on that material.

For academic accommodation to be considered for any course component worth less than 10% of the final course grade, it is the responsibility of the student to approach the course instructor(s) in a timely fashion. Documentation may be required to be submitted to the academic advisor. If documentation is required, the request for accommodation will be decided by the academic advisor in consultation with the instructor. If documentation is not required, the instructor will make the final decision. The policies governing requests for academic accommodation for course components worth 10% or more of the course grade are outlined in the Academic Policies section included at the end of the course outline. It is the student's responsibility to be familiar with these policies and regulations.

In keeping with university regulations, failure to attend a test or exam **will result in a mark of zero**, unless documentary evidence of extenuating circumstances is provided. Social events, travel plans, vacations, misreading the test schedule or sleeping in are not legitimate reasons for missing a test. Only under special circumstances will a student be allowed to write a make-up test. The instructor must be notified of any such case as soon as possible, and the student request a make-up. If the instructor allows a make-up test, the student will be expected to write the test within a week or two after the missed test(usually on the Friday afternoon of the week following the test).

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### Late policy

Due dates in this course will be strictly enforced. Work to be turned in (hard copy required) is due at the class meeting. Items that are submitted after a class has ended will be considered late and subject to a 10% mark deduction. For example, for a Wednesday due date:

Work submitted after class time on Wednesday, later that day: -10%

Work submitted Thursday: -20%

Work submitted Friday: -30%

Work submitted Monday: -60% (N.B. weekends count as 2 days!)

All work submitted after a class meeting has ended must be delivered to me personally, either at my office or at a subsequent class. DO NOT put papers under my office door; papers found there will not be accepted. As noted above, you are expected to submit assignments in class, on the due dates as per this course outline. Students should not submit late assignments to the Brescia welcome desk staff or staff at the Hive either – this is not their responsibility.

Late submission of assignments will result in a penalty of 10% of assignment mark per day and late submissions will not be marked after the fifth day, unless evidence of extenuating circumstances has been provided. All submissions must be typed or clearly hand-written. Illegible handwritten submissions will not be accepted. Failure to hand in an essay will result in a zero for that portion of the course evaluation - you cannot get those marks any other way, and the essays are a required component of the course (see above) so at least attempt the essay assignments!

### Senate Regulations

Senate regulations require that students' attention be directed to the information regarding issues such as plagiarism and course antirequisites. See the policies and regulations pages at the end of this outline, and check the UWO calendar for further details. Again, it is your responsibility to familiarize yourself with any such regulations.

*Note: In Psychology you are expected to follow the American Psychological Society (APA) guidelines for writing and for acknowledgement of sources, and to use APA referencing format. Further information on use of APA style will be given in class. There is also a copy of the APA style manual on reserve in the Brescia library.*

Basically, anything copied word-for-word, even a phrase, without acknowledgement of the original author and/or source is plagiarism.

Please see also the UWO regulations on *Accommodation for Medical Illness - Undergraduate Students* in the Academic Handbook (available at <http://www.uwo.ca/univsec/handbook/appeals/medical.pdf>). These university regulations will be followed. The class discussions and papers, at 4% each, come under policy regarding “work worth less than 10% of the overall grade in a course”. If you have a valid reason for missing one of the discussions you should let me know - in advance if possible (e.g., doctor’s appointment; interview) - and request accommodation. In such cases medical or other documentation will not normally be required for this course.

(Information continues →)

**PROVISIONAL Topic outline** - note that this listing is to provide an idea of when topics are scheduled to be covered, but over the course of the term lectures may move ahead of, or fall behind, the absolute dates. *Please follow this schedule carefully as the chapters to be read for each week do not necessarily occur in numerical order (the order in which they appear in the textbook).*

### Topic outline - Psychology 3337G - 2018

Week	Date		Topic	Textbook chapters
	Mon.	Wed.		
<b>January</b>				
1	8	10	Introduction: Physical activity & mental health.	<b>1, 2</b>
2	15	17	Methodology: Measurement and context.	<b>2, 3</b>
<i>Part 1: Factors influencing the interaction between mental health and physical activity</i>				
3	22	24	Self-esteem: Influence and effects of physical activity.	<b>5</b>
4	29	31	Effects of excess: Overtraining and mental health.	<b>6</b>
<b>February</b>				
5	5	7	Chronic conditions: Effects/effectiveness of physical activity in chronic conditions.	<b>8</b>
6	12	14	<b>Mid-term test:</b> Chapters 1, 2 3, 5, 6, and 8 ( <b>N.B. Not</b> Chs. 4 and 7) Affective disorders: Depression and Anxiety	<b>9</b>
<i>Essay 1 due at start of class on February 14<sup>th</sup>.</i>				
7	<b>19</b>	<b>21</b>	<b>Reading Week – No classes</b>	
<i>Part 2: Physical activity and specific mental health conditions</i>				
8	26	28	Affective disorders, cont.; Aging 1: Phys. function & mental health	<b>9, 7</b>
<b>March</b>				
9	5	7	Aging 1: Physical function and mental health in aging, cont. Aging 2: Dementia and Alzheimer's disease.	<b>7</b> <b>10</b>
10	12	14	Schizophrenia and related issues	<b>11</b>
11	26	28	Addictive behaviours: Links with and interventions for	<b>12</b>
<b>April</b>				
12	2	4	Dependency and Dysmorphia: Exercise dependence, Eating disorders and body dysmorphia	<b>13 + readings</b>
<i>Essay 2 due at start of class on April 2<sup>nd</sup>.</i>				
13	9		Conclusions and Recommendations.	<b>Epilogue</b>

**Final Exam** - during exam period; date TBA.

Chapters 7, 10, 11, 12, 13 + readings, Epilogue

Any additional readings or articles will be held on reserve in the Brescia library and made available through the internet/WebCT site. Please DO NOT write on the reserve hard copies - remember other students have to use the articles. Take your own photocopy if you wish to mark on the article as you read it.

Additional material may be distributed in class also - for reading and/or in-class discussions.

## 2017-18 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

### 1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated. Documentation shall be submitted as soon as possible to the student's Academic Advisor indicating the period of illness and when the student should be able to resume academic responsibilities. Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded from: [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf). The student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full policy on requesting accommodation due to illness can be viewed at: <http://westerncalendar.uwo.ca/2017/pg117.html>

### 2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, <http://brescia.uwo.ca/academics/registrar-services/> or the list of official dates <http://westerncalendar.uwo.ca/2017/pg7.html> ). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory (<http://westerncalendar.uwo.ca/2017/pg130.html> )

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### 3. ABSENCES

**Short Absences:** If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

**Extended Absences:** If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

### 4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Scholastic offences 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/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf).

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

#### **Plagiarism:**

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 may 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 The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

#### **Computer-marked Tests/exams:**

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. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

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## 5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Student Academic Appeals under Academic Rights and Responsibilities in the Western Academic Calendar (<http://westerncalendar.uwo.ca/2017/pg112.html>).

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices ([http://www.uwo.ca/univsec/pdf/academic\\_policies/exam/evaluation\\_undergrad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/exam/evaluation_undergrad.pdf) and [http://www.uwo.ca/univsec/pdf/academic\\_policies/exam/finalgrades.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/exam/finalgrades.pdf)).

## 6. PREREQUISITES

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

## 7. SUPPORT

### Support Services

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/>. The website for the Student Development Centre at Western is <http://www.sdc.uwo.ca/>.

### Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about mental health and wellness at Brescia at <http://brescia.uwo.ca/life/mental-health-wellness/>. Students who are in emotional/mental distress should refer to Mental\_Health@Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

### Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

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Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.