

Course Outline - Mental Health and Physical Activity

School of Behavioural and Social Sciences

General Information

Course #: 3337G

Section #: 530

Term: Winter

Year: 2020

Course Day and Time: Tuesdays 11:30 am - 1:30 pm and Thursdays 11:30am - 12:30 pm

Course Location: Room 135, St. James building.

Instructor Information

Name: Dr. Anne Barnfield

E-mail: abarnfie@uwo.ca

Telephone number for office appointments: 432 8353 ext. 28246

Office hours for students: Mondays, 1 – 2 pm; Thursdays 10 – 11 am.

Office location: Room 306, Ursuline Hall

CA or Lab Instructor Information (None)

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 and Brescia Competencies

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

(Note: *Competency levels in brackets*)

- outline major principles related to activity and mental health
Competencies: Critical thinking (3); Inquiry and Analysis (3); Problem Solving (3)
- describe how the mind affects the body, and the body the mind, across a variety of situations
Competencies: Communication (3); Critical thinking (3); Valuing (2)
- explain why the psyche is affected by physical aspects of self
Competencies: Communication (3); Critical thinking (3); Self Awareness & Development (3)
- assess the influence of physical activity on an individual's mental health, across the lifespan.
Competencies: Critical thinking (3); Social Awareness and Engagement (3); Valuing (2)

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/>

Teaching Methodology and Expectations of Students

This course will provide a general survey and review of current theory and research into effects of physical activity on mental health. The course will generally consist of lectures, with class activities and discussions providing opportunities for application of theoretical constructs. *Note: The in-class discussions and other activities are designed to offer students a variety of learning experiences.*

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.

Contacting the Instructor – Dr. Barnfield

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.

Required Course Materials

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.

Optional Course Materials - None specified.

Course Content

As noted previously: This course will provide a general survey and review of current theory and research into effects of physical activity on mental health. Course topics will be covered in the order listed, however the dates provided are meant as a guideline. Please note that this listing is to provide an idea of when topics are scheduled to be covered; over the course of the term lectures may move ahead of, or fall behind, the absolute dates.

Weekly Organizer:

Week	Dates	Description	Assignments/Readings
		Topic, content, associated readings, activities, etc.	Text Chapters
1	Jan. 7 th & 9 th	Introduction: Physical activity & mental health.	1, 2
2	Jan. 14 th & 16 th	Methodology: Measurement and context.	2, 3

Part 1: Factors influencing the interaction between mental health and physical activity

3	Jan. 21 st & 23 rd	Self-esteem: Influence/effects of physical activity	5
4	Jan. 28 th & 30 th	Effects of excess: Overtraining and mental health. <i>Essay topic page due Jan. 30th</i>	6
5	Feb. 4 th & 6 th	Chronic conditions: Effects/effectiveness of physical activity in chronic conditions <i>Essay draft discussions – if time – Feb.6th</i>	8
6	Feb. 11th Feb. 13 th	Mid-term test: Chapters 1, 2 3, 5, 6, and 8 (N.B. Not Chs. 4 and 7) Affective disorders: Depression and Anxiety <i>Essay 1 due at start of class on Feb. 13th.</i>	9

Part 2: Physical activity and specific mental health conditions

7	Feb. 18 th & 20 th	Reading Week – No classes	
8	Feb. 25 th & 27 th	Affective disorders., cont. ; Aging 1:Physical function & mental health	9, 7
9	March 3 rd March 5 th	Aging 1: Phys. function & MH in aging, cont. Aging 2: Dementia and Alzheimer’s disease. <i>Essay topic page due March 5th.</i>	7 10

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10	March 10 th & 12 th	Schizophrenia and related issues	11
11	March 17 th & 19 th	Addictive behaviours: Links with & interventions for	12
12	March 24 th & 26 th	Dependency and Dysmorphia: Exercise dependence, eating disorders and body dysmorphia. <i>Essay draft discussions – if time – March 24th.</i>	13 + readings
13	March 31 st & April 2 nd	Conclusions and Recommendations <i>N.B. Essay 2 due at start of class on <u>March 31st</u>.</i>	Epilogue

Final Exam - during exam period; date TBA. Chapters 7, 10, 11, 12, 13 + readings, Epilogue

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, in 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” list of outline dates). Further information regarding these essays will be given during classes, at the start of term.

N.B. According to UWO Senate regulations you must pass the essay component to pass the course.

Evaluation Breakdown:

Component	Weight	Timing
Mid-term test	30 %	2 hours
Essay One	15 %	Due date as per topic list.
Essay Two	15 %	Due date as per topic list.
Final exam	40%	3 hours

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 Thursday due date:

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

Work submitted on Friday: -20%

Work submitted on the following Monday: -50% (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 to staff at “the Hive” – this is not their responsibility.

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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.

Note that **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 text sections before the corresponding lectures. You are advised to attend every lecture - especially as in this course attendance for discussions is mandatory. If you are unable to attend a discussion session, arrange to be excused in advance. 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. It is pointless to come to any instructor at the end of the term to plead for a higher grade on grounds that you had problems (personal or academic). Deal with problems as soon as they arise - see someone, take action - no-one will think less of you for doing so; in fact, it shows intelligence and sense of personal responsibility.

Senate Regulations

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

Senate regulations also 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.

Also note that anything copied word-for-word, even a phrase, without acknowledgement of the original author and/or source is plagiarism – a serious academic offence. Copying would not be acceptable in a grade school and is certainly not acceptable at the university level.

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.

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Brescia 2019-20 Academic Policies and Regulations

1. POLICY REGARDING ACADEMIC ACCOMMODATION

The complete policy regarding [Accommodation for Illness - Undergraduate Students](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12) can be found at http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12.

Students who have long-term or chronic medical conditions which may impede their ability to complete academic responsibilities should seek Academic Accommodation through Student Accessibility Services (http://www.westerncalendar.uwo.ca/PolicyPages.cfm?PolicyCategoryID=1&Command=showCategory&SelectedCalendar=Live&ArchiveID=#Page_10).

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.

Students who experience an illness or extenuating circumstance sufficiently severe to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

1. Submitting a **Self-Reported Absence** form provided that the conditions for submission are met;
2. For medical absences, submitting a **Student Medical Certificate (SMC)** signed by a licensed medical or mental health practitioner;
3. For non-medical absences, submitting **appropriate documentation** (e.g., obituary, police report, accident report, court order, etc.) to their Academic Advisor. Students are encouraged to contact their Academic Advisor to clarify what documentation is acceptable.

Requests for Academic Consideration Using the Self-Reported Absence Portal

Students who experience an unexpected illness or injury or an extenuating circumstance of 48 hours or less that is sufficiently severe to render them unable to meet academic requirements should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours. Note that the excused absence includes all courses and academic requirements within the up to 48 hours, it is not intended to provide an excused absence from a single course while students fulfill their academic responsibilities in other courses during that time.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

1. Students will be allowed **a maximum of two self-reported absences** between September and April and one self-reported absence between May and August;
2. The duration of the absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;
3. The excused absence will terminate prior to the end of the 48 hour period if the student undertakes significant academic responsibilities (writes a test, submits a paper) during that time;
4. Self-reported absences will **not** be allowed for scheduled final examinations; midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;
5. Self-report absences may **not** be used for assessments worth more than 30% of any course;
6. Any absences in excess of 48 hours will require students to present a Student Medical Certificate (SMC), or appropriate documentation;
7. Students **must** communicate with their instructors **no later than 24 hours after the end of the period covered by the Self-Reported Absence form** to clarify how they will fulfil the academic expectations they may have missed during the absence.

Request for Academic Consideration for a Medical Absence

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 their academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

The following conditions apply for students seeking academic accommodation on medical grounds:

1. Students must submit their Student Medical Certificate (SMC) 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. An SMC can be downloaded from http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf ;
2. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period;
3. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, scheduled tests or examinations, and other academic requirements;
4. Students **must** communicate with their instructors **no later than 24 hours** after the end of the period covered by the SMC to clarify how they will fulfil the academic expectations they may have missed during the absence;
5. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the course instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements, arranging Special Exams (make-ups), re-weighting course requirements, or granting late withdrawal without academic penalty.

The [full policy on requesting accommodation due to illness](#) can be viewed at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge 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 are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines; please refer to the [Registrar's website](#), <http://brescia.uwo.ca/academics/registrar-services/> or the list of official sessional dates in the Academic Calendar (<http://www.westerncalendar.uwo.ca/SessionalDates.cfm?SelectedCalendar=Live&ArchiveID=>).

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.*

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 and warranted.

It is important to note that the Academic 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://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68).

4. SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20.

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. 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 Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, 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.

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.

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 is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, they may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, they may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal and if the matter falls within the jurisdiction of the SRBA. For information on academic appeals consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14.

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.

6. PREREQUISITES

Unless you have either the prerequisites for a course or written special permission from the 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/>. Students can access supports through Brescia's Student Life Centre (<http://brescia.uwo.ca/life/student-life/>) and Learning Skills Services at Western (<https://www.uwo.ca/sdc/learning/>)

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 obtain information about how to obtain help for yourself or others through **Mental Health & Wellness at Brescia** (<http://brescia.uwo.ca/life/mental-health-wellness/>) and **Health and Wellness at Western**, http://uwo.ca/health/mental_wellbeing/index.html.

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/>.

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.
