**KINE 4450 SYLLABUS**

**Physical Activity and Public Health**

**AUBURN UNIVERSITY**

**Fall 2010**

**Dr. Wadsworth**

**Office: Coliseum 2071**

**Phone: 334-844-1836**

**e-mail:** [**wadswdd@auburn.edu**](mailto:wadswdd@auburn.edu)

**Office Hour: Tuesday 3:00-4:00 p.m. or by appointment**

**1. Course Number:** KINE 4450

**Course Title:** Physical Activity and Public Health

**Credit Hours:** 3 Lecture Hours

**Prerequisites:** HLHP 3020

**Corequisites**: None

**2. Text**

* Curt L. Lox, K. Ginis and S. Petruzzello. (2010). The Psychology of Exercise: Integrating Theory and Practice. 3rd edition. Holcomb Hathaway Publishers Scottsdale, Arizona
* Articles

**3. Course Description:**

* Basic principles of epidemiology; health benefits of physical activity; strategies to promote physical activity at the individual and community levels.

**4. Course Objectives:**

* Develop an understanding of physical activity as it applies to public health
* Identify public health benefits of engaging in regular physical activity
* Identify and evaluate existing programming for individuals of all ages
* Knowledge of behavioral counseling and strategies to assist in behavior change
* Understand and implement individual behavior change strategies
* Knowledge of behavioral strategies to enhance exercise and public health
* Knowledge of techniques to enhance motivation
* Understand theories of behavior change
* Design a basic physical activity intervention using behavior change strategies

**5. Course Content and Schedule** (PP = PowerPoint; TX = Text)

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| Date | Topic | Readings | Assignments |
| 8/18 | Introduction into Behavior Change/ Introduction to Exercise Psychology | PP – Chapter 1  TX – Chapter 1 | Discussion 1  Quiz 1 (CH 1) |
| 8/23 | Physical Activity Epidemiology | PP – Chapter 2  TX – Chapter 2  ACSM position statement | Discussion 2  Quiz 2 (CH 2) |
| 8/25 | Measurement of PA | PP – Measurement | Discussion 3  Quiz 3 (measurement) |
| 8/30 | First Run Planning event |  |  |
| 9/1 | Approaches to Change PA  Self-regulation/ Social Cognitive Approaches; | PP – Chapter 3  TX - Chapter 3 | Discussion 4 |
| 9/6 | Approaches to Change PA  Self-regulation/ Social Cognitive Approaches; | PP – Chapter 3  TX - Chapter 3 | Quiz 4 (CH 3) |
| 9/8 | Response Theory & Integrative Approaches; Names of group members for class project. | PP – Chapter 4  TX - Chapter 4 |  |
| 9/13 | Planning Group report 1  Sponsorship report 1 |  | Draft of Run Plan |
| 9/15 | Response Theory & Integrative Approaches; Names of group members for class project. | PP – Chapter 4  TX - Chapter 4 | Discussion 5  Quiz 5 (CH 4) |
| 9/20 | Social Influence on Exercise | PP – Chapter 5  TX - Chapter 5 |  |
| 9/22 | Social Influence on Exercise  Planning Group report 2  Sponsorship Group report 2 | PP – Chapter 5  TX - Chapter 5 | Discussion 6  Quiz 6 (CH 5) |
| 9/27 | Physical Activity Interventions | PP – Chapter 6  TX - Chapter 6 |  |
| 9/29 | Physical Activity Interventions | PP – Chapter 6  TX - Chapter 6  Intervention statement | Discussion 7  Quiz 7 (CH 6) |
| 10/4 | Planning Group Final Report  Sponsorship Report 3  Implementation Group meets |  | Planning report |
| 10/6 | Personality and Exercise | PP- Chapter 7  TX – Chapter 7 | Discussion 8  Quiz 8 (CH 7) |
| 10/11 | Sponsorship report 4  Implementation Report 1 |  |  |
| 10/13 | Implementation Report 2  Final Prep before run |  |  |
| 10/18 | Potential run date is 10/17 |  |  |
| 10/20 | Self-Concept & Self-esteem; Body Image | PP – Chapter 8  TX - Chapter 8  PP – Chapter 9  TX - Chapter 9 | Discussion 9 |
| 10/25 | Self-Concept & Self-esteem; Body Image | PP – Chapter 8  TX - Chapter 8  PP – Chapter 9  TX - Chapter 9 | Quiz 9 (CH 8& 9) |
| 10/27 | Planning Group Assessment Report  Sponsorship Assessment Report |  |  |
| 11/1 | Implementation Assessment Report  Overall Assessment Report |  | Final report and assessment  Discussion 10, 11 & 12 |
| 11/3 | Stress & Anxiety; Depression | PP – Chapter 10  TX - Chapter 10  PP – Chapter 11  TX - Chapter 11  PP – Chapter 12  TX - Chapter 12 | Discussion 13 & 15  Quiz 10 (CH 10,11,12) |
| 11/8 | Submit Part A on Blackboard |  |  |
| 11/10 | Peer Review Due |  |  |
| 11/15 | Emotional Well-Being; Health-Related Quality of Life | PP – Chapter 13  TX - Chapter 13  PP – Chapter 15  TX - Chapter 15 | Quiz 11 (CH 13 & 15)  Discussion 14 |
| 11/17 | Cognitive Function & Exercise | PP – Chapter 14  TX - Chapter 14 | Quiz 12 (CH 14) |
| 11/22 | Thanksgiving Holiday |  |  |
| 11/24 | Thanksgiving Holiday |  |  |
| 11/29 | Powerpoint presentations |  |  |
| 12/1 | Powerpoint presentation |  |  |
| 12/8 | Class Project: Part B due on Blackboard |  | Submit on  Blackboard |

**6**. **Course Requirements/Evaluations**

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| Grading System | Point Value | Description |
| 1) Quizzes | 150 points | Quizzes will be conducted online via Blackboard. The quiz will be open the day the material is presented and remain open for the semester. All quizzes close on 12/1. Once the quiz is opened you will have 10-30 minutes to take the quiz, depending on the number of questions. You can only take the quiz once. You may use your notes and book to answer the quiz questions. You may NOT work together to complete the quizzes. Make-up quizzes will not be given. |
| 2) Project | 150 points | Your class project consists of 4 steps and will be submitted on Blackboard. Instructions are available on Blackboard under course content. |
| 3) Online Discussions | 100 points | You will need to complete 10 out of the 15 discussions questions over the course of the semester. The discussion questions will be generated in class and discussed at subsequent class periods. Grading rubric is below. Please note that if you are not present and participate in the discussion in class you cannot receive full credit for the discussion. There are no exceptions. |

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| --- | --- | --- |
| Grade | Scale | Point Scale |
| **A** | 100 – 90 | 400 – 360 |
| **B** | 89.9 – 80 | 359.9 – 320 |
| **C** | 79.9 – 70 | 319.9 – 280 |
| **D** | 69.9 – 60 | 279.9 – 240 |
| **F** | Below 60 | Below 239.9 |
|  |  |  |

**Grading Rubric for Online Discussions**

|  |  |
| --- | --- |
| **Heading** | **Point**  **Value** |
| 1. Ability to discuss response in class | 2.5 |
| 1. Quality of response | 2.5 |
| 1. Ability to incorporate material from text and notes | 2.5 |
| 1. Ability to apply information to real world settings | 2.5 |
|  | **10** |

**7**. **Class Policy Statements**

* Participation is strongly recommended.
* Arrive to class on time.
* You are expected to behave in a professional manner. Meaning: no cell phones, no newspaper, no working on other classes etc. This type of unprofessional behavior will not be tolerated. If you engage in this type of behavior 2 points will be deducted from your final grade for each time this infraction occurs. I will bring a cell phone to class and place the pone on vibrate for security purposes only (AU alert). Laptops are allowed in class to view Powerpoint slides only.
* Assignments are due on the due date. Late assignments will not be accepted.
* You can view your grades accumulated throughout the semester on Blackboard. I will not round or give any points at the end of the semester. Please do not ask.
* The University is conducted on a basis of common honesty. Dishonesty, cheating, plagiarism, or knowingly furnishing false information to the University is regarded as particularly serious offenses. Any form of this type of conduct will not be tolerated.
* If you are a student with a documented disability and need accommodations please arrange a meeting during my office hours or send an e-mail to schedule a meeting. Please bring a copy of your accommodation memo and an instructor verification form to the meeting. If you do not have an accommodation memo but need accommodations, make an appointment with the Program for Students with Disabilities, 1244 Haley Center, 844-2096.