**KINE 4450 SYLLABUS**

**Physical Activity and Public Health**

**AUBURN UNIVERSITY**

**Summer 2010**

**Nancy Gell**

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**Office Hour: Wednesdays 12:30-1:30 p.m. or by appointment**

**1. Course Number:** HLHP 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. The Psychology of Exercise: Integrating Theory and Practice. Holcomb Hathaway Publishers Scottsdale, Arizona
* Haskell et al. (2007) Physical Activity and Public Health: Updated recommendation for adults from the American College of Sports Medicine and the American Heart Association. Medicine and Science in Sports and Exercise. 39, 8: p. 1423-1434.

**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 |
| 5/20 | Syllabus |  | Read Syllabus, Buy Text, Navigate Blackboard |
| 5/21 | Introduction into Behavior Change/ Introduction to Exercise Psychology | PP – Chapter 1  TX – Chapter 1 | Quiz 1 closes 5/22 |
| 5/24 | Physical Activity Epidemiology | PP – Chapter 2  TX – Chapter 2  Haskell et a., 2007 | Quiz 2 closes 5/25 |
| 5/25 | Measurement of PA | PP – Measurement | Quiz 3 closes 5/26 |
| 5/26 | Application of measurement, Explanation of class project Names of group members for class project. |  |  |
| 5/27 | Approaches to Change PA  Self-regulation/ Social Cognitive Approaches | PP – Self-regulation  PP – Chapter 3  TX - Chapter 3 |  |
| 5/28 | Work on Part A outside of class |  |  |
| 5/31 | Memorial Day Holiday |  |  |
| 6/1 | Approaches to Change PA  Self-regulation/ Social Cognitive Approaches | PP – Self-regulation  PP – Chapter 3  TX - Chapter 3 | Quiz 4 closes 6/2 |
| 6/2 | Response Theory & Integrative Approaches | PP – Chapter 4  TX - Chapter 4 | Project A due on Blackboard |
| 6/3 | Work on Part B outside of class |  |  |
| 6/4 | Response Theory & Integrative Approaches; | PP – Chapter 4  TX - Chapter 4 | Quiz 5 closes 6/5 |
| 6/7 | Social Influence on Exercise | PP – Chapter 5  TX - Chapter 5 | Quiz 6 closes 6/8 |
| 6/8 | Work on Part B outside of class |  |  |
| 6/9 | Physical Activity Interventions | PP – Chapter 6  TX - Chapter 6 | Project B Due on Blackboard |
| 6/10 | Work on Part C outside of class |  |  |
| 6/11 | Physical Activity Interventions | PP – Chapter 6  TX - Chapter 6 | Quiz 7 closes 6/12 |
| 6/14 | Self-Concept & Self-esteem; Body Image | PP – Chapter 8  TX - Chapter 8  PP – Chapter 9  TX - Chapter 9 | Quiz 8 closes 6/15 |
| 6/15 | Work on Part C outside of class |  |  |
| 6/16 | Stress & Anxiety | PP – Chapter 10  TX - Chapter 10  PP – Chapter 11  TX - Chapter 11 | Quiz 9 closes 6/17 |
| 6/17 | Work on Part D outside of class |  |  |
| 6/18 | Depression | PP – Chapter 12  TX - Chapter 12 |  |
| 6/21 | Emotional Well-Being; Health-Related Quality of Life | PP – Chapter 13  TX - Chapter 13  PP – Chapter 14  TX - Chapter 14 | Quiz 10 closes 6/22 |
| 6/22 | Review and discussion of projects |  |  |
| 6/23 | Presentations |  |  |
| 6/24 | Presentations |  | Class Project Part C and Part D Due on Blackboard |

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

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| Grading System | Point Value | Description |
| 1) Quizzes | 100 points | Quizzes will be conducted online via Blackboard. The quiz will be open 24 hours before the due date. Once the quiz is open 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 only be given for University excused absences, arrangements must be made PRIOR to the absence and must be for the entire 48 hours window. There are no exceptions to this rule. |
| 2) Project | 225 points | Your class project consists of 4 steps and will be submitted on Blackboard. Instructions are available on Blackboard under course content. |
| 3) Presentation | 50 points | Each group will present the findings from their project. Grading rubric for the project is on Blackboard |
| 4) Class  Participation | 25 points | Students are expected to be prepared for class and participate in discussions |

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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 |

**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 you will be asked to leave the class for the day and 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.