**KINE 4450 SYLLABUS**

**Physical Activity and Public Health**

**AUBURN UNIVERSITY**

**Summer 2011**

**Dr. Wadsworth**

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**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
* 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 |
| 5/19-6/23 | Introduction into Behavior Change/ Introduction to Exercise Psychology | PP – Chapter 1  TX – Chapter 1 | Quiz 1 |
| 5/19-6/23 | Physical Activity Epidemiology | PP – Chapter 2  TX – Chapter 2  Haskell et a., 2007 | Quiz 2  Discussion |
| 5/19-6/23 | Measurement of PA | PP – Measurement | Quiz 3  Discussion |
| 5/19-6/23 | Approaches to Change PA  Self-regulation/ Social Cognitive Approaches | PP – Chapter 3  TX - Chapter 3 | Quiz 4  Discussion |
| 5/19-6/23 | Response Theory & Integrative Approaches; Names of group members for class project. | PP – Chapter 4  TX - Chapter 4 | Quiz 5  Discussion |
| 5/19-6/23 | Social Influence on Exercise | PP – Chapter 5  TX - Chapter 5 | Quiz 6  Discussion |
| 5/19-6/23 | Physical Activity Interventions | PP – Chapter 6  TX - Chapter 6 | Quiz 7  Discussion |
| 5/19-6/23 | Personality and Exercise | PP- Chapter 7  TX – Chapter 7 | Quiz 8  Discussion |
| 5/19-6/23 | Self-Concept & Self-esteem; Body Image | PP – Chapter 8  TX - Chapter 8  PP – Chapter 9  TX - Chapter 9 | Quiz 9  Discussion |
| 5/19-6/23 | Stress & Anxiety; Depression | PP – Chapter 10  TX - Chapter 10  PP – Chapter 11  TX - Chapter 11  PP – Chapter 12  TX - Chapter 12 | Quiz 10 (Ch 10,11,12)  Discussion |
| 5/19-6/23 | 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 |
| 5/19-6/23 | Cognitive Function & Exercise | PP – Chapter 14  TX - Chapter 14 | Quiz 12 (CH 14)  Discussion |
| 5/19-6/23 | Project Parts A and B |  | Submit on  Blackboard |

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

**The online course is self-paced, meaning you can complete the assignments anytime between 5/19-6/23. Submissions will not be accepted after 6/23 for any reason.**

|  |  |  |
| --- | --- | --- |
| Grading System | Point Value | Description |
| 1) Quizzes | 200 points | Quizzes will be conducted online via Blackboard. Once you open 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. There are no make up quizzes. |
| 2) Project | 100 points | Your class project consists of 2 steps and will be submitted on Blackboard. Instructions are available on Blackboard under course content and in a powerpoint that is narrated to describe the project.. |
| 4) Online Discussions | 100 points | You will need to complete 10 discussions questions over the course of the semester. Each powerpoint starting with Chapter 2 contains a narration. The narration asks you to discuss certain questions on the discussion boards in Blackboard. There are 11 opportunities to participate in the discussion, meaning you will not participate in 1 discussion. Only the first 10 you participate in will be graded. Grading rubric for discussion boards is below. |

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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. Completed all parts of the discussion or activity | 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**

* **The online course is self-paced, meaning you can complete the assignments anytime between 5/19-6/23. Submissions will not be accepted after 6/23 for any reason.**
* 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.