

Research that is being supported by Exercise and Health Psychology Laboratory www.ehpl.uwo.ca is examined. The health benefits of physical activity have achieved international recognition and acceptance following the publication of the 1996 Surgeon General's Report. Despite the overwhelming evidence of these benefits, industrial countries seem to be systematically engineering physical activity out of society. As Health Professionals, we have a responsibility to better understand and promote the benefits of physical activity.

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Upon completion of this course, students will become familiar with the latest theory and research for the following three domains:

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Models and research of exercise behavior change are examined in non-diseased and diseased populations as well as patients with physical injury.

Models and research of inactivity will be examined and interventions to reduce sitting time will be reviewed and critiqued.

An in-depth analysis of the acute and chronic consequences of exercise on the following health outcomes will be examined:

- Smoking cessation
- Mental health (e.g., depression)
- Injury recovery
- Quality of life and other psychosocial factors

Upon completion of this course, students will be able to:

1. theoretical terms, concepts, and philosophies related to behavior change
- 2.

All required readings will be posted on OWL.

Assignment due dates will be determined in class by the instructor and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances. There is NO make-up for missing the Midterm Exam. The final exam will be re-weighted accordingly for those who miss the midterm with appropriate documentation.

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1. Assignment: Due Sept 30th	10%
2. Research Paper: Due Nov 25th	

service is subject to the licensing agreement, currently between Western University and Turnitin.com (www.turnitin.com).

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as “heavy load” conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request academic considerations with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online tests and examinations, use of a “Conflict Room,” wherein student can write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

5. Contingency Plan for an In- Person Class Pivoting to 100% Online Learning
In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will change. Any remaining assessments will also be conducted online as determined by the course instructor

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

6. Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide (including some biometric data) and the session will be .
Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western’s Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

7. Where possible assignment objectives and rubrics will be posted on OWL. Generally, students can expect some form of feedback on their performance in a course before the drop date.

- ‘ November 12th, 2022 (for first term half-courses)
- ‘ November 30th, 2022 (for full-year courses)

A+	90-100	<i>One could scarcely expect better from a student at this level</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently satisfactory</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

(for example, bumping a 79 to 80%):

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where

