

EXERCISE PSYCHOLOGY

APK3405 – 10652 & 10653 ~ 3 Credit Hours ~ FALL 2020

INSTRUCTOR:	Garrett Beatty, Ph.D. Office: FLG140 Note: primarily working remotely due to COVID-19 Email: Utilize the UF E-Learning Inbox for course related correspondence. Video or Phone Conferencing available upon request.
GRADUATE ASSISTANT:	Marcel Komer
OFFICE HOURS:	Available by appointment when scheduled at least 1 business day in advance
ACCESS:	Access course through Canvas on UF e-Learning (https://elearning.ufl.edu/) & the Canvas mobile app by Instructure

COURSE DESCRIPTION: Overview examining scientific evidence related to the psychological factors associated with initiating, maintaining, & adapting exercise programming.

COURSE OVERVIEW: APK3405 - Exercise Psychology examines the dynamic influences that psychological factors and exercise behaviors exert upon one another. The field of exercise psychology actively promotes the scientist-practitioner model. Utilization of the scientist-practitioner model involves the ability to consume and appropriately apply contemporary theory and scientific findings to the practice of applied exercise psychology. Accordingly, APK3405 content and assignments emphasizes the theoretical and applied perspectives on the science and practice of exercise psychology.

Topics covered include examining how engagement in physical exercise catalyzes neural adaptations that influence stress response, affective experience, cognitive function, sleep patterns & perceptions of pain; how motivation, emotion, and attributions

influence exercise behavior; and how intervention programs can be leveraged to systematically improve exercise behavior.

PREREQUISITE KNOWLEDGE AND SKILLS: Students must hold Junior or Senior classification based on the UF Registrar's class Student Classifications system (<https://catalog.ufl.edu/UGRD/academic-regulations/student-classifications/>).

REQUIRED AND RECOMMENDED MATERIALS:

- **Textbook:** Buckworth, J., Dishman, R., O'Connor, P., & Tomporowski, P. (2013). *Exercise Psychology* (2nd edition). Champaign, IL: Human Kinetics. [ISBN-13: 978-1450407090]
- Additional materials will be assigned and available through the UF E-Learning course shell.

COURSE FORMAT: The course is organized into 12 modules. Within each module, students will have the opportunity to engage in course content and graded learning activities. The learning activities are designed to catalyze student achievement of the following course goals and objectives.

COURSE GOALS & LEARNING OBJECTIVES:

1. One goal of APK 3405 is to facilitate opportunities for student understanding of:

- the scientific evidence and theoretical perspectives that provide insight into how psychological factors influence exercise behavior.
- the interdependence and interacting influence of psychological factors, exercise behavior, physical, and mental health.
- typical scientific protocols utilized in exercise psychology research.
- commonly utilized interventions designed to improve exercise behavior.

2. A second goal of APK 3405 is to facilitate student skill development in:

- retrieving, evaluating quality, and identifying applicability of emerging scientific literature in exercise psychology.
- engaging in critical, constructive, and diplomatic academic discussions of exercise psychology topics and scientific literature.
- effective written communication of scientific knowledge in exercise psychology.
- analyzing organizational needs for exercise psychology programs and developing a plan to implement an exercise psychology program to meet organizational needs.
- developing engaging presentations aimed at imparting scientific knowledge efficiently and effectively to a targeted audience.

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: Requirements for class attendance (participation) and make-up exams, assignments, and other work in this course are consistent with university policies <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and the University. UF students are bound by The Honor Pledge which states:

We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code.

On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied:

On my honor, I have neither given nor received unauthorized aid in doing this assignment.

The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Students are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor, graduate assistant, or teaching assistant in this class.

EXAM & ASSIGNMENT MAKE-UP POLICY: Unless excused based on University policies (<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>), missed examinations and non-submitted or late assignments will not be evaluated and will be assigned a grade of 0.

Obtaining approval for make-up exams or make-up assignments is the responsibility of the student. Students with medically or emergency related circumstances should utilize the UF Care Team's Contact My Instructor service (<https://care.dso.ufl.edu/instructor-notifications/>) provided by the UF Dean of Students Office.

Any non-medical or emergency related circumstances require students to submit a written request explaining why an exception is being requested. The written request must include official documentation that provides proof that the missed coursework was due to acceptable reasons outlined by University policy.

COPYRIGHT STATEMENT: The materials used in this course are copyrighted. Course content is the intellectual property of Garrett Beatty, and property of the University of Florida. Course content may not be duplicated in any format without explicit permission from the College of Health and Human Performance and UF. Course content may not be used for any commercial

purposes. Individuals violating this policy may be subject to disciplinary action or legal litigation from the University.

ACCOMMODATING STUDENTS WITH DISABILITIES: Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their Get Started page at <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

COURSE EVALUATIONS: Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.ua.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.ua.ufl.edu/public-results/>.

COVID-19 IN FALL 2020:

Although this course operates 100% online, it is important for all students, staff, and faculty to continually remain abreast of the developing circumstances related to the COVID-19 Pandemic and the impacts of the pandemic on UF operations. In response to COVID-19, the following information, policies, and requirements are in place to optimize the learning environment, safety of University members, and to enhance student learning outcomes:

- UF's Plan Forward: <https://coronavirus.ufl.edu/>
- UF's Screen, Test, Protect program: <https://coronavirus.ufhealth.org/screen-test-protect-2/>
- UF's COVID-19 FAQ page: <https://coronavirus.ufhealth.org/frequently-asked-questions/>
- UF's COVID-19 Data Dashboard: <https://coronavirus.ufhealth.org/screen-test-protect-2/about-initiative/testing-dashboard/>
- **If you are experiencing COVID-19 symptoms** (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>) **or believe you may have been exposed to an infected individual**, please use the UF Health screening system and follow the instructions on whether you are able to attend classes:
 - <https://coronavirus.ufhealth.org/screen-test-protect/covid-19-exposure-and-symptoms-who-do-i-call-if/>.
- If you travel to campus, you are required to wear approved face coverings at all times during class and within buildings.
 - UF's guidelines on effective mask utilization: <https://www.youtube.com/watch?v=n1eeQeAe80A>

- Following and enforcing these policies and requirements is the responsibility all University of Florida members. Failure to do so will lead to a report to the Office of Student Conduct and Conflict Resolution.

PRIVACY:

Students engaging in this course will develop multimedia content including audio and video presentations that will be accessed by all members of the class. Students enrolled in this course are agreeing to have their video or audio content accessible to the members of this course, in this semester. Recordings will not be available to members outside of this course, or in future semesters. As in all UF courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited. Students are prohibited from sharing any content from this course without first obtaining explicit, written consent from the University and the individuals identified within course content to be shared.

GETTING HELP:

Health and Wellness

- U Matter, We Care (<https://care.dso.ufl.edu/>): If you or a friend is in distress, please contact umatter@ufl.edu or call 352-392-1575
- Contact My Instructor Service: <https://care.dso.ufl.edu/instructor-notifications/>
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints:
 - On-Campus Students: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
 - On-Line Students: <http://distance.ufl.edu/student-complaint-process/>

GRADING:

Student learning will be evaluated through module quizzes, two assignments, and two exams. Specific assignment details and grading rubrics will be provided on the course website <https://lss.at.ufl.edu/>.

- **Quizzes:** Each course module includes a multiple choice quiz aimed at guiding and enhancing engagement in learning opportunities.
- **Assignments:** Each student will be graded on the quality of submitted assignments.
 - **The Science of Exercise Psychology:** Students will complete and submit a report summarizing an Exercise Psychology research article and critiquing the potential impact (application) of the findings.
 - **Organization Evaluation Sales Pitch:** Each student will be graded on the quality of a 10 minute *Sales Pitch*. The Sales Pitch will consist of a video recorded presentation of an organizational evaluation completed by the student. The organization evaluation consists of identifying the exercise psychology needs of an Organization (some examples include: a company, academic institution, community organization, social club) and generating actionable, scientifically justified, steps to initiate or adapt exercise programming within the organization.
- **Exams:** Students' knowledge of course content will be evaluated on two multiple choice exams. The exams will be developed from the assigned readings, lecture material, and other course activities (e.g., class discussions / activities, guest lectures, supplemental materials).
- **Optional Discussions:** Six optional discussion boards are available for students seeking to gain a deeper understanding of course content and engage in peer to peer learning opportunities.

Final grade composition:

- Quizzes: 15%
- Assignments: 30%
- Exams: 55%
- *Optional Discussions: 2% (EC)*

Notes:

- Grades will not be rounded
 - e.g. a 92.99% will not be rounded to a 93.00%.
- Grades of "I", "X", "H", or "N" will not be given except in cases of a documented, catastrophic occurrence.

Course letter grades based on cumulative grade percentages:

<u>Grade</u>	<u>Percentage</u>	<u>Grade Points</u>
A	93 - 100 %	4.00
A-	90 - 92.99 %	3.67
B+	87 - 89.99 %	3.33
B	83 - 86.99 %	3.00
B-	80 - 82.99 %	2.67
C+	77 - 79.99 %	2.33
C	73 - 76.99 %	2.00
C-	70 - 72.99 %	1.67
D+	67 - 69.99 %	1.33
D	63 - 66.99 %	1.00
D-	60 - 62.99 %	0.67
E	0 - 59.99 %	0.00

More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>.

WEEKLY COURSE SCHEDULE:

Critical Semester Dates & UF Observed Holidays:

- September 7: Labor Day (Monday)
- November 11: Veterans Day (Wednesday)
- November 25 – 27: Thanksgiving (Wednesday – Friday)
- December 9: Last day of Fall Classes (Wednesday)
- December 10 – 11: UF Fall Semester Reading Days (Thursday – Friday)
- Complete list available here: <https://catalog.ufl.edu/UGRD/dates-deadlines/2020-2021/#fall20text>

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	August 31 - Sep. 4	Module 1 – Course Introduction	
2	September 7 - 11	Module 2 – Basic Concepts in Exercise Psychology <i>September 7 – U.S. Labor Day</i>	
3	September 14 - 18	Module 3 – Behavioral Neuroscience	September 15 Canvas Student Profile
4	September 21 - 25	Module 4 – Theories of Behavior Change	September 22 <u>Optional Group Discussion 1</u>
5	September 28 - Oct. 2	Module 5 – Physical Activity Behavior Interventions	September 29 Assn. 1 Science of Sport Psychology
6	October 5 - 9	Module 6 – Perceived Exertion	October 6 <u>Optional Group Discussion 2</u>
7	October 12 - 16	Mid-term Exam Preparation October 19, Exam 1: Mid-term Exam - Online	October 18 Modules 1 – 6 Quizzes
8	October 19 - 23	Module 7 – Stress	October 19 Exam 1: Mid-term Exam Proctored Online October 20 <u>Optional Group Discussion 4</u>
9	October 26 - 30	Module 8 – Emotion	
10	November 2 - 6	Module 9 – Self-Esteem	

11	November 9 - 13	Module 10 – Exercise & Cognitive Function <i>November 11 – U.S. Veterans Day Holiday</i>	November 10 <u>Optional Group Discussion 4</u>
12	November 16 - 19	Module 11 – Exercise & Pain	November 17 Assn. 2 Org. Eval. Sales Pitch
13	November 23 - Dec. 3	Module 12 – Correlates of Exercise & Physical Activity <i>November 25 – 27: U.S. Thanksgiving Holiday</i>	November 24 <u>Optional Group Discussion 5</u>
14	December 7 - 10	Prepare for Exam 2: Final Exam <i>December 9: Final Day of Classes</i> <i>December 10 – 11: Reading Days</i>	December 9 Modules 7 – 12 Quizzes <u>Optional Group Discussion 6</u>

Exam 2: Final Exam – Proctored Online – Monday, December 14
Exam Available from 5:00am – 11:59pm EST

SUCCESS AND STUDY TIPS:

Quizzes & Optional Discussion Boards are designed as preparation tools for the course exams. Learning is a process that requires sustained incremental advancements that occurs over time following neural adaptation. More simply stated, cramming may yield short-term results, but this strategy does not induce meaningful or lasting learning.

Assignments are designed to facilitate skill development in retrieving, consuming, and communicating scientific evidence to a broad audience. Both assignments require substantial preparation to execute successfully. Students should review the Assignment instructions 3-6 weeks in advance in order to plan their schedules accordingly.