

APK 3405 – Exercise Psychology
University of Florida
Department of Applied Physiology & Kinesiology
Fall 2018

I. Course Information

Title: APK 3405 Exercise Psychology
Section(s): 10739 (05CF); 10740 (1B16)
Credits: 3 credit hours
Term: Fall 2018
Access: Access course through *Canvas* on [UF e-Learning](#)
& the *Canvas* mobile app by *Instructure*

Instructor: Garrett Beatty, Ph.D.
GA: Chris Abeleda
Email: Please use the *Canvas* email tool for course related correspondence
Office Hours: Available by appointment when scheduled 1 business day in advance
Physical Location: FLG 140
Skype: beattygf
Phone: 352-294-1721

Overview: *APK 3405 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, APK 3405 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.

Textbook: Buckworth, J., Dishman, R., O'Connor, P., & Tomporowski, P. (2013). *Exercise Psychology* (2nd edition). Champaign, IL: Human Kinetics. [ISBN-13: 978-1450407090]
****Supplementary course content may be assigned****

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II. Course Goals & Objectives

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.

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.

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III. Evaluation of Student Learning

Student learning will be evaluated through module quizzes, three 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:** Students will complete and submit a deliverable report identifying the exercise psychology needs of an organization delivering exercise focused services.
 - **Sales Pitch:** Each student will be graded on the quality of a 10 minute *sales pitch* of their organizational evaluation.
- **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).
- **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%
- Exam 1: Mid-term: 25%
- Exam 2: Final Exam: 30%

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 |

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IV. Course Policies

Course Participation & Missed Assignments: 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>.

Missed examinations and non-submitted or late assignments will be not be evaluated and will be assigned a grade of 0. Make-up exams and make-up assignments will **only** be permitted for reasons outlined by University policy. Obtaining approval for make-up exams or make-up assignments is the responsibility of the student and requires submission of a written request that explains 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.

Grade Appeal Policy:

You have up to three (3) business days after an assignment or quiz/exam to contact me with any issues or concerns, after which the grade is final. Grades are based on a point scale and will not be rounded.

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 under the UF Conduct Code.

Course Evaluations:

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester. Students will be given specific times when they are open. Summary results of previous semester assessments are available to students at <https://evaluations.ufl.edu/results/>.

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VI. UF Policies

Information for Students with Disabilities: Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc/) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodations. Students with disabilities should follow this procedure as early as possible in the semester.

You must submit this documentation prior to submitting assignments, quizzes, or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

Course Etiquette: All members of the class are expected to follow rules of common courtesy in all course interactions as outlined in the UF Netiquette Guide (<http://teach.ufl.edu/wp-content/uploads/2012/08/NetiquetteGuideforOnlineCourses.pdf>).

Academic Honesty: Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at <http://www.dso.ufl.edu/students.php>. No form of academic dishonesty will be tolerated in this course. Any student guilty of academic dishonesty (e.g., cheating or plagiarizing) will earn the course grade of E (0.00 grade points). In case of such an event, a written statement detailing the incident will be attached to the student's official College and University files.

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.”**

In adopting this Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honorcode/>), the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the University community. Students who enroll at the University commit to holding themselves and their peers to the high standard of honor required by the Honor Code. The Honor Code specifies a number of behaviors that are in violation of this code and the possible sanctions. For example, the [UF Honor Code](#) identifies **Plagiarism** as a violation of the UF Honor Code. Plagiarism is defined in the honor code as **representing, as the student's own work, all or any portion of the work of another**. Examples include, but are not limited to:

- Quoting oral or written materials including but not limited to those found on the internet, whether published or unpublished, without proper attribution.
- Submitting a document or assignment which in whole or in part is identical or substantially identical to a document or assignment not authored by the student.

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Additional UF Honor Code Violations include:

- Unauthorized Use of Materials or Resources
- Prohibited Collaboration or Consultation
- False or Misleading Statement Relating to a Student Honor Code Violation
- False or Misleading Statement for the Purpose of Procuring an Academic Advantage
- Use of Fabricated or Falsified Information
- Interference with or Sabotage of Academic Activity
- Unauthorized Taking or Receipt of Materials or Resources to Gain an Academic Advantage
- Unauthorized Recordings
- Bribery
- Submission of Paper or Academic Work Purchased or Obtained from an Outside Source
- Conspiracy to Commit Academic Dishonesty

Definitions of these violations along with relevant University enforced sanctions can be located here: <https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>.

Any individual who becomes aware of a violation of the Honor Code is bound by honor to take corrective action by reporting any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class. The quality of a University of Florida education is dependent upon the community acceptance and enforcement of the Honor Code. Violations of the Academic Honesty Guidelines shall result in judicial action and a student being subject to the sanctions specified in the Student Conduct Code. For further information regarding the honor code at the University of Florida, please visit the Dean of Students' website: <http://www.dso.ufl.edu/judicial/academic.php>.

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VI. Accessing Assistance

University Resources: Resources are available for:

- Counseling and Wellness: <http://www.counseling.ufl.edu/cwc/>
- Sexual Health or Assault: <http://shcc.ufl.edu/services/primary-care/sexual-health/>
- University Police Department: <http://www.police.ufl.edu/>
- Disability resources: www.dso.ufl.edu/drc/
- Distance Education: <http://www.distance.ufl.edu/getting-help>
- Teaching Center: <https://teachingcenter.ufl.edu/>
- Writing Studio: <https://writing.ufl.edu/writing-studio/>
- Library Services Support: <http://cms.uflib.ufl.edu/ask>
- Career Resource Center: <https://www.crc.ufl.edu/>

U Matter, We Care: Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at **352-392-1575**. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

Technical Issues: For issues with technical difficulties for E-learning in Canvas, please contact the UF Help Desk at:

- Learning-support@ufl.edu
- (352) 392-HELP – select option 2
- <https://lss.at.ufl.edu/help.shtml>

Any requests for make-ups due to technical issues *must* be accompanied by the ticket number received from Learning Support Services (LSS). The ticket number will document the time and date of the problem. You must e-mail your instructor within 24 hours of the technical difficulty if you wish to request any make-up.

Complications with Course: Should you experience any issues or complications with your course experience, please first contact your instructor. If your instructor is unable to resolve the issue, please visit:

- https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf
- <http://www.distance.ufl.edu/student-complaints>

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VI. Course Schedule

UF Observed Holidays:

- September 3rd: Labor Day (Monday)
- November 2nd: UF Homecoming (Friday)
- November 12th: Veterans Day Observed (Monday)
- November 21st– 23rd: U.S. Thanksgiving (Wednesday – Friday)
- December 6th – 7th: UF Fall Semester Reading Days (Thursday – Friday)

UF Academic Dates: Visit the <https://catalog.ufl.edu/UGRD/dates-deadlines/2018-2019/#falltext> for up to date UF academic dates and deadlines for the Fall 2018 semester.

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See course webpage for specific information.

Due Dates listed on the e-learning course webpage are the Official dates.

| Dates: August 22 – August 24 | | |
|--------------------------------|---|--------------|
| Module 1 – Course Introduction | | |
| To Do | Assignments | Due Date |
| Read | Chapter 1 – Foundations of Exercise Psychology | |
| Watch | Course Overview Lecture; Foundations of Exercise Psychology Lecture | |
| Complete | Canvas Student Profile | August 31 |
| Begin | Assignment 1 – Science of Exercise Psychology | September 17 |

| Dates: August 27 – August 31 | | |
|--|---|--------------|
| Module 2 – Basic Concepts in Exercise Psychology | | |
| To Do | Assignments | Due Date |
| Read | Chapter 2 – Basic Concepts in Exercise Psychology | |
| Watch | Basic Concepts in Exercise Psychology Lectures | |
| Complete | Optional Group Discussion 1 (Modules 1 & 2 covered) | September 10 |
| Continue | Assignment 1 – Science of Exercise Psychology | September 17 |

| Dates: September 3 – September 7 | | |
|-------------------------------------|---|--------------|
| UF Holiday – Labor Day: September 3 | | |
| Module 3 – Behavioral Neuroscience | | |
| To Do | Assignments | Due Date |
| Read | Chapter 3 – Behavioral Neuroscience | |
| Watch | Behavioral Neuroscience Lectures | |
| Continue | Assignment 1 – Science of Exercise Psychology | September 17 |

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| Dates: September 10 – September 14 | | |
|---|---|--------------|
| Module 4 – Theories of Behavior Change | | |
| To Do | Assignments | Due Date |
| Read | Chapter 14 – Theories of Behavior Change | |
| Watch | Theories of Behavior Change Lectures | |
| Complete | Optional Group Discussion 2 (Modules 3 & 4 covered) | September 24 |
| Continue | Assignment 1 – Science of Exercise Psychology | September 17 |

| Dates: September 17 – September 21 | | |
|---|---|--------------|
| Module 5 – Physical Activity Behavior Interventions | | |
| To Do | Assignments | Due Date |
| Read | Chapter 15 – Interventions to Change Physical Activity Behavior | |
| Watch | Physical Activity Behavior Interventions Lectures | |
| Complete | Assignment 1 – Science of Exercise Psychology | September 17 |

| Dates: September 24 – September 28 | | |
|---|---|------------|
| Module 6 – Perceived Exertion | | |
| To Do | Assignments | Due Date |
| Read | Chapter 16 – Perceived Exertion | |
| Watch | Perceived Exertion Lectures | |
| Complete | Optional Group Discussion 3 (Modules 5 & 6 covered) – Original Post | October 8 |
| Begin | Assignment 2 – Organization Evaluation | November 5 |

| Dates: October 1 – October 5 | | |
|--|------------------------|-----------|
| Exam 1: Mid-term Exam | | |
| Proctored Online: Monday, October 8 | | |
| To Do | Assignments | Due Date |
| Review | Modules 1 – 6 material | |
| Complete | Modules 1 – 6 quizzes | October 7 |
| Complete | Exam 1: Mid-term Exam | October 8 |

| Dates: October 8 – October 12 | | |
|--------------------------------------|--|------------|
| Module 7 – Stress | | |
| To Do | Assignments | Due Date |
| Read | Chapter 4 – Stress | |
| Watch | Stress Lectures | |
| Continue | Assignment 2 – Organization Evaluation | November 5 |

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| Dates: October 15 – October 19 | | |
|---------------------------------------|---|------------|
| Module 8 – Emotion | | |
| To Do | Assignments | Due Date |
| Read | Chapter 5 – Affect, Mood, and Emotion | |
| Watch | Emotion Lectures | |
| Complete | Optional Group Discussion 4 (Modules 7 & 8 covered) | October 29 |
| Continue | Assignment 2 – Organization Evaluation | November 5 |

| Dates: October 22 – October 26 | | |
|---------------------------------------|--|------------|
| Module 9 – Self-Esteem | | |
| To Do | Assignments | Due Date |
| Read | Chapter 12 – Self-Esteem | |
| Watch | Self-Esteem Lectures | |
| Continue | Assignment 2 – Organization Evaluation | November 5 |

| Dates: October 29 – November 2 | | |
|---|--|-------------|
| UF Holiday – UF Homecoming: November 2 | | |
| Module 10 – Exercise & Cognitive Function | | |
| To Do | Assignments | Due Date |
| Read | Chapter 8 – Exercise and Cognitive Function | |
| Watch | Exercise and Cognitive Function Lectures | |
| Complete | Optional Group Discussion 5 (Modules 9 & 10 covered) | November 12 |
| Continue | Assignment 2 – Organization Evaluation | November 5 |
| Begin | Assignment 3 – Sales Pitch | December 3 |

| Dates: November 5 – November 9 | | |
|---|--|------------|
| UF Holiday – Veterans Day: November 12 (observed) | | |
| Module 11 – Exercise & Pain | | |
| To Do | Assignments | Due Date |
| Read | Chapter 11 – Exercise and Pain | |
| Watch | Exercise and Pain Lectures | |
| Complete | Assignment 2 – Organization Evaluation | November 5 |
| Continue | Assignment 3 – Sales Pitch | December 3 |

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| Dates: November 12 – November 16 | | |
|--|---|------------|
| Module 12 – Correlates of Exercise & Physical Activity | | |
| To Do | Assignments | Due Date |
| Read | Chapter 13 – Correlates of Exercise & Physical Activity | |
| Watch | Correlates of Exercise & Physical Activity Lectures | |
| Complete | Optional Group Discussion 6 (Modules 11 & 12 covered) | December 3 |
| Continue | Assignment 3 – Sales Pitch | December 3 |

| Dates: November 19 – November 23 | | |
|---|--|------------|
| UF Holiday – U.S. Thanksgiving: November 21 - November 23 | | |
| U.S. Thanksgiving | | |
| To Do | Assignments | Due Date |
| Enjoy | Thanksgiving | |
| Continue | Assignment 3 – Sales Pitch | December 3 |
| Review | Modules 7 – 12: readings, lectures, media, notes, quizzes, discussions | December 6 |

| Dates: November 26 – December 10 | | |
|--|--|-------------|
| UF Protected Days – Reading Days: December 6 - 7 | | |
| <u>Exam 2: Final Exam</u> | | |
| Proctored Online: Monday, December 10 | | |
| To Do | Assignments | Due Date |
| Review | Modules 1 – 12 material (emphasis on Modules 7 – 12) | |
| Complete | Assignment 3 – Sales Pitch | December 3 |
| Complete | Modules 7 – 12: Quizzes | December 5 |
| Complete | Exam 2: Final Exam | December 10 |

Disclaimer: This syllabus represents the current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.