

Exercise Psychology

APK3405 | Class # 10350 | 3 Credits | Fall 2025

Connect with HHP



Course Info

INSTRUCTOR

Daphne Schmid, Ph.D.
Office: FLG 106-E
Email: daphs03@ufl.edu
Preferred Method of Contact: email

OFFICE HOURS

M/W/F 10:35-11:35 AM or by appointment
As this is an online course, students are encouraged to email the professor to set up a Zoom meeting.

COURSE DESCRIPTION

This online, asynchronous course introduces exercise psychology by discussing topics including the effects of exercise on psychological well-being, exercise adherence, and intervention from both the theoretical and applied perspectives.

PREREQUISITE KNOWLEDGE AND SKILLS

Junior standing or higher.

REQUIRED AND RECOMMENDED MATERIALS

All course materials will be provided for free; however, you may want to supplement these resources with an external source. Some course material and readings are based on the principles and concepts in the text below.

Recommended Textbook: *Exercise Psychology* by Buckworth, Dishman, O'Connor, and Tomporowski.
Copyright Human Kinetics 2013, 2nd edition. ISBN 10: 1450407099

Additional materials will be provided on the course website via Canvas or Perusall.

COURSE FORMAT

Students will watch asynchronous lectures within each module and complete all assignments and quizzes online.

COURSE LEARNING OBJECTIVES:

By the end of this course, students will be able to:

- explain and analyze scientific protocols utilized in exercise psychology research, common interventions, and scientific evidence that seeks to explain the relationship between physical activity, psychological factors, and exercise behaviors.
- evaluate case studies, retrieve and apply quality research, and create action plans by which the knowledge gained from this course can be used to support behavior change by promoting physical activity and exercise engagement.
- Present the knowledge gained in critical, constructive, and diplomatic academic discussions and effective written communication of scientific knowledge in exercise psychology.

Course & University Policies

Please refer to the university's official academic policies and resources here: [UF Syllabus Policy Links - Online Course Syllabi - University of Florida](#). Further information from these links is provided below. If there are any inconsistencies, the online university policies will be upheld over those listed in this document.

PERSONAL CONDUCT & ACADEMIC INTEGRITY

University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The [Student Honor Code and Conduct Code \(Regulation 4.040\)](#) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction, which may be up to or including failure of the course.

APPROPRIATE USE OF AI TECHNOLOGY

The UF Honor Code strictly prohibits [*cheating*](#). The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity's express consent or without proper attribution to the other person or Entity is considered *cheating*. Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating*.

The use of AI tools will facilitate student development of skills and knowledge acquisition within the stated learning objectives of the course and are permitted in this course. When students opt to leverage AI tools to augment their submitted products, they will be expected to appropriately cite the tool(s) utilized. Further, students will be held accountable under the scope of the UF Student Honor Code & Conduct Code for the content of all work they submit (including the portions that may have been produced in part or whole by an external Entity—including AI). Thus, students should engage in active editorial and underwriting efforts to ensure the totality of the work submitted.

EXAM MAKE-UP POLICY

Students who are ill or have an emergency that prevents them from taking exams or quizzes during the time available are responsible for contacting the instructor **before** the exam takes place. Extension may be offered at the discretion of the instructor given that there is a medical, family, or other emergency that deems the need for a make-up. Requirements for make-up exams, assignments, and other work are consistent with university policies that can be found in the online catalog. A student experiencing an illness should visit the UF Student Health Care Center to seek medical advice and obtain documentation.

A ticket number received from UFIT Helpdesk must accompany requests for make-ups due to technical issues (see Academic Resources below). The ticket number will document the time and date of the problem. The request may not be granted if the time and date are past the assignment deadline. You must e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

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](#). 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. When the student communicates accommodation requests through the DRC, the instructor will make adjustments as necessary to best support the student. However, no retroactive alterations to prior assessments will be permitted.

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 [here](#). 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 this [link](#).

Getting Help

HEALTH & WELLNESS

- ***U Matter, We Care:*** If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- ***Counseling and Wellness Center:*** Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- ***Student Health Care Center:*** Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).
- ***University Police Department:*** Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- ***UF Health Shands Emergency Room / Trauma Center:*** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; or visit the [UF Health Emergency Room and Trauma Center website](#).
- ***GatorWell Health Promotion Services:*** For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

ACADEMIC RESOURCES

- ***E-learning technical support:*** Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- ***Career Connections Center:*** Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- ***Library Support:*** Various ways to receive assistance with respect to using the libraries or finding resources.
- ***Teaching Center:*** Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.
- ***Writing Studio:*** 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- ***Student Complaints & Grievances:*** Students are encouraged to communicate first with the involved person(s), but [here](#) is more information on the appropriate reporting process.

APK ADMINISTRATORS

For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- Dr. David Vaillancourt (he/him), APK Department Chair, vcourt@ufl.edu
- Dr. Demetra Christou (she/her), APK Department Vice Chair, ddchristou@hhp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Anna Gardner (she/her), APK Undergraduate Coordinator, akgardner@ufl.edu

Grading

Throughout the semester, Students will have an opportunity to earn up to 500 points. The ratio of points earned will be converted into a percentage and a letter grade following UF's grading scale listed below.

General Guidelines: All assignments uploaded to canvas should be in the form of a word document or a pdf and follow the following formatting guidelines: double-spaced, Times New Roman or Calibri 12-point font , 1"

margins. No late work is accepted except under extreme extenuating circumstances as deemed appropriate by the instructor.

Evaluation Components

- Perusall Assignments: Collaborative, online Perusall assignments will be used to encourage active reading, critical thinking, and discussion of assigned journal articles and book chapters.
- Projects: Students will design and apply exercise psychology research to various assignments, gaining hands-on experience in research methods, data collection and analysis, and presenting findings.
- Quizzes: At the start of the semester and within each module, students will take online, open-note quizzes aimed at gauging student understanding of content and enhancing engagement in learning opportunities.
- Discussions: Online discussions will be used to promote active engagement with course concepts and enable students to share perspectives and learn from each other.
- Surveys: Anonymous surveys will be conducted throughout the semester to collect student feedback, assess understanding, and make adjustments to better address the learning needs of the class.

Evaluation Components (number of each)	Approximate % of Total Grade
Perusall Assignments (5)	15%
Projects & Assignments (7)	32%
Quizzes (10)	47%
Discussions (3)	6%
Surveys (1)	<1%

Grading Guidelines: All assignments in this course, including discussions, Perusall activities, projects, and quizzes, will be accompanied by clear, detailed rubrics that outline the specific criteria and point allocations for evaluation. This transparency will ensure students understand how to earn full credit on each assessment. The quizzes in this course will clearly state how points are earned for each question, whether it be multiple-choice, short answer, or another format. This will allow students to understand precisely how their quiz performance translates to their overall grade. All of this information can be accessed on Canvas.

GRADING SCALE

Final grades will be assigned using UF's grading scale posted below. There is no curve for this course. More detailed information regarding current UF grading policies can be found [here](#). Any requests for additional extra credit or special exceptions to these grading policies will be respectfully ignored.

Course Schedule

The course schedule below is tentative and subject to change. Students should refer to the course Canvas site for the most up-to-date information on assignment due dates, exam schedules, and other schedule updates throughout the semester.

Module	Dates	Assignments
Orientation	Aug 21-27	Introduction Assignment Course Orientation Quiz
1	August 28 – Sept 3	Case Study Baseline Perusall Assignment 1 PA Scavenger Hunt Module 1 Quiz
2	September 4-14	Perusall Assignment 2 Module 2 Quiz
3	September 15-24	Infographic Module 3 Quiz

4	September 25 - October 1	Perusall Assignment 3 Module 4 Quiz
5	October 2-8	AI Assignment Module 5 Quiz
6	October 9-22	Exercise and Cognition Scavenger Hunt Perusall Assignment 4 Cognitive Assessment Activity Module 6 Quiz
7	October 23-29	Case Study Project
8	October 30 - Nov 12	Big 5 Personality Assignment Perusall Assignment 5 Module 8 Quiz
9	November 13-19	Personal RPE Report Module 9 Quiz
10	November 20 - December 3	Perusall Assignment 6 Module 10 Quiz