

Course Outline
Exercise Psychology
KINS 7340
Spring Term 2008

I. Course Information

- A. Location - Room 225 Ramsey
- B. Class Days & Time: Tuesday & Thursday 12:30-1:45

II. Instructor Information

- A. Instructor: Phillip D. Tomporowski, Ph.D.
- B. Office Location: Room 357 Ramsey
- C. Office Hours: Tue-Thur 10:00-11:00
AND by appointment
- D. Office Phone: 542-4183
- E. e-mail: ptomporo@uga.edu

III. Course Description

The course first surveys the determinants and maintenance of physical activity. Next, the survey of information will be applied to children's physical activity. Lastly, physical activity interventions that focus on children and adolescents will be surveyed.

IV. Course Content:

- Theories developed explain human physical activity.
- Life-span development issues
- Effects of physical activity on physical and mental development
- Physical activity interventions designed for children and adolescents

V. Text & Readings

A. Text:

Ward, D. S., Saunders, R. P., & Pate, R. R. (2007). *Physical Activity Interventions in Children and Adolescents*. Champaign, IL: Human Kinetics

B. Readings:

WebCT - Many readings will be provided throughout the term

VI. Course Objectives

Students will be able to:

1. Understand the environmental conditions that impact individual's levels of physical activity.
2. Describe theories of behavioral change and maintenance.
3. Understand the central themes of theories of life-span development and their relation to physical activity interventions.
4. Develop a family-based exercise intervention designed specifically for children/adolescents
5. Develop a community-based exercise intervention designed specifically for children/adolescents
6. Develop a school-based exercise intervention designed specifically for children/adolescents.

VII. Evaluation Procedures:

A. **Exams:** Four exams will be given. Material on these exams will come from information provided in lectures, readings, and presentations. The types of questions will be short- answer essay. Three exams will be given during the term and the fourth and final exam is scheduled during finals week from 12:00-3:00 pm on Tuesday, May 6, 2008. The final exam will be cumulative.

The percent correct on the four exams will be summed and averaged. The average will constitute 80% of the final course grade.

B. **Intervention proposal:** Each student will present a class lecture that describes an existing physical activity intervention. A written, research-based evaluation of the selected physical activity intervention will be provided. The written evaluation will be scored on a scale of 1-10 and it will constitute 20% of the final course grade.

C. **Final Grades.** The scores the four tests will be averaged and then converted to a proportion. The intervention proposal score will be added to the proportion score and a final score will be derived. Cutoffs for grades will be:

A = 93-100 A- = 90-92.9 B+ = 87-89.9 B = 83-86.9 B- = 80-82.9 C+ = 77-79.9
C = 73-76.9 C- = 70 -72.9 D+ = 67-69.9 D = 63-66.9 D- = 60-62.9

Exam Dates

Exam #1: Tuesday February 12, 2008

Exam #2: Thursday March 6, 2008

Exam #3: Tuesday April 15, 2008

Exam #4: Tuesday May 6, 2008 (Final Exam - 12:00-3:00 pm)

VIII. Tentative Schedule: The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

No Class:

March 10 - 14 (Spring Break)

Class Meeting/ Weekly

| Week | Topics | Readings |
|--|---------------------------------|--------------------------------|
| I. The course first surveys the determinants and maintenance of physical activity. | | |
| 1 | Introduction/Motivation | TBA |
| 2. | Self Efficacy Model | Bandura - WebCT |
| 3. | Determinants of Exercise | Buckworth - Chapter 10 - WebCT |
| 4. | Theories of Behavioral Change | Buckworth - Chapter 11 - WebCT |
| 5. | Intervention | Buckworth - Chapter 12 WebCT |
| 6 | Test 1/ Child Development | TBA |
| II. Children's physical activity. | | |
| 7 | Growth, Maturation, Performance | Melina - Chapter 22 WebCT |
| 8. | Obesity in childhood | Melina - Chapter 23 - WebCT |
| 9. | Other Factors/ Test 2 | Melina - Chapter 24 - WebCT |
| 10 | Spring Break | |
| III. Physical activity interventions that focus on children and adolescents | | |
| 11. | Interventions | Ward et al. Chapter 1-3 |
| 12. | School-based Interventions | Ward et al. Chapter 4 |
| 13. | Community-based Interventions | Ward et al. Chapter 5 |
| 14 | Family-based Interventions | Ward et al. Chapter 6 |
| 15 | Test 3/ Designs | Ward et al. Chapters 7-10 |

Instructor's Policy

1. Students are expected to attend classes regularly.
2. "Incomplete" grades will not be given unless there are circumstances beyond the student's control which prevent the completion of course requirements (e.g., documented illness, serious family emergencies).
3. "Incomplete" grades will not be given without the student's having made prior arrangements for completing course work.
4. Grades will not be changed as a result of additional work done by a student unless all students registered for the course are given the opportunity to do similar, additional work.
5. A grade will be changed upon a written statement by the instructor that the grade was a factual error. All grade changes are subject to approval by the instructor's department head and the Dean's Office.
6. Exams will not be administered early and will be administered late only for personal emergencies. Zero credit will be given on exams missed for other reasons (e.g., working at a part time job, travel, or other university associated responsibilities, such as athletics) unless approved at least three weeks in advance of the test by the instructor. The instructor may change the format of a make-up examination (e.g., essay type exam).
7. All academic work must meet the standards contained in "A Culture of Honesty." Each student is responsible to inform themselves about those standards before performing any academic work.

Student-Faculty Communication Sheet
KINS 7340
Spring 2008

Please read the five statements below. After each statement write your initials on the line to indicate that you have read the statement. At the bottom sign and date the form. You will not be permitted to take the first exam until you have turned this page into your instructor.

1. Daily attendance is not required and does not factor directly into my grade, however, I recognize that failing to attend may negatively impact on my course grade because much of the exam material is only covered during lectures. _____

2. I am required to take four exams on the scheduled dates at the scheduled times. I understand that exams will not be administered early and will be administered late only for personal emergencies. I will receive zero credit on exams missed for other reasons (e.g., working at a part time job, travel, or other university associated responsibilities, such as athletics) unless approved by the instructor. I understand that the instructor may change the format of a make-up examination (e.g., essay type exam).

3. I have reviewed my schedule for the semester and found no current or pending conflicts that would prevent me from taking the exams on the scheduled dates at the scheduled times.

4. I recognize that all work completed for this course must be performed by me without unauthorized assistance from others. Examples of unauthorized assistance include copying from another student or allowing another person to copy from me. Another example is completing work for another or allowing another to complete work for me. As a member of the academic community I recognize that I have a responsibility for knowing the policy and procedures on academic honesty. These procedures can be obtained from the Vice President for Academic Affairs or viewed at the following web site: <http://www.uga.edu/ovpi/> _____

5. I am aware that Dr. Tomporowski has office hours Tuesday and Thursday 10:00 - 11:00 and that I can receive assistance from him regarding the course during these hours or at other times by making an appointment with him. _____

I have read and agree to the above policies: _____
Print Name

Signature

Date