The purpose of this learning opportunity is to provide students with an enhanced understanding of current topics in cognitive neuroscience of exercise. Emphasis will be placed on the mechanisms through which exercise is changing the brain to promote cognition.

The course will primarily consist of student led presentations and group discussions based on assigned readings.

Through the assignments, students will develop their skills in knowledge synthesis and translation.

Weekly plan:
1. Lecture, cognitive neuroscience of exercise
2. Student presentation and discussion, exercise and brain function
3. Student presentation and discussion, exercise and cerebral blood flow
4. Student presentation and discussion, exercise and neurotrophic factors
5. Student presentation and discussion, exercise and stress response
6. Student presentation and discussion, exercise and inflammation
7. Op-ed workshop
8. Op-ed presentations
9. TedEd workshop
10. TedEd presentation

The reading list will consist of the recently published journal articles on the topics outlined above.
Assignments and Grading:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Requirement</th>
</tr>
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<tbody>
<tr>
<td>20%</td>
<td>Participation</td>
</tr>
<tr>
<td>20%</td>
<td>Four written critiques @ 5% each (max 1 page)</td>
</tr>
<tr>
<td>20%</td>
<td>Article presentation and discussion facilitation</td>
</tr>
<tr>
<td>20%</td>
<td>Op-ed</td>
</tr>
<tr>
<td>20%</td>
<td>TedEd talk</td>
</tr>
</tbody>
</table>

**PLEASE NOTE:**

On occasion, it is difficult to predict the direction the course may take and the instructor may need to revise the course outline during term. Students will be informed as early as possible of any changes.

The Department of Kinesiology reserves the right to change dates, deadlines, and/or methods of assessment for this course in the event of unforeseen circumstances, such as illness of the instructor or a labour disruption.

**ACADEMIC INTEGRITY**

Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences (e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript reading “Grade of F assigned for academic dishonesty”, and/or suspension or expulsion from the university). It is your responsibility to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at: [http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf](http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf)

The following illustrates only three forms of academic dishonesty:

- Plagiarism (e.g. the submission of work that is not one's own or for which other credit has been obtained),
- Improper collaboration in group work.
- Copying or using unauthorized aids in tests and examinations.

END