Social Influences on Health and Exercise Behaviour, KIN 720

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Room & Extension: IWC A204 ext 26472

Term TWO: 3hr weekly seminar

Course Description: Physical activity is linked to numerous physiological and psychological benefits, yet the populations of industrialized nations are becoming increasingly sedentary. This course will explore social psychological theories, empirical findings and methods applied to physical activity participation. The roles of interpersonal relationships and interactions linked to behavioural and psychophysiological pathways to health-related outcomes will be examined.

The course is designed to cover specific topics, but will integrate practical issues involving development of measures and research synthesis.

Specific course objectives are:

- to provide students with an understanding of social psychological perspectives correlates of physical activity
- to explore the role of social influences on health behaviour with a special emphasis on physical activity
- to expose students to a variety of methodological approaches used to study social psychological antecedents and consequences of physical activity and health.

Resources and Reference Materials:

Selected readings will be assigned on a weekly basis.

Students are expected to come to class prepared to discuss the weekly readings.

**REQUIRED TEXT**


Assignments and Grading:

<table>
<thead>
<tr>
<th>Term Assignments</th>
<th>40%</th>
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<tbody>
<tr>
<td>Empirical Article Critique (Due Date: TBA)</td>
<td>(20%)</td>
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<tr>
<td>Brief research synthesis (meta-analysis) (Due Date: TBA)</td>
<td>(20%)</td>
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<tr>
<td>Student Presentations (Dates TBA)</td>
<td>20%</td>
</tr>
<tr>
<td>Major Paper (Research Proposal) (Due Date: TBA)</td>
<td>40%</td>
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NOTE. Assignment instructions will be distributed separately. With the exception of the Critique assignment, due dates may be adjusted to dates later than those posted here. There will be a 10% per day penalty for work submitted late (e.g., a 20% assignment submitted 1 day late will be penalized 2% of the final course grade).

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

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.
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Course Schedule

Week 1:  Social Influences on Health: Epidemiological Evidence

Week 2:  Social Influences on Health: Mechanisms and Pathways

Week 3:  Social Influences on Health & Exercise Behaviour:
          Theories 1 The Social Cognitive Perspective

Week 4:  Social Influences on Health & Exercise Behaviour:
          Theories 2 The Planned Behaviour Perspective

Week 5:  Social Influences on Health & Exercise Behaviour:
          Theories 3 The Self-determination Perspective

Week 6:  Social Influences on Health & Exercise Behaviour:
          Theories 4 The Group Dynamics Perspective

Week 7:  Social Influences on Health & Exercise Behaviour:
          Theories 5 The Social Support Perspective

Week 8:  Student Presentations

Week 9:  Social Influences on Health & Exercise Behaviour:
          Application 1: Social Support Interventions

Week 10: Social Influences on Health & Exercise Behaviour:
          Application 2: The Group-mediated approach