Department of Kinesiology and Sport Management

KIN 5312 DO1 – Behavioral and Psychological Aspects of Exercise

Faculty Information

- Marc Lochbaum, Ph.D.
- Email: marc.lochbaum@ttu.edu
- Phone: 806.834.0882 office number
- Office: Exercise Science, Room 237
- Office hours: Please ask for a meeting. I am more than willing to meet in person, on the phone, Skype, and or FaceTime.

Student Learning Outcomes for Kinesiology Majors

- SLO#1 Articulate and demonstrate a competent understanding of the scientific method as applied to human movement.
- SLO#2 Apply principles underlying benefits and adaptations to human movement.
- SLO#3 Translate research into practice by demonstrating the ability to educate individuals about lifestyle modification.

Required Course Textbook

I will link/attach articles each week from the research literature.

Course Description, Objectives, and Assessments

This course examines researched based psychological principles and theories related to exercise behavior as well as the effects of exercise on the mind. The design of this course is as an introduction to the field of exercise psychology at the graduate level by exposing you to major topics in the areas. In addition, I will ask you to examine and report upon a health disparity of your choice across the semester. The course objectives are as follows.

- To analyze current physical activity trends.
- To examine how meta-analyses is the best method for understanding exercise psychology topics
- To increase your understanding of how exercise affects psychological well-being.
- To increase your understanding of exercise participation influences (i.e., motivation theories, social support)

I will assess our course objectives by 14 essay assignments. Each essay assignment will be worth 7.142 points, so it equals 100 points.

Grading Scale

- 90% = A
- 80% to 89.99% = B
- 75% to 79.99% = C
- 70% to 75.99% = D
- < 70% = F

Written work = 100 points: We will have 14 written assignments to post within Blackboard. They will be worth 7.142 points each. You will see each post on our calendar as well as on Blackboard by post number (e.g., Post 1, Post 2). Each post will have a word limit. You must follow the posting rules as well. Post 3a and 3b will be one post score as will be post 9a and 9b.
Grade appeals

Students initiating grade appeals should follow the official grade appeal procedure outlined by Texas Tech University.

**KIN 5312 D01 SP 2017 Schedule**

**Week-to-Week Schedule**

All assignments are due by 10 pm on the given date. We will not have any assignments due on the weekends. After getting started, all of our assignments will be due on Thursdays.

Assignments will open in a logical manner so that you have plenty of time to complete each assignment. I will not open assignments weeks before due dates so we can logically and calmly flow through the semester. This course is not a correspondence course.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date Range</th>
<th>Name: Assignment</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>Post 1-4, Introduction materials</td>
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<tr>
<td>1</td>
<td>Jan 18-19</td>
<td>Post 1: Personal introduction</td>
<td>Jan 22 (Monday)</td>
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<tr>
<td>2</td>
<td>Jan 22-26</td>
<td>Post 2: Physical activity and obesity</td>
<td>Jan 25 (Thursday)</td>
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<tr>
<td>3</td>
<td>Jan 29-Feb 2</td>
<td>Post 3a: Meta-analyses in exercise psychology</td>
<td>Feb 1 (Thursday)</td>
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<td>4</td>
<td>Feb 5-9</td>
<td>Post 3b: Meta-analyses in exercise psychology continued</td>
<td>Feb 8 (Thursday)</td>
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<tr>
<td>5</td>
<td>Feb 12-16</td>
<td>Post 4: My health disparities topic</td>
<td>Feb 15 (Thursday)</td>
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**Post 5-9, The core mental health topics**

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<tr>
<th>Week</th>
<th>Date Range</th>
<th>Name: Assignment</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>6</td>
<td>Feb 19-23</td>
<td>Post 5: Personality and physical activity</td>
<td>Feb 22 (Thursday)</td>
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<tr>
<td>7</td>
<td>Feb 26-March 2</td>
<td>Post 6: Depression and physical activity</td>
<td>March 1 (Thursday)</td>
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<td>8</td>
<td>March 5-9</td>
<td>Post 7: Stress reduction and physical activity</td>
<td>March 8 (Thursday)</td>
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<td>9</td>
<td>March 10-18</td>
<td>SPRING BREAK</td>
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<td>10</td>
<td>March 19-23</td>
<td>Post 8: Does exercise make me smarter?</td>
<td>March 22 (Thursday)</td>
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**Post 10-11, Behavior change theory to practice**
<table>
<thead>
<tr>
<th></th>
<th>March 26-30</th>
<th>Post 9a: Self-determination theory</th>
<th>March 29 (Thursday)</th>
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<tr>
<td>11</td>
<td>April 2-6</td>
<td>Post 9b: Self-determination theory continued</td>
<td>April 5 (Thursday)</td>
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<td>12</td>
<td>April 9-13</td>
<td>Post 10: Theory of reasoned action/planned behavior</td>
<td>April 12 (Thursday)</td>
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<td>13</td>
<td>April 16-20</td>
<td>Post 11: Self-efficacy and exercise barriers</td>
<td>April 19 (Thursday)</td>
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<td>April 23-27</td>
<td>Post 12: Social support</td>
<td>April 26 (Thursday)</td>
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<td>15</td>
<td>April 30-May 4</td>
<td>Post 13: Environmental Engineering</td>
<td>May 3 (Thursday)</td>
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<td>16</td>
<td>May 10-15</td>
<td>Post 14: What I learned about my health disparities topic</td>
<td>May 14 (Monday)</td>
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**Post 12-13, Can anything help?**

**Post 14, My health disparities topic across the semester’s topics**

### Academic Integrity

Student conduct: Responsible citizenship among college students includes honesty and integrity in class work, regards for the rights of others, and respect for local, state, and federal laws, as well as campus standards. Specific standards concerning the rights and responsibilities of students and registered student organizations at Texas Tech are contained in the Code of Student Conduct and Student Handbook. Students are expected to become thoroughly familiar with and abide by these standards. The Code of Student Conduct and Student Handbook may be obtained from the Office of Student Judicial Programs, the Student Union, 806-742-1714, or online at www.studentaffairs.ttu.edu.

Civility in the classroom: It is expected that any discussion and interactions in this class take place in a civil tone and manner while always respecting the rights and opinions of others. More information is available at www.studentaffairs.ttu.edu.

### Students with Disabilities

ADA Statement: Any student who because of a disability may require special arrangements in order to meet course requirements should contact the instructor as soon as possible to make any necessary accommodations. The student should present appropriate verification from AccessTECH. No requirement exists that accommodations be made prior to completion of this approved university procedure. Students with disabilities are encouraged to use AccessTECH which publishes a Desk Reference for Faculty and Staff that is very helpful. You may call 806-742-2092 to request a copy.

Absence Due to Religious Observance: A student who is absent from classes for the observance of a religious holy day, according to the legal definition, will be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence if, not later than the 15th day after the first day of the semester, the student has notified the instructor of each scheduled class that the student will be absent for a religious holy day. This
notification will be in writing and will be delivered by the student personally to the instructor of each class, with receipt of the notification acknowledged and dated by the instructor, or by certified mail, return receipt requested, addressed to the instructor of each class. A student who is excused under this policy must not be penalized for the absence, but the instructor may appropriately respond if the student fails to satisfactorily complete the assignment.

Absence due to Officially Approved Trips: The Texas Tech University Catalog states that the person responsible for a student missing class due to a trip should notify the instructor of the departure and return schedule in advance of the trip. The student may not be penalized and is responsible for the material missed.

Illness and Death Notification and Absences: Whether an absence is excused or unexcused is determined solely by the instructor with the exception of absences due to religious observance and officially approved trips described above. The Center for Campus Life will notify faculty, at the student's request, when a student is absent for four consecutive days with appropriate verification of a health related emergency. This notification does not excuse the student from class, it is provided as a courtesy. The service is explained as follows and can be found on the Center for Campus Life web site at: http://www.depts.ttu.edu/centerforcampuslife/.

The Center for Campus Life is responsible for notifying the campus community of student illnesses, immediate family deaths and/or student death. Generally, in cases of student illness or immediate family deaths, the notification to the appropriate campus community members occur when a student is absent from class for four (4) consecutive days with appropriate verification. It is always the student’s responsibility for missed class assignments and/or course work during their absence. The student is encouraged to contact the faculty member immediately regarding the absences and to provide verification afterwards. The notification from the Center for Campus Life does not excuse a student from class, assignments, and/or any other course requirements. The notification is provided as a courtesy.

Academic Integrity and Student Conduct: Responsible citizenship among college students includes honesty and integrity in class work; regard for the rights of others; and respect for local, state, and federal laws as well as campus standards. Specific standards concerning the rights and responsibilities of students and registered student organizations at Texas Tech are contained in the Code of Student Conduct and Student Handbook. Students are expected to become thoroughly familiar with and abide by these standards. The Code of Student Conduct and Student Handbook may be obtained from the Office of Student Judicial Programs, Student Union, (806) 742-1714, or online at www.studentaffairs.ttu.edu or www.depts.ttu.edu/studentjudicialprograms.

Academic Integrity: It is the aim of the faculty of Texas Tech University to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension. The instructor in a course is responsible for initiating action for dishonesty or plagiarism that occurs in his or her class. In cases of convincing evidence of or admitted academic dishonesty or plagiarism, an instructor should take appropriate action. Before taking such action, however, the instructor should attempt to discuss the matter with the student. If cheating is suspected on a final exam, the instructor should not submit a grade until a reasonable attempt can be made to contact the student, preferably within one month after the end of the semester. See the section on "Academic Conduct" in the Code of Student Conduct for details of this policy.

Academic Misconduct: Scholastic dishonesty includes, but is not limited to, cheating, plagiarism, collusion, falsifying academic records, misrepresenting facts, and any act designed to give unfair academic advantage to the student (such as, but not limited to, submission of essentially the same written assignment for two courses without the prior permission of the instructor) or the attempt to commit such an act.

Cheating includes, but is not limited to, the following:

1. Copying from another student’s test paper.
2. Using materials during a test that have not been authorized by the person giving the test.

3. Failing to comply with instructions given by the person administering the test.

4. Possessing materials during a test that are not authorized by the person giving the test, such as class notes or specifically designed “crib notes.” The presence of textbooks constitutes a violation only if they have been specifically prohibited by the person administering the test.

5. Possessing, using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program.

6. Collaborating with or seeking aid or receiving assistance from another student or individual during a test or in conjunction with an assignment without authority.

7. Discussing the contents of an examination with another student who will take the examination.

8. Divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned to or kept by the student.

9. Substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment.

10. Paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program, or information about an unadministered test, test key, homework solution, or computer program.

11. Falsifying research data, laboratory reports, and/or other academic work offered for credit.

12. Taking, keeping, misplacing, or damaging the property of the university, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct.

Plagiarism includes, but is not limited to, the appropriation of, buying, receiving as a gift, or obtaining by any means material that is attributable in whole or in part to another source, including words, ideas, illustrations, structure, computer code, other expression and media, and presenting that material as one’s own academic work being offered for credit. Any student who fails to give credit for quotations or for an essentially identical expression of material taken from books, encyclopedias, magazines, Internet documents, reference works or from the themes, reports, or other writings of a fellow student is guilty of plagiarism.

Collusion includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.

Falsifying academic records includes, but is not limited to, altering or assisting in the altering of any official record of the university, and/or submitting false information or omitting requested information that is required for or related to any academic record of the university. Academic records include, but are not limited to, applications for admission, the awarding of a degree, grade reports, test papers, registration materials, grade change forms, and reporting forms used by the Office of the Registrar. A former student who engages in such conduct is subject to a bar against readmission, revocation of a degree, and withdrawal of a diploma.

Misrepresenting facts to the university or an agent of the university includes, but is not limited to, providing false grades or resumes; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual; or providing false or misleading information in an effort to injure another student academically or financially.
Civility in the Classroom: Civility is expected that all students in the class will treat fellow classmates, the professor, the assistant, and guests in the classroom with respect. Respect includes, but is not limited to, arriving to class on time, not making unnecessary noise or speaking when others are speaking, attending to those who are speaking, and not engaging in disruptive behaviors. A student lacking civility will be asked to leave the classroom. If the behavior continues, the students will be asked not to return to the classroom.

Students with Disabilities ADA Statement: Any student who because of a disability may require special arrangements in order to meet course requirements should contact the instructor as soon as possible to make any necessary accommodations. Student should present appropriate verification from AccessTECH. No requirement exists that accommodations be made prior to completion of this approved university procedure. Students with disabilities are encouraged to use AccessTECH which publishes a Desk Reference for Faculty and Staff that is very helpful. You may call the AccessTECH Office at 742-2092 to request a copy.

The Ombudsman for Students is available to assist students with any conflict or problem that has to do with being a student at Texas Tech University. You may visit the Ombudsman in 237 Student Union Building or call 742-SAFE.

TTU Resources for Discrimination, Harassment, and Sexual Violence: Texas Tech University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from gender and/or sex discrimination of any kind. Sexual assault, discrimination, harassment, and other Title IX violations are not tolerated by the University. Report any incidents to the Office for Student Rights & Resolution, (806)-742-SAFE (7233) or file a report online at titleix.ttu.edu/students. Faculty and staff members at TTU are committed to connecting you to resources on campus. Some of these available resources are: TTU Student Counseling Center, 806-742 3674, https://www.depts.ttu.edu/scc/(Provides confidential support on campus.) TTU Student Counseling Center 24-hour Helpline, 806-742-5555, (Assists students who are experiencing a mental health or interpersonal violence crisis. If you call the helpline, you will speak with a mental health counselor.) Voice of Hope Lubbock Rape Crisis Center, 806-763-7273, voiceofhopelubbock.org (24-hour hotline that provides support for survivors of sexual violence.) The Risk, Intervention, Safety and Education (RISE) Office, 806-742-2110, rise.ttu.edu (Provides a range of resources and support options focused on prevention education and student wellness.) Texas Tech Police Department, 806-742-3931, http://www.depts.ttu.edu/ttpd/ (To report criminal activity that occurs on or near Texas Tech campus.)