



Psych of Health & Wellness

CMWL-3102

Spring 2023 Section 01 3 Credits 01/09/2023 to 05/09/2023 Modified 05/15/2023

Description

Review the science that connects human behaviors and psychological variables to health status. The role of Psychology in disease, injury, premature death, substance abuse, exercise, diet, stress, social relationships, coping behaviors and high level wellness, both to individual and society. Includes interrelatedness of wellness dimensions, healthy and destructive behaviors, managing chronic diseases, psychosocial aspects of final illness and death, and delivery of health services.

Requisites

Prerequisites:

Community Health & Wellness CMWL and CMWL 3101

Corequisites:

Contact Information

Instructor: Dr. Ashlee Davis

Email: ashleed@westga.edu

Office: 2043

Phone: 678-439-6081

Meeting Times

Lecture

Wednesday, 11:00 AM to 12:15 PM, Coliseum 3006

Materials

Essentials of Exercise and Sport Psychology: An Open Access Textbook

Author: Zachary Zenko (ed) & Leighton Jones (ed)

Publisher: Society for Transparency, Openness, and Replication in Kinesiology

ISBN: ISBN-13: 978-0-578-93236-1

Availability: <https://doi.org/10.51224/B1000>

This course will use no-cost open education resources (OERs). The full textbook can be found at the link above. A link with course materials for all course modules will be provided during the first week of classes.

All course materials for each module can be found on the following [LibGuides page \(https://getlibraryhelp.highlands.edu/c.php?g=1231216&p=9010184\)](https://getlibraryhelp.highlands.edu/c.php?g=1231216&p=9010184): <https://getlibraryhelp.highlands.edu/c.php?g=1231216&p=9010184>

Outcomes

The student will:

1. Examine the interaction of biological, psychological and social factors influencing one's physical well-being and health behaviors (Anshel, 2014);
2. Describe the psychophysiological effect of exercise on total well-being (Insel & Roth, 2014; Lox et al., 2014; NIMH, 2017);
3. Examine psychological research methods, theories and principles to better understand health behaviors, health promotion and health care issues (Anshel, 2014; Sarafino & Smith, 2014);
4. Describe the mind-body integration and how it impacts health behaviors (Neff, 2012);
5. Describe exercise behavior and the impact on eating disorders (Carron et al., 2003);
6. Examine the impact of exercise and dependence (Carron et al., 2003);

✓ Evaluation

Criteria

Assignment	Points	Assessment Tools	Submit via
1. Exam 1	40	Answer Key	CourseDen
2. Exam 2	60	Answer Key	CourseDen
3. Quizzes	100 (10 points each)	Answer Key	CourseDen
4. Assignments	100 (10 points each)	Rubric	

Breakdown

Points	Letter Grade
270-300	A
240-269	B
210-239	C
180-209	D
>179	F

☰ Assignments

1. Exams (Exam 1: 40 points; Exam 2: 60 points)

Two exams will be given throughout the semester, Working individually, students will complete their exams online. The exams will be multiple choice and will reflect the material presented/discussed in class and covered in the readings. Both exams are online under "Quizzes" in CourseDen.

2. Quizzes (10 @ 10 points each)

Thirteen reading quizzes will be given throughout the semester and the lowest three will be dropped. Working individually, students will complete the quizzes on CourseDen. The quizzes will be multiple choice, true/false, and/or matching. Students are expected to read the material prior to taking each quiz. See the Course Schedule for quiz due dates.

3. Assignments (10 @ 10 points each)

In class assignments and activities will be completed during every face-to-face class throughout the semester. Assignments will consist of both group and individual assignments and ten will count toward your grade. They are designed to facilitate discussion and provide opportunities to apply course concepts.

Schedule

Week	Module	Content	To Do
1 Due Jan 11	1	Topic: Syllabus & Intro to Exercise Psychology Read: Ch. 1 Watch: Introduction video	Do: Syllabus Quiz (Quiz 1) Class activity
2 Due Jan 18	2	Topic: Theories of PA Motivation Read: Ch. 2 Watch: Assigned Module Videos	Do: Quiz 2 Class activity
3 Due Jan 25	2	Topic: Promoting Self-Determined Motivation Read: Ch. 3 Watch: Assigned Module Videos	Do: Quiz 3 Class activity
4 Due Feb 1	2	Topic: Exercise Behavior Change Revisited Read: Ch. 4 Watch: Assigned Module Videos	Do: Quiz 4 Class activity
5 Due Feb 8	2	Topic: Predictors and Correlates of PA and Sedentary Behavior Read: Ch. 5 Watch: Assigned Module Videos	Do: Quiz 5 Class activity
6 Due Feb 15	3	Topic: Social Support, Relationships, and PA Read: Ch. 10 Watch: Assigned Module Videos	Do: Quiz 6 Class activity
7 Due Feb 22	3	Topic: Strategies for a More Pleasant Exercise Experience Read: Ch. 11 Watch: Assigned Module Videos	Do: Quiz 7 Class activity Review for Exam 1
8 Due Mar 1		Topic: Exam #1	Exam #1

9 Due Mar 8	4	Topic: Body Image & PA Read: Ch. 7 Watch: Assigned Module Videos	Do: Quiz 8 Class activity
10 Due Mar 15	4	Topic: Eating Disorders Read: Supplemental Readings Watch: Assigned Module Videos	Do: Quiz 9 Class activity
11 Mar 20-23		Topic: A Week of Self-Care SPRING BREAK	Do: Self-Care Over Break!
12 Due Mar 29	5	Topic: Mindfulness Read: Ch. 14 Watch: Assigned Module Videos	Do: Quiz 10 Class activity
13 Due Apr 5	5	Topic: Exercise & Physical Activity for Depression Read: Ch. 15 Watch: Assigned Module Videos	Do: Quiz 11 Class activity
14 Due Apr 12	5	Topic: Exercise & Physical Activity for Anxiety Read: Ch. 16 Watch: Assigned Module Videos	Do: Quiz 12 Class activity
15 Due Apr 19	5	Topic: Physical Activity & Severe Mental Illness Read: Ch. 17 Watch: Assigned Module Videos	Do: Quiz 13 Class activity
16 Due Apr 26	5	Topic: Review	Do: Online assignment Review for Exam #2
17 Due May 1		Topic: Exam #2	Exam #2

* Course Policies and Resources

Attendance Policy:

This is a hybrid course, with face-to-face meetings every Wednesday at 11am. **Attendance at all in person meetings is expected.** In-person assignments and activities will be given during every class session. Because these activities are designed to encourage group discussion, they are difficult to recreate and therefore, cannot be made up.

Course Procedures:

1. Students are required to read the assigned chapters and articles *before* each class and to take notes during the class discussion. If students miss class, it is their responsibility to obtain all the information covered in class that day.
2. Class begins at 11:00 AM and attendance will be taken at that time. Because this course only meets once per week, it is important to maximize the class period. Students arriving late will not receive credit for the in-class activity.
3. Electronic devices are discouraged during class. This includes, but is not limited to laptops, tablets, and smartphones. If the device is causing a disruption, students will be asked to put the device out of sight. Multiple offenses during the same class period will result in the instructor dismissing the student from class.
4. Students wishing to audio record the class must receive instructor permission at the beginning of the semester. The audio files can't be altered, edited, or uploaded to any website or shared on social media. Video recording is not permitted.
5. Students must use and check their UWG email accounts for this course and when emailing the course instructor. All course-related correspondence will be sent to the student CourseDen email. Not regularly checking this email account is not a valid excuse for not being aware of course changes, announcements, etc.

Missed Assignments:

Missed in-class activities cannot be made up. Students can make up one missed quiz for any reason. The student must contact the instructor and make up the assignment within one week of the original date, otherwise, the quiz cannot be made up. Exams can be made up with documentation of an excused absence. Any student needing to make up an exam will need to schedule to complete the exam in the instructors office. Any make up exam will be in written format.

College/School Policies

College of Education Vision

The College of Education at the University of West Georgia will be recognized for *Innovation in Teaching, Leadership, and Wellness* with programs designed to transform lives and contribute to the betterment of society.

College of Education Mission

Locally connected and globally relevant, the Mission of the College of Education is to prepare graduates for professional careers in diverse settings within three dynamic areas of focus: *Teaching, Leadership, and Wellness*. With programs that range from undergraduate through doctoral study, the College of Education is committed to excellence in pedagogy, professional service, engaged partnerships, and applied research.

Diversity and Inclusion Statement for the College of Education

The College of Education (COE) embraces diversity across dimensions, including, but not limited to, age, religion, creed, education, ethnicity, gender expression, national origin, physical and cognitive ability, race, sex, sexual orientation, socioeconomic class, and veteran status. Building on these identities, we support empathy, social and environmental justice, and an ethical framework for our actions. In accordance with the University of West Georgia and all of our departments, the COE denounces institutional and systemic racism and other forms of biases and is committed to taking actionable steps toward dismantling these systems and working toward equity and inclusion. The full COE Diversity and Inclusion Statement may be viewed on the website homepage of the College of Education.

Institutional Policies

Honor Code

At the University of West Georgia, we believe that academic and personal integrity are based upon honesty, trust, fairness, respect, and responsibility. Students at West Georgia assume responsibility for upholding the Honor Code. West Georgia students pledge to refrain from engaging in acts that do not maintain academic and personal integrity. These include, but are not limited to plagiarism*, cheating*, fabrications*, aid of academic dishonesty, lying, bribery or threats, and stealing. When a student chooses to enroll at the University of West Georgia students pledge the following:

Having read the honor code of UWG, I understand and accept my responsibility to uphold the values and beliefs described, and to conduct myself in a manner that will reflect the values of the institution in such a way as to respect the rights of all UWG community members. As a UWG student, I will represent myself truthfully and complete all academic assignments honestly.

I understand that if I violate this code, I will accept the penalties imposed, should I be found responsible for violations through the processes due to me as a University community member. These penalties may include expulsion from the University. I also recognize that my responsibility includes willingness to confront members of the University community, if I feel there has been a violation of the Honor Code.

For more information on the University of West Georgia Honor Code, please visit the [Office of Community Standards \(https://www.westga.edu/administration/vpsa/ocs/index.php\)](https://www.westga.edu/administration/vpsa/ocs/index.php) site.

Academic Support

Accessibility Services: Students with a documented disability may work with UWG Accessibility Services to receive essential services specific to their disability. All entitlements to accommodations are based on documentation and USG Board of Regents standards. If a student needs course adaptations or accommodations because of a disability or chronic illness, or if he/she needs to make special arrangements in case the building must be evacuated, the student should notify his/her instructor in writing and provide a copy of his/her Student Accommodations Report (SAR), which is available only from Accessibility Services. Faculty cannot offer accommodations without timely receipt of the SAR; further, no retroactive accommodations will be given. For more information, please contact [Accessibility Services \(https://www.westga.edu/student-services/counseling/accessibility-services.php\)](https://www.westga.edu/student-services/counseling/accessibility-services.php).

Center for Academic Success: The [Center for Academic Success \(http://www.westga.edu/cas/\)](http://www.westga.edu/cas/) provides services, programs, and opportunities to help all undergraduate students succeed academically. For more information, contact them: 678-839-6280 or cas@westga.edu.

University Writing Center: The [University Writing Center \(https://www.westga.edu/writing/\)](https://www.westga.edu/writing/) assists students with all areas of the writing process. For more information, contact them: 678-839-6513 or writing@westga.edu.

Online Courses

UWG takes students' privacy concerns seriously: technology-enhanced and partially and fully online courses use sites and entities beyond UWG and students have the right to know the privacy policies of these entities. For help with your online classes, additional online tutoring and other student success services, information on privacy and accessibility, and technology requirements, visit this [UWG Online \(https://uwgonline.service-now.com/kb/\)](https://uwgonline.service-now.com/kb/) Help site.

Students enrolled in online courses can find answers to many of their questions in the [Online/Off-Campus Student Guide \(http://uwgonline.westga.edu/online-student-guide.php\)](http://uwgonline.westga.edu/online-student-guide.php).

UWG Email Policy

University of West Georgia students are provided a MyUWG e-mail account. The University considers this account to be an official means of communication between the University and the student. The purpose of the official use of the student e-mail account is to provide an effective means of communicating important university related information to UWG students in a timely manner. It is the student's responsibility to check their email.

Credit Hour Policy

The University of West Georgia grants one semester hour of credit for work equivalent to a minimum of one hour (50 minutes) of in-class or other direct faculty instruction AND two hours of student work outside of class per week for approximately fifteen weeks. For each course, the course syllabus will document the amount of in-class (or other direct faculty instruction) and out-of-class work required to earn the credit hour(s) assigned to the course. Out-of-class work will include all forms of credit-bearing activity, including but not limited to assignments, readings, observations, and musical practice. Where available, the university grants academic credit for students who verify via competency-based testing, that they have accomplished the learning outcomes associated with a course that would normally meet the requirements outlined above (e.g. AP credit, CLEP, and departmental exams).

HB 280 (Campus Carry)

UWG follows University System of Georgia (USG) guidance: http://www.usg.edu/hb280/additional_information#
(http://www.usg.edu/hb280/additional_information)

You may also visit our website for help with USG Guidance: <https://www.westga.edu/police/campus-carry.php>
(<https://www.westga.edu/police/campus-carry.php>)

Mental Health Support

If you or another student find that you are experiencing a mental health issue, free confidential services are available on campus in the [Counseling Center](#). Students who have experienced sexual or domestic violence may receive confidential medical and advocacy services with the Patient Advocates in [Health Services](#). To report a concern anonymously, please go to [UWGcares](#).

[Online counseling \(https://www.westga.edu/student-services/counseling/index.php\)](https://www.westga.edu/student-services/counseling/index.php) is also available for online students.

ELL Resources

If you are a student having difficulty with English language skills, and / or U.S. culture is not your home culture, specialized resources are available to help you succeed. Please visit the [E.L.L. resource page](#) for more information.

COVID-19

The University System of Georgia recognizes COVID-19 vaccines offer safe, effective protection and urges all students, faculty, staff, and visitors to get vaccinated either on campus or with a local provider.

Additional Items
