

Brief Course Outline

Course Title: **Mental Health and Physical Activity**

Course Number and Section

PSYCHOL

3337F 550

Instructor Name(s): Dr. A. Barnfield

Instructor Email(s): abarnfie@uwo.ca

Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL Brightspace is the official and authoritative source of information for the course.

Course Description:

Psychology 3337F/G Mental Health and Physical Activity

A review of research and data related to how physical activity (e.g., sport, exercise) influences, and is influenced by, mental health. Topics may include depression, anxiety, eating disorders, personality issues, motivation to exercise/sport participation, preventive factors, and other issues relating to mental health and wellness continua.

Prerequisite(s): Registration in third or fourth year of a Major, Specialization or Honours Specialization in Psychology, or permission of instructor/department.

Extra Information: 3 hours (Huron). Cannot be used towards completion of a Kinesiology module.

Course Weight: 0.50

Learning Outcomes: one outcome per entry

Understanding of the links between physical activity and mental health.

Textbooks and Course Materials:

Textbook: Clow & Edmunds (Eds.), (2014). Physical Activity and Mental Health. Human Kinetics.

Textbook format is optional. Students may choose to access the online version of the text, for \$91, or to purchase a hard copy of the textbook – new is \$117.25, but students are welcome to purchase a second-hand copy of the text.

Any ancillary materials are optional, not required.

Methods of Evaluation: one assignment per entry

Assignment	Due Date mm/dd/yy	Weight - %
Essay 1 Topic sheet	09/28/26	5
Essay 1	10/21/26	15

Assignment	Due Date mm/dd/yy	Weight - %
Mid-term Test	10/28/26	30
Essay 2 Topic sheet	11/18/26	5
Essay 2	12/07/26	15
Final Exam	TBA	30

Wednesday, August 5, 2026

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For Textbooks and Course Materials (below), you are required to include the cost of each textbook or other learning material.

Note whether there are any restrictions that would prevent a student from using a second-hand copy. Here is some suggested text:

- Required textbook: [author, title, edition, publisher, date]. Cost: [insert amount].
 - Or include the weblink of the textbook’s publisher site that includes the cost information.
- Students need to purchase this edition. Second-hand or older editions will not be sufficient.
- OR Students are welcome to purchase second-hand or earlier editions of this textbook.
- This course has an optional field trip that costs [insert amount].
- This course has a required field component that costs [insert amount].

In solidarity with the Anishinaabe, Haudenosaunee, Lūnaapéewak, and Chonnonton peoples on whose traditional treaty and unceded territories this course is shared.