

## Brief Course Outline

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

**Course Number and Section:**

PSYCHOL

3337F 550

**Instructor Name(s):** Barnfield

**Instructor Email(s):** abarnfie@uwo.ca

Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL 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:

- Outline major principles related to activity and mental health
- Describe how the mind affects the body, and the body the mind, across a variety of situations
- Explain why the psyche is affected by physical aspects of self
- Assess the influence of physical activity on an individual's mental health, across the lifespan.

### Textbooks and Course Materials:

Textbook:

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

(Note: Format is optional - students may choose to access the online version or to purchase a hard copy of the textbook. Any ancillary materials offered by the publisher are optional, not required.)

Western Book Store link:

[https://bookstore.uwo.ca/textbook-search?campus=HC&term=W2024A&courses%5B0%5D=550\\_HC/PSY3337F](https://bookstore.uwo.ca/textbook-search?campus=HC&term=W2024A&courses%5B0%5D=550_HC/PSY3337F)

Note: Additional readings will be made available through library reserve and/or course OWL site.

### Methods Of Evaluation:

Assignment	Due Date mm/dd/yy	Weight - %
Essay 1 topic sheet	09/27/2024	5
Essay 1	10/11/2024	15
Mid-term test	10/25/2024	30
Essay 2 topic sheet	11/08/2024	5
Essay 2	12/04/2024	15
Final Exam	TBA	30

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

Thursday, August 1, 2024