

COURSE SYLLABUS



COURSE TITLE:	KIN 230 – Behavioural Fitness
CLASS SECTION:	001 and 002
TERM:	2024F
COURSE CREDITS:	3
DELIVERY METHOD(S):	Lecture

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME:	Kristal Anderson
EMAIL:	andersonk@camosun.ca
OFFICE:	PISE 212b
HOURS:	Mondays 1 - 215 PM and Thursdays 130 – 345 PM, or by appointment

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Students will study concepts related to behaviour change in a variety of exercise and health settings, using an applied evidence-based approach. Strategies from health and exercise psychology, counselling and clinical psychology, exercise science and behavioural medicine will be the focus. Students will study techniques and interventions designed to facilitate motivation, manage ambivalence to change and support behavior change among a wide range of populations.

PREREQUISITE(S):	C in PSYC 160
CO-REQUISITE(S):	None
EXCLUSION(S):	None

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course a student will be able to:

- Describe various theories and models upon which behaviour change strategies and interventions are based.
- Describe and apply appropriate strategies to help clients overcome physical, cognitive, and motivational barriers to behaviour change.
- Establish the client's stage of readiness for becoming more physically active using appropriate instructional techniques and counselling styles.
- Explain the factors influencing effective communication through interpersonal and verbal/non-verbal communication skills.
- Interpret pre-participation health screening and fitness assessment results, emphasizing lifestyle counselling and behaviour modification.
- Describe and apply the motivational interviewing technique.
- Apply appropriate behavioural strategies and interventions to facilitate motivation, set goals and promote behaviour change adherence for physical activity and/or sedentary behaviour.
- Demonstrate ability to apply behaviour change theories and motivational interviewing skills to a variety of clients whether they are apparently healthy individuals or have chronic disease.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

- (a) Texts: Canadian Society for Exercise Physiology- Physical Activity Training for Health (CSEP-PATH) manual (3rd edition). This is available through the Camosun College bookstore or through csep.ca and is also required or recommended for courses such as KIN 220, 240, and 241.
- (b) Other: Required readings and abbreviated lecture notes will be accessible online at Desire to Learn (D2L) (<https://online.camosun.ca/>) under the KIN 230 content page. Citations for each reading will be provided in class.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

Lectures: **Section 001** - Wednesdays 1-2:20 PM (PISE 329B) & Fridays 11:30-12:50 PM (PISE 329B)

Week of:	Lecture 1 Topic: Wednesdays 1-2:20 PM (PISE 329B)	Lecture 2 Topic: Fridays 11:30-12:50 PM (PISE 329B)
#1 – Sept 2	Course Introduction; Terminology Review	Social Cognitive Theory; Role of Self-Efficacy in Behaviour Change; Readiness for Change
#2 – Sept 9	Readiness for Change: Transtheoretical Model; Motivation	Motivation, Self-Determination Theory (SDT)
#3 – Sept 16	Motivational Interviewing (MI)	Communication and Professionalism; Navigating Difficult Conversations
#4 – Sept 23	MI Case Studies	Assignment (10%)
#5 – Sept 30	Using Technology to Promote Behavior Change	<i>Midterm Overview</i> ; Behavioural Research Interventions
#6 – Oct 7	Guest Presentation (Behavioural Research)	<i>TBC</i>
#7 – Oct 14	The Brain and Our Behaviours	Midterm Exam (25%) CBA 277
#8 – Oct 21	Mindless Eating Experiments; Skills-based Nutrition Coaching	James Clear: How to Change a Habit
#9 – Oct 28	Review of SOAP Chart; CSEP 6As Client-Centred Approach	CSEP 6As Client-Centred Approach Cont'd.; Overview of MI Practical
#10 – Nov 4	Self-Regulation Techniques (Guest Hannah F.)	Stress and Willpower Science; Mental Health and Physical Activity
#11 – Nov 11	MI Skills Practical Scenarios and Practical Prep.	Body Image and Physical Activity
#12 – Nov 18	MI Skills/ Counselling Practical (22%)	MI Skills/ Counselling Practical (22%)
#13 – Nov 25	MI Skills/ Counselling Practical (22%)	MI Skills/ Counselling Practical (22%)
#14 – Dec 2	Body Image and Physical Activity; Course Wrap-up	Back up for inclement weather
#15 & 16 – Dec 9	FINAL EXAM (35%) TBA in exam block (Dec 9-17)	FINAL EXAM (35%) TBA in exam block (Dec 9-17)

Lectures: **Section 002** - Mondays 2:30-3:50 PM (PISE 330) & Thursdays 4-5:20 PM (PISE 329B)

Week of:	Lecture 1 Topic: Monday, 230-350 PM	Lecture 2 Topic: Thursday, 4-520 PM
#1 – Sept 2	<i>No class (Labour Day)</i>	Course Introduction; Terminology Review
#2 – Sept 9	Social Cognitive Theory; Role of Self-Efficacy in Behaviour Change. Readiness for Change.	Readiness for Change: Transtheoretical Model; Motivation
#3 – Sept 16	Motivation, Self-Determination Theory (SDT)	Motivational Interviewing (MI)
#4 – Sept 23	Communication and Professionalism; Navigating Difficult Conversations	Assignment (10%)
#5 – Sept 30	<i>No class (National Reconciliation Day)</i>	MI Case Studies; Using Technology to Promote Behavior Change
#6 – Oct 7	Guest Presentation	Behavioural Research Interventions; <i>Midterm Overview</i>
#7 – Oct 14	<i>No class (Thanksgiving Day)</i>	The Brain and Our Behaviours
#8 – Oct 21	Midterm Exam (25%) CBA 201	Mindless Eating Experiments; Skills-based Nutrition Coaching; James Clear How to Change a Habit
#9 – Oct 28	Review of SOAP Chart; CSEP 6As Client-Centred Approach	CSEP 6As Client-Centred Approach; MI Skills Practical Overview
#10 – Nov 4	Self-Regulation Techniques (Guest Hannah F.)	Stress and Willpower Science; Mental Health and Physical Activity
#11 – Nov 11	<i>No class (Remembrance Day)</i>	MI Skills Practical Scenarios and Practical Prep.
#12 – Nov 18	MI Skills/ Counselling Practical (22%)	MI Skills/ Counselling Practical (22%)
#13 – Nov 25	MI Skills/ Counselling Practical (22%)	MI Skills/ Counselling Practical (22%)
#14 – Dec 2	Body Image and Physical Activity	Course Wrap- up
#15 & 16 – Dec 9	FINAL EXAM (35%) TBA in exam block (Dec 9-17)	FINAL EXAM (35%) TBA in exam block (Dec 9-17)

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Midterm, scheduled in class during week 7-8	25%
Assignment, scheduled for week 4	10%
Motivational Interviewing Skills Practical, scheduled in class weeks 12 and 13	22%
Participation in class	8%
Final Exam, TBA in final exam block	35%
TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information. <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

ATTENDANCE: Students are expected to review lectures and participate in class discussions. While abbreviated lecture notes and other resources are easily accessible at any time through D2L, it is impossible to duplicate the discussion, activities, and interactions that take place in the classroom.

If a student is absent, *the student* is responsible for any information missed regarding lecture material, group discussions, exam format/content and dates. Students should obtain any missed information from their peers before scheduling an appointment with the Instructor during their office hours.

LATE ASSIGNMENTS: A 10% deduction per day will be taken for late assignments (up to a maximum of **five** days). If a student expects to be absent on the day an assignment is due, arrangements must be made to hand in the assignment early or to have it submitted in class (or to D2L) the day it's due. All written assignments and projects must be completed by the final examination; a grade of ZERO will be given for all incomplete assignments after the final exam.

ACADEMIC WRITING: Papers and / or assignments that are deemed unacceptable* by the Instructor will be returned and receive an automatic 10% deduction on the grading. Papers and / or assignments will receive a 10% per day deduction thereafter, to a maximum of five days. *Reasons that an Instructor may deem an item unacceptable include but are not limited to the following: grammar; spelling; content; punctuation and inappropriate referencing / citations

ARRIVING LATE TO EXAMS AND IN CLASS EVALUATIONS: If a student arrives late to an exam after the exam has begun and no other student has left the room, then the student may be allowed to write the exam with the time remaining (note no extra time will be given). If a student arrives late to an exam and another student has already left the room, then the student may not be allowed to write the exam and a grade of zero will be granted.

MISSING EXAMS OR OTHER ASSESSMENTS: Final Exams may be scheduled at any time during the final exam block; therefore, ***students should avoid making travel plans, professional or personal commitments for the duration of the exam period.*** Exams must be written on the date scheduled.

If a student is unable to write an exam through no fault of their own for medical or other reasons, this must be discussed with the instructor in advance, or within 24 hours of the missed evaluation. Examples of valid reasons for missing an exam or evaluation include, but are not limited to, medical emergencies or illness; death in the immediate family (death certificate required); an intercollegiate trip (note from the Athletic Director, Head Therapist, or Coach required) and other significant personal occurrences. If a student who is absent has not made arrangements with the Instructor in advance or within 24 hours of the missed assessment, he or she will be unable to make up the missed evaluation.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures"

(<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.