

# COURSE SYLLABUS



COURSE TITLE: **KIN 412 PHYSICAL ACTIVITY AND MENTAL HEALTH**

CLASS SECTION: 001

TERM: Fall 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): Tuesdays : 8:30-10:20am (PISE 330)  
Fridays: 10:30-12:20pm (PISE 330 or movement studio)

Camosun College campuses are located on the traditional territories of the Lək'wəḡən 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://camosun.ca/about/covid-19-updates>

---

*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: Dr Tanis Farish, PhD  
EMAIL: [Farisht@camosun.ca](mailto:Farisht@camosun.ca)  
OFFICE: PISE 212F  
HOURS: Wednesdays 2:00– 3:00pm (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 the effects of physical activity on the prevention and management of mental health disorders (anxiety, stress, depression, dementia and schizophrenia) and quality of life (mood, self-concept, hardiness and self-esteem) of children and adults. Students will explore and evaluate evidence of exercise induced hormonal, hypothalamic, metabolic and cardiovascular changes linked to enhanced mental health in individuals and examine the connections between physical activity and improved cognition in individuals across the life span.

## COURSE LEARNING OUTCOMES / OBJECTIVES

---

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

1. Categorize and describe mental health disorders seen in individuals of varying age, sex and health status.
2. Explain the mechanisms connecting physical activity and improved mental health.
3. Describe the association between physical activity and health related quality of life.

4. Demonstrate an introductory understanding of the neurophysiology of the brain and the role of neurotransmitters in mental health.
5. Describe the association between physical activities and cognitive function
6. Describe the influence of age, sex, ethnicity and various medical conditions on mental health and the associated efficacy of physical activity as a preventative or treatment.

## RECOMMENDED PREPARATION / INFORMATION

---

Recommended:

1. Ratey, J. J. (2008). Spark: The revolutionary new science of exercise and the brain. Little Brown and Company. NY, NY.
2. McGonigal, K. (2019). The Joy of Movement: How exercise helps us find happiness, hop, connection, and courage. Penguin Random House, NY, USA.

## 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.

### LECTURE SCHEDULE:

DATE	ACTIVITY or TOPIC	ADDITIONAL INFO
September 3	Course intro and general overview	
September 6	Relevance to Career Paths & research/library	
September 10	Defining Mental Health	
September 13	Understanding the Brain	
September 17	Guest Speaker – Dr. Sharlene Hoar	
September 20	Understanding the Brain and Neurotransmitters	<b>Quiz # 1 open Friday, complete by Monday</b>
September 24	The Flourishing Brain and BDNF/VEGF/IGF	
September 27	Stress and Restorative Somatic Practice Guest Speaker – Gabriel Shaw- Kin mental wellness	<b>Location TBD</b>
October 1	Anxiety	D2L written discussion
October 4	Neurodivergence and exercise	
October 8	Depression & Trauma informed exercise (RT)	<b>Location TBD</b>
October 11	Depression & Exercise Tool kit	
October 15	Sleep	D2L written discussion
October 18	Mindfulness – Yoga Nidra – Guest Liisa Robinson	<b>Location TBD</b>
October 22	Literature circle	

October 25	Body Image, Self-Esteem	
October 29	Book Club - Presentations	Submit to D2L
November 1	Book Club- Presentations	
November 5	Book Club - Presentations	
November 8	Book Club - Presentations	
November 12	Ageing, Cognitive Decline, Mental Health	
November 15	Interdisciplinary Day of Learning (Sunday Nov 17 <sup>th</sup> )	Details to come
November 19	Guest Speaker – Dominique Vincenz - Recovery Coach and Somatic Therapist	
November 22	Addiction and Exercise, Trauma and the nervous system – Irene Lyon’s activities	
November 26	Final overview – regimen of exercise for mental wellbeing and cognitive performance (Dr Tommy Wood – Better Brain Fitness)	
November 29	Case Studies – presentations in class	Peer feedback due
December 3	Case Studies – presentations in class	Peer feedback due
December 6	Wrap up and final lecture	

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
Participation – D2L discussions (4 x critical reflections, out of 5 marks each)	20%
Book Club Presentation	30%
Case Study (term project)	30%
Quizzes	20%
	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

---

Students **MUST** complete and submit **each** evaluation component in order to be able to pass this course.

A large component of this course is practical (“learn to” in nature) and therefore attendance and participation in each activity is crucial to achieve the learning outcomes.

**Attendance:** Students are expected to attend all classes, labs, and exams. Students are responsible for getting

their own notes from class as well as information pertaining to changes in the course outline, readings, assignments, and information pertaining to any tests or exams.

**Late Assignments:** Please communicate with me if you find you need more time for an assignment. With no communication late assignments will receive a deduction of 10% per day.

**Missed Quizzes:** quizzes 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, please discuss with the instructor. If a student who misses a quiz has not made arrangements with the instructor, he or she will receive a zero.

**Office hours:** While office hours are noted on the course outline, students are free to make an appointment with their instructor at a time that is mutually convenient. Another option is to email your question. Questions sent by email must be brief (think the length of a tweet). If it is impossible to reply with a brief response (due to the nature of the question) then you will be asked to make an appointment. Your instructor will respond to emails as quickly as possible, however, please keep in mind that this reply may be delayed when the instructor is tied up with other courses or if it is outside of work hours.

## 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	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>

---

Support Service	Website
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

---

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](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto: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.