

Instructor: Dr. Nicole Culos-Reed
Phone: 403-220-7540
Email: nculosre@ucalgary.ca
Office: KNB436

Room: KNB427
Days: Monday
Time: 2-4pm
Office Hours: By Appointment

Course Description:

This course will examine the literature within the realm of physical activity and cancer in a seminar/small group discussion setting. Specifically, this course will (1) highlight the knowledge gained from the application of social-psychological theories to the cancer and physical activity literature, (2) discuss how these theoretical frameworks can be used to guide the development of physical activity promotion programs for cancer survivors, and (3) examine the translation from theory to practice – the building of sustainable community programming for cancer survivorship.

Course Objectives:

1. To understand the application of physical activity as a health behavior.
2. To examine the current theories of behavior change and how they relate to physical activity behavior.
3. To examine motivation, barriers, and determinants of physical activity in cancer populations.
4. To understand knowledge translation – the transition from research to practice.

Required Reading Materials:

Readings as assigned.

Contacting the Instructor:

Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

Grading Scale:

Grade	Percent	Grade Point Value	Description
A+	95.0 and up	4.00	Outstanding
A	86.0-94.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	82.0-85.9	3.70	
B+	78.0-81.9	3.30	
B	74.0-77.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	70.0-73.9	2.70	
C+	66.0-69.9	2.30	
C	62.0-65.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.

C-	58.0-61.9	1.70	
D+	54.0-57.9	1.30	
D	50.0-53.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	Below 50.0	0	Fail – unsatisfactory performance or failure to meet course requirements.

**Evaluation of Course
Content:**

In-Class Participation – 35%

Weekly participation includes reading and discussing the weekly assignments, providing a summary of an article (2x/term) and providing questions for discussion.

Review Paper – 30%

Topics to be selected by October 5th, 2012

- Review and critique of research on physical activity behavior for cancer survivors – topic must be narrowed by PA type, cancer type, or some combination thereof; OR application from theory to practice – how the research can be translated into clinic or community-based programming for cancer survivors.
- Submit reference list (minimum 5) and a brief (2-3 pages) synopsis of the findings of the review to the instructor *one-week prior* to your presentation date.

Final paper due November 19th, 2012

In Class Presentation and Summary of Paper – 35%

November 26th and December 3rd, 2012

- Summary powerpoint presentation of paper (20-30 minutes) followed by a 10-minute question and answer period.

Late Policy:

Late assignments will be deducted 10% per day late.

Final Examination:

No final exam.

**Additional Course
Information:**

Undergraduate students must receive the permission of Dr. Culos-Reed for course enrolment. Undergraduate students are expected to complete all weekly readings and engage in discussion within the seminar format. The review paper is expected to follow APA-guidelines and be no more than 12 double-spaced typed pages.

Course Content:

Course content will be handed out during week 1, including the weekly course readings and the assignment details.

Supplementary Course Information

In accordance with the University of Calgary Calendar

**Academic
Accommodation
Awareness Information:**

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

Plagiarism/Cheating/Other Academic Misconduct:
(see Calendar)

A single offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in **exceptional circumstances only** which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification **prior** to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are **not** valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

FOIP Policy:

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <http://www.ucalgary.ca/secretariat/privacy>

**Internet and Electronic
Communication Device
Information:**

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

**Emergency
Evacuation/Assembly
Points:**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby

Safewalk Information:

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

Student's Union:

The Kinesiology Representative is Calindy Ramsden- Phone: 220-2913 or E-mail:
kinesrep@su.ucalgary.ca.