



HHPH 360.01E HEALTH PSYCHOLOGY/BEHAVIORAL STRATEGIES

COURSE SYLLABUS: SPRING 2025

INSTRUCTOR INFORMATION

COURSE LOCATION: Online
COURSE TIME: Online
INSTRUCTOR: Lauren Rhodes
OFFICE: NHS 136
OFFICE HOURS: Monday & Wednesday 12:00 pm- 2:30 pm or by appointment
PHONE: (903) 886-5549
FAX: (903) 886-5365
E-MAIL: Lauren.Rhodes@tamuc.edu
* Include your first & last name in all email correspondence as well as the course you are enrolled in. I expect emails to be written professionally, meaning you should proofread before sending.

REQUIRED TEXT: Weinberg, R. & Gould, D. (2024). *Foundations of Sport & Exercise Psychology*. (8th edition). Champaign, IL. Human Kinetics.

ISBN: 9781718207592

COURSE INFORMATION

Course Description

This course covers the effects of physical activity and exercise on psychology, mood, and mental health within the broader contexts of cognitive, social, and environmental influences, as well as theories of behavior change for exercise adoption and adherence.

Prerequisites: 2.5 minimum GPA required.

The syllabus/schedule are subject to change.

Student Learning Outcomes

Upon successful completion of this course, you will be able to

1. Optimize adoption and adherence to exercise programs and other healthy behaviors by applying effective communication techniques.
2. Optimize adoption of and adherence to exercise programs and other healthy behaviors by applying effective behavioral and motivational strategies.
3. Access and deliver health, exercise, and wellness-related information to support clients in the adoption and maintenance of healthy lifestyle behaviors.
4. Provide support within the scope of practice of a Health Fitness Specialist and refer to other health professionals as indicated.

COURSE REQUIREMENTS

Grading:

Quizzes (10 total)	15%
Health Behavior Change Project	10%
Exam 1	15%
Exam 2	15%
Exam 3	15%
Exam 4	15%
Final Exam	15%

Grade Scale:

A = 90 - 100

B = 80 - 89.9

C = 70 - 79.9

D = 60 – 69.9

F = 59.9 or below

Course Requirements:

A. Participation:

Your participation in class whether through asking questions or contributing to class discussions is imperative to the success of the class as well as your success in the course.

B. In-Class Assignments & Quizzes (15%):

Several assignments will be given and completed in class.

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For quizzes you will be able to use your notes from class. These assignments will comprise 25% of your grade. These quizzes are timed! If you attend class on a regular basis, pay attention, and take decent notes, you will be prepared for these quizzes. If you are absent, I highly encourage you to get notes from a classmate that was in attendance the day you missed. I am not responsible for providing you notes from classes **you** missed.

****No make-up quizzes will be given, unless arrangements are made prior to the quiz or a verifiable medical excuse is provided within 3 days of the missed quiz.***

C. Health Behavior Change Project (10%):

This project is designed to help you understand the process of changing a health behavior through self-reflection, goal setting, and evidence-based strategies. You will select a personal health behavior to change, document your progress, and reflect on the challenges and successes throughout the process. More information will be provided by the instructor.

D. Tests (75%):

Five (5) tests and a final exam will be given to determine student progress and assist students in learning. Tests will consist of objective questions (T/F, multiple choice, and matching) and application questions. Each exam is worth 15% and the final is worth 15%. The final will be comprehensive.

****No make-up exams will be given, unless arrangements are made prior to the exam or a verifiable medical excuse is provided within 3 days.***

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

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ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here: <https://community.brightspace.com/support/s/contactsupport>

Counseling Center

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling [903-886-5145](tel:903-886-5145). For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

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Course Policies

1. Students are expected to be in class, ready to participate, on time.
2. An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.
 - a. If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you MUST provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.
 - i. Participation in an activity appearing on the University’s authorized activity list.
 - ii. Death or major illness in a student’s immediate family.
 - iii. Illness of a dependent family member
 - iv. Participation in legal proceedings or administrative procedures that require a student’s presence.
 - v. Religious Holy Day
 - vi. Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
 - vii. Required participation in military duty
3. Any student missing an exam or assignment without prior arrangement will receive a score of zero.
4. You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (your leo account)
5. DUE DATES: The due dates listed for assignments are the LAST chance to submit them. I DO NOT accept late assignments.
6. If you have a question or concerns, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

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Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

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Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



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acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).

In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) leave the class area CLEAN, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

AI Policy

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty

HHPK 360: FOUNDATIONS OF KINESIOLOGY

TENTATIVE COURSE OUTLINE

Spring 2025

Week	Date	Class	Assignments Due <i>*All assignments are due on Friday of that week at 11:59 pm C.S.T.</i>
1	1/13 - 1/17	Chapter 1: Welcome to Sport and Exercise Psychology	Assignment 1
2	1/20 - 1/24	Chapter 2: Science and Professional Practice of Sport and Exercise Psychology Chapter 3: Personality and Sport	Assignment 2
3	1/27 - 1/30	Chapter 4: Motivation Health Behavior Change	EXAM 1

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4	2/3 - 2/7	Chapter 5: Arousal, Stress, and Anxiety	Assignment 3
5	2/10 - 2/14	Chapter 6: Competition and Cooperation	Assignment 4
6	2/17 - 2/21	Chapter 7: Feedback, Reinforcement, and Intrinsic Motivation	EXAM 2
7	2/24 - 2/28	Chapter 9: Team Dynamics and Cohesion	Assignment 5
8	3/3 - 3/7	Chapter 10: Leadership	EXAM 3
	3/10- 3/14	SPRING BREAK	
9	3/17- 3/21	Chapter 11: Communication	Assignment 6
10	3/24 - 3/28	Chapter 12: Introduction to Psychological Skills Training Chapter 13: Arousal Regulation	EXAM 4
11	3/31 - 4/4	Chapter 14: Imagery Chapter 15: Self-Confidence	Assignment 7
12	4/7 - 4/11	Chapter 16: Goal Setting Chapter 17: Concentration	Assignment 8
13	4/14 - 4/18	Chapter 18: Exercise and Psychological Well-being	Assignment 9
14	4/21 - 4/25	Chapter 19: Exercise Behavior & Adherence Chapter 21: Addictive and Unhealthy Behaviors	Behavior Change Project Due
15	4/28 - 5/2	Chapter 22: Burnout and Overtraining	Assignment 10
	5/7	Final Exam (Comprehensive) Wednesday, May 7 th by 11:59pm CST	Final Exam

Please note that this schedule is tentative and is subject to change.

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