

## PSYC 4301 C : PSYCHOLOGY OF PHYSICAL ACTIVITY AND SEDENTARY

<b>Instructor</b>	Katie Gunnell
<b>Term</b>	Winter
<b>Delivery</b>	In person
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<b>Office Hours</b>	TBA

### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

How does our movement (or lack of movement) impact our mental health? Why do people spend so much time sedentary and on their smartphones? If most people know they should be active why can't they find the motivation? Can physical activity and sedentary behaviours become problematic? How can we change these behaviours to optimize mental health? In this seminar, we will take an in-depth look at questions like these with a focus on the psychology of physical activity and sedentary behaviour. We will read and discuss key papers on the topic and explore emerging debates in the literature.

### EVALUATION (SUBJECT TO CHANGE)

This is an intensive discussion and reading-based course. Students will be expected to attend and lead/participate in class discussion. Evaluations will be based on a variety of formats (e.g., written assignments, participation in weekly discussions, leading discussions, presentations, and tests).

### TEXT (SUBJECT TO CHANGE)

Readings will be assigned each week. No required textbook.