

HLTH AGE 2K03: Mental Health, Exercise, and Sport: Exploring the Paradox
Selected Topics in Health Studies
Department of Health, Aging and Society, McMaster University
Winter 2018

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Office hours: Thursdays, 9:30-10:30 AM

Course description

This course will explore the relationship between mental health and exercise and sport participation from a social sciences perspective. Emphasis will be on examining the ways in which gender, race, age, culture, sexual orientation and other social factors shape this relationship. Learning the ways in which sport and exercise represent and challenge social inequities with respect to mental health outcomes will be introduced.

Course objectives

Upon completion of the course, students will be able to demonstrate the various ways the mental health and exercise/sport paradox occurs, and how factors such as gender, race, age, culture, and sexual orientation play into this paradox. Students will be able to use critical thinking to challenge the mental health and exercise/sport participation relationship through reflection and critical analysis of current exercise/sport images.

Required readings

Any readings for the course will be made available on Avenue to Learn.

Lectures

Three broad areas of focus will be introduced: the mental health-sport/exercise paradox, interventions, research. Lectures are on Thursdays 8:30-9:20am and Tuesdays 8:30-10:20am in T13 127. Below is a tentative list of topics. Lecture outlines will be posted on Avenue to Learn. Please check the site often to keep informed of important course information or announcements. Below are tentative topics (subject to change).

Class #	Date	Topic
1	Jan. 4 th	Sport as a microcosm of society
2	Jan. 9 th	Relationship between exercise/sport participation and mental health outcomes
3	Jan. 11 th	Pressure to perform: Exercise dependence, burnout, perfectionism
4	Jan. 16 th	Development and sports in children
5	Jan. 18 th	Withdrawal and retirement
6	Jan. 23 rd	Violence
7	Jan. 25 th	Hazing, harassment, bullying
8	Jan. 30th	Test #1
9	Feb. 1 st	Body image and exercise
10	Feb. 6 th	

11	Feb. 8 th	Race, ethnicity
12	Feb. 13 th	Gender identity, sexuality: Non-binary participants
13	Feb. 15 th	Social class
Mid-term Recess – No Classes		
13	Feb. 27 th	Disability
14	Mar. 1 st	Representation of sport and exercise in the media <i>Assignment #1 check-in</i>
15	Mar. 6th	Test #2
16	Mar. 8 th	Issues about access
17	Mar. 13 th	Sedentary behaviour and mental health
18	Mar. 15 th	Sport and social change Assignment #1 due (March 15th)
19	Mar. 20 th	
20	Mar. 22 nd	Culturally informed sport psychology <i>Assignment #2 check-in</i>
21	Mar. 27 th	Research to understand mental health in sport and exercise: Approaches and challenges
22	Mar. 29 th	
23	Apr. 3 rd	Case studies of physical activity programs to target mental health outcomes
24	Apr. 5 th	Responding to the athlete in mental health crisis Assignment #2 due (April 5th)

Grade breakdown

Course component	% of final grade	Brief description
Test 1 (Jan. 30 th)	20%	Material from classes 1 through 7; multiple choice, short answer
Test 2 (March 6 th)	20%	Material from classes 9 through 14; multiple choice, short answer
Assignment #1 (March 15 th)	20%	Critical analysis of social media image (#Fitspration/Thinspration); pick a social media image and conduct a critical analysis of the image, drawing on course content and using research to support how such images may impact mental health outcomes
Assignment #2 (April 5 th)	15%	Reflection: participate in two sport or physical activities and write a reflection about that experience which draws on course content and personal privilege/lack of privilege. This assignment should also include how you felt during the activity and how others, who may have a different level of privilege may feel.
Final exam	25%	Material from classes 16-24; multiple choice, short answer

Academic Accommodation of Students with Disabilities

Students who require academic accommodations must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone at 905-525-9140 ext. 28652, or by email at sas@mcmaster.ca. For further information, consult McMaster University's Policy for Academic Accommodation for Students with Disabilities: <http://www.mcmaster.ca/policy/StudentsAcademicStudies/AcademicAccommodation-StudentsWithDisabilities.pdf>

E-mail Communication Policy

Effective September 1, 2010, it is the policy of the Faculty of Social Sciences that all e-mail communication sent from students to instructors (including TAs), and from students to staff, must originate from the student's own McMaster University e-mail account. This policy protects confidentiality and confirms the identity of the student. It is the student's responsibility to ensure that communication is sent to the university from a McMaster account. If an instructor becomes aware that a communication has come from an alternate address, the instructor may not reply at his or her discretion. Academic Integrity You are expected to exhibit honesty and use ethical behaviour in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity. Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behaviour can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: "Grade of F assigned for academic dishonesty"), and/or suspension or expulsion from the university. It is your responsibility to understand what constitutes academic dishonesty. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy, located at <http://www.mcmaster.ca/academicintegrity>

The following illustrates only three forms of academic dishonesty:

1. Plagiarism (e.g., the submission of work that is not one's own or for which other credit has been obtained).
2. Improper collaboration in group work.
3. Copying or using unauthorized aids in tests and examinations.

<p>The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes.</p>
