School of Health & Exercise Sciences

HES 131: Exercise Psychology

Winter 2026
3 Credits

We respectfully acknowledge that the land on which this course is taught is the unceded, ancestral, unsurrendered land of the Syilx Nation.

Instructor: Alex Santos (he/him)
Office: ART 161
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Office Hours: Tuesdays 2pm – 3:30pm

Lecture Time & Location

Time: Tuesdays & Thursdays 3:30pm – 5pm
Location: FIP 204

Academic Calendar Course Description

Psychological theories and research related to exercise adoption, maintenance, and avoidance. Psychological antecedents and consequences of exercise behaviour. Formerly offered as HMKN 201. Credit will be granted for only one of HES 131 or HMKN 201.

Pre-requisites: Either (a) HES 100 or (b) HMKN 100.

Methods of Delivery

In lectures, we will use a variety of learning methods, including lectures, group discussions, case studies, the use of e-learning tools, and critical reflections. Asynchronous materials will help students solidify lecture information and provide opportunities to practice.

Recommended Text

Lox, C. L., Martin Ginis, K. A., Gainforth, H. L., & Petruzzello, S. J. (2020). *The Psychology of Exercise* (5th ed.). Taylor & Francis.

Learning Outcomes

After completing this course, successful students will be able to:

1. Identify and explain theories and concepts relevant to the adoption and maintenance of exercise behaviours.

2. Understand the reciprocal determinism of exercise and psychosocial constructs, including but not limited to individual personality, self-perceptions, mental health, and emotional well-being.

3. Determine the role that exercise plays on individuals' cognitive function and health-related quality of life.

4. Apply course content to real-world scenarios and potential future career opportunities.

Evaluation Criteria and Grading

Weekly Engagement Activities…… 20%
Assignment: Exercise Video Interview……..... 25%
Midterm Exam ……... 25%
Final exam ……. 30%

Weekly Engagement Activities

The purpose of these activities is to evaluate Learning Outcomes 1, 2, and 3. Throughout the semester, a total of 9 activities and practice questions will be posted on Canvas by Friday of each week (please see timeline provided below). The purpose of the activities is to review content covered in the previous week and provide students with the opportunity to practice critical thinking questions related to the course content. Each activity will be approximately 30-45 minutes in length. Completing the activity correctly will be worth ~2% of the student's final grade. The activities will be available from Fridays until the **beginning of class on Tuesdays the following week**. More information about asynchronous content and procedures will be given in class.

Assignment: Exercise Video Interview

The purpose of this assignment is to evaluate Learning Outcomes 1 and 4. Students will need to create a video (~5-10 minutes) interviewing someone they know based on a topic from the course. Students are allowed to choose who they interview but must be someone not taking this course. Throughout the interview, students will need to reflect on answers given and connect them to course content. Students are encouraged to be creative and have fun with this assignment while still covering the core components of their chosen topic. Further details and a rubric will be provided to students via Canvas.

Midterm Exam

The purpose of this written midterm exam is to evaluate Learning Outcome 1. The written midterm exam will be completed in-person during lecture on **Thursday, February 12th** (please refer to the timeline below). Students will have 80 minutes to complete the exam. The content included in the midterm will consist of all material covered up until the lecture before the midterm. More information about the midterm will be provided in class closer to the examination date.

Final Exam

The purpose of this written final exam is to evaluate Learning Outcomes 2 and 3. The written final exam will be completed in-person at a date during the specified final exam period (**April 13th-24th**). Students will have 120 minutes to complete this exam. The final exam is **not** cumulative, meaning only material covered *after* the midterm will be included. More information about the final exam will be provided in class.

Class Policies

Attendance

Lecture attendance is highly recommended as material discussed in class will be the substance of assignments and exams. Students who attend lectures achieve higher grades. Class participation is encouraged and has also been found to lead to higher grades. The lecture slides and other resources will be available on Canvas, but it is impossible to duplicate the discussions, activities, challenges and interactions that take place in the classroom.

If you are sick but still attending, please wear a mask to lecture. If you cannot attend or are unsure, please email your professor for guidance on how to catch up.

Late Policy

It is expected that weekly activities and the assignment are submitted by the posted due date. **These are firm deadlines**. The weekly activities are meant to bolster learning through repetition and will assist in participation during the following week's activities. In cases where the assignment is late, 10% of the eligible grade will be deducted **per day**. Assignments will not be accepted for marking more than five (5) days past the due date.

There are certain extenuating circumstances that will allow for further extension of an assignment due date. These are: health concerns, family emergencies, and travel for team sports. Please note that the instructor will not make accommodations for work schedule or other extracurricular activities. Please reach out to your instructor BEFORE the upcoming assignment due date and the instructor will determine eligibility for further

extension on a case-by-case basis. The instructor may require that you submit written confirmation depending on the circumstances.

Final grades are not negotiable; this syllabus is the contract you agree to by registering for this course. No extra or additional assignments will be permitted to increase a student's grade at the end of the term. All students will be treated equally. Grade appeals are subject to university policies.

Missed Exam Policy

The final exam period for Winter 2026 semester is from **April 13th-24th.** If you need to miss the final exam for an extenuating circumstance, you must contact your instructor immediately (BEFORE the exam start) and apply for an out-of-time exam through the department and provide valid documentation of the reason for the missed final exam.

The Use of Artificial Intelligence

Students are permitted to use artificial intelligence tools, including generative AI, to gather information, review concepts, or to help with brainstorming. However, students are ultimately accountable for the work they submit, and any content supported by an artificial intelligence tool **must be cited appropriately**. Use of AI tools for the explicit completion of the assignment is not permitted.

Safety & Respect in the Classroom and Beyond

UBCO students have the right to work, learn and socialize in a supportive, safe, and healthy environment. The university is committed to developing a sense of community that is dedicated to creating a working and learning environment of the highest quality – one which is characterized by mutual respect, consideration, social and moral development of its members; and is free from harassment, discrimination and any form of disruptive behaviour or violence.

The university understands and recognizes that students have responsibilities related to appropriate student conduct. Students are responsible for reviewing relevant guidelines and policies.

Any student that demonstrates inappropriate behaviour; reckless behaviour that endangers themselves or others; or damages equipment will be asked to leave the class and, according to university policies, may be subject to further sanctions.

Please demonstrate professionalism and respect to the professor and other students, both in-person and virtually (i.e., e-mails). The professor of this course will ensure all possible steps are taken to guarantee a learning environment that is inclusive and equitable for all.

Tentative Course Timeline

Date	Topic	Textbook Chapter	Assignment
Tue Jan 6	Welcome!	--	
Thu Jan 8	Introduction to Exercise Psychology	1	
Tue Jan 13	Physical Activity	2	Weekly Activity 1 Due
Thu Jan 15	Sedentary Behaviour	2	
Tue Jan 20	Stimulus-Response Theory	3	Weekly Activity 2 Due
Thu Jan 22	Social Cognitive Theories of Behaviour	3	
Tue Jan 27	Interpersonal Influences on Exercise	4	Weekly Activity 3 Due
Thu Jan 29	Physical & Policy Environments	4	
Tue Feb 3	Developing Exercise Interventions	5	Weekly Activity 4 Due
Thu Feb 5	Developing Exercise Interventions: Part 2	6	
Tue Feb 10	Midterm Review	--	Weekly Activity 5 Due
Thu Feb 12	**Midterm**	--	
Reading Break – No Classes			
Tue Feb 24	Theories of Personality	7	
Thu Feb 26	Self-Perception	8	
Tue Mar 3	Stress	9	Weekly Activity 6 Due
Thu Mar 5	Anxiety	10	
Tue Mar 10	Depression	11	Weekly Activity 7 Due
Thu Mar 12	Emotional Well-Being	12	
Tue Mar 17	Cognitive Function	13	Weekly Activity 8 Due
Thu Mar 19	Health-Related Quality of Life	14	
Tue Mar 24	A Way Forward	--	Weekly Activity 9 Due
Thu Mar 26	Interview Prep	--	
Tue Mar 31	Final Exam Review	--	
Thu Apr 2	--	--	**Assignment Due**

Campus Policies

Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise, and harsh sanctions are imposed. For example, incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course. Careful records are kept to monitor and prevent recidivism.
A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at:
http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,0

Final Examinations

Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 27-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job.

Further information on Academic Concession can be found under Policies and Regulation in the Okanagan Academic Calendar:
http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0

Grading Practices

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to university, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.
http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014

Student Services Resources

UBC Okanagan Disability Resource Centre

The DRC facilitates disability-related accommodations and programming initiatives to remove barriers for students with disabilities and ongoing medical conditions. If you require academic accommodations to achieve the objectives of a course, please contact the DRC at:

UNC 215 250.807.8053
email: drc.questions@ubc.ca
Web: www.students.ok.ubc.ca/drc

UBC Okanagan Equity and Inclusion Office

Through leadership, vision, and collaborative action, the Equity & Inclusion Office (EIO) develops action strategies in support of efforts to embed equity and inclusion in the daily operations across the campus. The EIO provides education and training from cultivating respectful, inclusive spaces and communities to understanding unconscious/implicit bias and its operation within in campus environments. UBC Policy 3 prohibits discrimination and harassment based on BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination, or harassment please contact the EIO.

UNC 325H 250.807.9291
email: equity.ubco@ubc.ca
Web: www.equity.ok.ubc.ca

Student Wellness

At UBC Okanagan health services to students are provided by Student Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Student Wellness for more information or to book an appointment.

UNC 337 250.807.9270
email: healthwellness.okanagan@ubc.ca
Web: www.students.ok.ubc.ca/health-wellness

Student Learning Hub

The Student Learning Hub is your go-to resource for free math, science, writing, and language learning support. The Hub welcomes undergraduate students from all disciplines and year levels to access a range of supports that include tutoring in math, sciences, languages, and writing, as well as help with study skills and learning strategies. Students are encouraged to visit often and early to build the skills, strategies and behaviors that are essential to being a confident and independent learner. For more information, please visit the Hub's website.

LIB 237 250.807.8491
email: learning.hub@ubc.ca
Web: www.students.ok.ubc.ca/slh

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Safewalk

*Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at **250-807-8076**.*

For more information, see: www.security.ok.ubc.ca