

Global Learning Semesters

Course Syllabus

Course: SPSC-112 Exercise & Mental Health

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-112	Exercise & Mental Health	2
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	None
Department	Level of Course	Language of Instruction
Liberal Arts	Lower Division	English

Course Description

This course provides a thorough review of the key disease states and conditions that are grouped together as a mental health problem area. Each of the following states will be discussed in terms of the symptoms/presentations, appropriate and available therapies and the role of exercise in supporting mental health state: anxiety, depression, schizophrenia, substance misuse, eating disorders, manic depression and other psychoses.

Prerequisites

None

Topic Areas

1. Prevention of sedentary lifestyles and mental health through exercise.
2. Adherence to physical activity.
3. Drug therapy and exercise.
4. Antidepressant effects of exercise/physical activity.
5. Anxiolytic effects of exercise/physical activity.
6. Exercise and self-esteem.
7. Exercise, the endorphin hypothesis and mental health.
8. Exercise, the serotonin hypothesis and mental health.
9. Exercise, the nor-epinephrine hypothesis and mental health.

Learning Outcomes

1. Describe the presentation of a variety of mental health conditions (knowledge and understanding).
2. Explain the theoretical concepts underpinning the relationship between exercise and mental health.
3. Evaluate the role of exercise in the prevention and treatment of psychiatric disturbances.
4. Evaluate research on the relationship between exercise and stress.
5. Compare strategies such as stress inoculation and jogging as stress management interventions.

Assessment

Midterm Examination: (25%)
Final Examination: (45%)
Essay/Assignment: (20%)

Attendance/Participation: (10%)

Readings and Resources

Required Textbooks

1. Physical Activity & Mental Health (199t). Eds. W.P. Morgan. Taylor & Francis, USA.
2. Leith, L. M., 1994. Foundations of Exercise & Mental Health, Fitness Information Technology. Morgantown,W. V: Fitness Information Technology.

Recommended Textbooks

1. Seraganian, P. ed., 1993. Exercise Psychology, The influence of Physical Exercise on Psychological Processes. Chichester: Wiley.
2. Fritz, S -1990. Subjective Well-being, An Interdisciplinary Perspective. Oxford: Pergamon Press.