



## HMB COURSE SPECIAL ENROLMENT APPLICATION

### ***HMB473H1: Exercise & Mental Health***

**2017 Fall Term | LECTURE: F 10-12, TUTORIAL: F 12-1**

This course featuring a service-learning component discusses how mental well-being is a critical element of total health. We explore the evidence underpinning the role of physical activity in the avoidance of mental disorders, recovery from mental disorders, and the quality of life of those with or without mental disorders.

*Directions: Enter all information requested on the form. Please note that no printed applications will be accepted; all data must be typed into the pdf file, saved/submitted, and emailed to [hmb.undergrad@utoronto.ca](mailto:hmb.undergrad@utoronto.ca)*

**Student Number**

**Given Name (First Name)**

**Surname (Last Name)**

Prerequisite: 14 FCE complete, PSL300H1, PSL301H1, a HMB300-level course

In HMB473H1F Exercise and Mental Health, we explore in depth the multi-disciplinary aspects of exercise and its effects on mind and brain health. Physical activity has a profound effect on the brain. These effects have been successfully used to enhance the mental well-being of healthy people, and those with physical and mental illness. In this course, the mental health benefits of participation in physical activities are explored at the community, behavioural, systems, cellular and molecular levels. Ideally, our graduates will advocate for mental health and the benefits of physical activity.

A highlight of the course is a community-engaged learning opportunity which takes place in partnership with various community and health organizations. Students provide weekly service for ~3 months in programs where physical activity is used to manage neurological conditions (intellectual disabilities, psychological disorders, neurological diseases/injury), improve lifestyle (youth, adults, elderly) and promote mental and physical health. Students serve their community, learn by doing, and derive the brain benefit!

Students will be provided information about community placement choices 2 weeks before the course begins. Some of the placements require preparation before the course begins (Eg. immunization records, and/or a tuberculosis test and/or a recent police check). For those placements, students will be able to sign up immediately (first come first serve) and being preparation. Timing is critical – delays may jeopardize learning objectives. Other placements do not required preparation and students will be able to sign up after the first class of the term (representatives from organizations will attend to describe the placements).

Enrollment in this course comes with the following mandatory expectations:

- Some placements may require application forms, reference letters (I can provide the reference letter), and interviews
- Some placements may require a mandatory orientation session typically scheduled outside of class time.
- All placements will require regular attendance/participation (typically weekly for ~1 hour per week) for at least 9 weeks of the course, starting at the latest in week 3
- Students must abide by all the rules, regulations and expectations of the placement organization
- Students must be professional and courteous in their placements and interactions with clients and staff
- A placement project will require timely communication with placement staff and consultation with the professor and teaching assistant

***I have read and understand the course expectations and I agree to adhere to all expectations should I be enrolled into this course.***

*Application continues on next page*



Human Biology  
UNIVERSITY OF TORONTO

In the space provided below, answer the question below (in bold). Your answer should be 100-250 words in length and must be typed in the space provided.

*"The real reason we feel so good when we get our blood pumping is that it makes the brain function at its best, and in my view, this benefit of physical activity is far more important ... Building muscles and conditioning the heart and lungs are essentially side effects." – John R. Ratey, "Spark, The Revolutionary New Science of Exercise and the Brain", 1998, Little, Brown, New York.*

**Explain what is meant by this provocative statement.**

*Please note: as a F-term Course, all applicants will be automatically placed on the waitlist if not enrolled in July 2017*

*Click **Submit** OR save and email to  
[hmb.undergrad@utoronto.ca](mailto:hmb.undergrad@utoronto.ca)  
Printed applications will **NOT** be accepted*