

School of Kinesiology
Faculty of Health Sciences
Western University

KIN 3474B
Psychological Interventions in Sport, Exercise and Injury Rehabilitation
Winter 2018- Term 2

Instructor: Dr. Craig Hall **Office:** Thames Hall 4161
Location: FIMS & Nursing 1240 **P Phone:** 519-661-2111 ext 88388
Lectures: M/W/F 2:30PM-3:30PM **Email:** chall@uwo.ca

TAs: TBD

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Description: This course is designed to increase the student's understanding of the psychological interventions that can be employed to increase participation and performance in various physical activity settings.

My Course Description: The course is designed to increase the student's understanding of the psychological interventions that can be employed to increase participation and performance in various physical activity settings. 3 lecture hours, 0.5 course.

Anti-requisite(s)/Pre-requisite(s)/Co-requisite(s) if applicable:

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from the course department to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Course Content

Chapter 1 *Introduction to Psychological Interventions:* Why Are Psychological Interventions Important? What Can Psychological Interventions Be Used For? What Are the Limits of Psychological Interventions? Why Do We Study Psychological Interventions?

Chapter 2 *Delivering Psychological Interventions:* Introduction Who Delivers Psychological Interventions? Where Are Psychological Interventions

- Delivered? How Are Psychological Interventions Delivered? Which Intervention Technique Should Be Delivered?
- Chapter 3 *Expertise and Psychological Interventions*: Introduction, Expertise in Sport, Deliberate Practice, Deliberate Imagery Practice
- Chapter 4 *Modeling*: Introduction, Modeling in Sport, Modeling in Exercise, Modeling in Sport Injury Rehabilitation, Special Considerations in Injury Rehabilitation
- Chapter 5 *Goal Setting*: Introduction, Goal Setting in Sport, Goal Setting in Exercise, Goal Setting in Injury Rehabilitation
- Chapter 6 *Imagery*: Introduction, Imagery in Sport, Imagery in Exercise, Imagery in Sport Injury Rehabilitation
- Chapter 7 *Self-Talk*: Introduction, Self-Talk in Sport, Self-Talk in Exercise, Self-Talk in Injury Rehabilitation
- Chapter 8 *Biofeedback*: Introduction, Biofeedback in Sport, Biofeedback in Exercise, Biofeedback in Injury Rehabilitation
- Chapter 9 *Coping with Self-Presentational Concerns*: Introduction, Self-Presentation in Sport, Self-Presentation in Exercise, Self-Presentation in Injury Rehabilitation
- Chapter 10 *Coping with Emotions in Sport*: Introduction, Consequences of Emotions, Coping Strategies in Sport, Coping Interventions, Measuring Emotions and Coping Strategies
- Chapter 11 *Group Interventions in Exercise*: Introduction, Advantage of Group Interventions in Exercise, Why Do Exercise Groups Work? The Role of Cohesion in the Success of Exercise Groups, Approaches to Team Building in Exercise Groups, Special Considerations for Implementing Team-Building Strategies in Exercise
- Chapter 12 *Fear of Re-Injury*: Introduction, Kinesiophobia, Return to Play, Fear and Injury Risk, Interventions for Re-Injury Anxiety, How It Is Measured

Course Textbook

Hall, C., Duncan, L., & McKay, C. (2014). *Psychological interventions in sport, exercise & injury rehabilitation*. Dubuque, IA: Kendall Hunt.

Course Grading

The total course mark will be derived from the following:

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|----|---------------------|---|
| 1) | Midterm exam | 30% (short answer; scheduled for Feb 27th) |
| 2) | Research assignment | 30% (max 8 pages) |
| 3) | Final exam | 40% (short answer) |

Detailed information about the research assignment will be provided early in the term.

Course/University Policies

- 1. Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the instructor. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.
- 2. Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professor and their Academic Counselling office in a timely manner. Documentation for medical requests (which should be obtained at the time of the initial consultation with the physician or walk-in clinic) for accommodation, must be submitted directly within two (2) business days after the end date on the documentation, to the appropriate Academic Counselling office of the student's Faculty/School of registration. (Ex. KIN students ~ KIN Undergraduate Office), not to the instructor. An "Accommodation Consideration Request Form" found online or in the Kinesiology Undergraduate Office" for ALL accommodation requests must be submitted into the appropriate Academic Counselling office of the student's Faculty/School of registration. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf

3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately. 15% of course grades will be posted by the last day to drop a course.

A+	90-100	<i>One could scarcely expect better from a student at this</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. **Formatting** (*as recommended by the course instructor*): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the **Examination Conflict policy**, “A student who is scheduled to write more than two examinations in any 24-hour period may request alternative

arrangements through the office of their Academic Counsellor.” **This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

7. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

8. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

Students who are in emotional/mental distress should refer to Mental Health@Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.