

Western University
Faculty of Health Sciences
School of Kinesiology

KIN9201A – Special Topics: Psychology of Body & Physical Self

Fall 2022

Instructor: Dr. Eva Pila
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Seminar: Mondays 9:30am to 12:30pm
Location: Thames Hall 3101
Office Hrs: By Appointment

COURSE DESCRIPTION

This course will explore psychological theory and applications of body image and the role of the physical self (e.g., physical appearance, function, ability) in the context of kinesiology. Varied scholarly perspectives will be drawn upon to explore the role of the physical body and self in the study of human movement.

FORMAT

The course meets Mondays for a 3-hour seminar style class. For each seminar, students will lead presentations and seminar discussions. Students are expected to be prepared (i.e., complete assigned readings) and actively participate in discussion.

LEARNING OUTCOMES

The psychological aspects of the body and physical self – including physical appearance, function, and ability – will be contextualized within the multidisciplinary field of kinesiology. The role of the physical body and self in the context of *movement* (e.g., physical activity, structured exercise, sport, physical education) will be a particular focus. Drawing on various scholarly perspectives, ranging from psychophysiological underpinnings to sociocultural theories, this course will provide a broad understanding of body image and physical self as relevant to the study of human movement.

Upon completion of this course, students will be able to:

1. Understand and describe key psychological, sociocultural, and biological perspectives in the study of the physical self.
2. Explore the intersections of body image and human movement, including exercise, fitness, sport, physical education.
3. Evaluate various ways in which body image is assessed, and critically consider measurement issues associated with each approach.
4. Identify and understand the application of common prevention and therapeutic interventions.
5. Synthesize and critically evaluate empirical research in the field of body image as it broadly relates to the study of human movement.

REQUIRED COURSE MATERIALS

All course readings will be made available for students on OWL.

COURSE EVALUATION

Component	Grade Allocation	Due Date
Participation	25%	Throughout term
Seminar Presentation & Facilitation	25%	Throughout term
Research Proposal	35%	November 28 th 2022
Proposal Peer Review	15%	December 12 th 2022

Participation 25%

Each student is expected to actively contribute to all class discussions. Attendance is expected, unless extenuating circumstances apply. Students are encouraged to read widely beyond the readings specifically assigned for class and bring own readings and experiences into the class discussions. It is expected that each student will critically reflect upon the readings and be prepared to debate, defend, and critique the readings and the case studies. Students will also be expected to come to each class prepared to instigate and participate in a discussion of the day's assigned reading(s). In addition to seminar participation, students are expected to submit a brief synopsis (i.e., 250-350 words) of the main points of the article/chapter due at the start of each seminar. The synopsis is expected to consist of an analysis of the research, connections to, and/or departures from, previous readings, and a critical analysis of its strengths and weaknesses.

Seminar Presentation & Facilitation 25%

Each student will be responsible for leading a seminar via presentation and facilitating a discussion on a course topic and corresponding readings. The focus is on orally communicating the study overview, as well as engaging peers in discussion of the topic and critical reflection of the readings, and literature more broadly.

Research Proposal 35%

Each student will develop a testable research question broadly related to the topics covered in class, and as these topics relate to the student's individual research interests. Students will be evaluated on the ability to contextualize psychological aspects of the body and physical self within the multidisciplinary field of kinesiology. Based on this research question, the student will write a comprehensive proposal of the project that has the potential to make a significant contribution to their respective sub-disciplines. The proposal will include an Introduction, Literature Review, and Methodology section written in APA 7th Ed format.

Proposal Peer Review 15%

Students will be required to read the research proposal of another student in the class and provide critical feedback. Research proposals will be assigned to students for review by the instructor and will be anonymized. Offering and receiving critical feedback is important for most professions and is essential within the scientific community. This assignment will introduce students to the scientific peer-review process and illustrate how scientific knowledge is produced with input from peers.

COURSE SCHEDULE

Week	Seminar Date	(Tentative) Topics
Week 1	Sept 12 th	Introduction to Body Image Theory, Practice, and Prevention
Week 2	Sept 19 th	Theories (Sociocultural, Biological, Cognitive-Behavioural)
Week 3	Sept 26 th	Positive Body Image & Embodiment
Week 4	Oct 3 rd	Body Image Assessment & Measurement
Week 5	Oct 10 th	<i>No Seminar (Thanksgiving Holiday)</i>
Week 6	Oct 17 th	Physical Self Development
Week 7	Oct 24 th	Individual Differences: Gender, Sexuality, Race
Week 8	Oct 31 st	<i>No Seminar (Fall Study Break)</i>
Week 9	Nov 7 th	Weight Stigma, Bias, and Discrimination
Week 10	Nov 14 th	Body Image Dysfunctions & Disorders
Week 11	Nov 21 st	Altering the Body in Exercise & Fitness
Week 12	Nov 28 th	The Body in Competitive Athletics
Week 13	Dec 5 th	Interventions (Psychosocial; Policy)

COURSE AND UNIVERSITY POLICIES

Academic 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:

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

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>

Electronic Device Usage

During Seminar: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

Health and Wellness

Information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

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 & Wellness* -- <http://www.health.uwo.ca/>
3. *Registrar's Office* -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>

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. 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 entire submission will be re-graded and your grade could go up/down/or stay the same.

Students can expect some form of feedback on their performance in a course before the drop date.

A+ 90-100

One could scarcely expect better from a student at this level

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>

Rounding of Grades (for example, bumping a 79 to 80%): This is a practice some students request. **This practice will not be condoned in the course.** The edges of this course are clear and sharp. The mark attained is the mark you achieved, and the mark assigned; there is no rounding to the next grade level, or ‘giving away’ of marks. Please don’t ask me to do this for you; the response will be “please review the course outline where this is presented”.

Missed Deadlines

Assignments are due as stated in the course syllabus, except under medical or other compassionate circumstances approved by academic counselling. Any assignment submissions that are submitted late will be deducted 10% per day late. For example, if an assignment is due on January 10th at 5pm, and it is submitted on January 10th at 5:01pm, it will be deducted 10%. If submitted on January 11th at 12pm, it will be deducted 20%, etc. No exceptions. A missed quiz/test, without appropriate documentation will result in a zero (0) grade.

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 <https://www.uwo.ca/univsec/pdf/board/code.pdf>