Western University
Faculty of Health Sciences
School of Kinesiology

KIN9201A – Topics in Psychological Basis
Psychological Aspects of the Body & Physical Self

Fall 2020

Instructor: Dr. Eva Pila
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Seminar: Mondays 9:30am to 12:30pm
Location: Online via Zoom (Synchronous)
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 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

<table>
<thead>
<tr>
<th>Component</th>
<th>Grade Allocation</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>Participation</td>
<td>20%</td>
<td>Throughout term</td>
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<tr>
<td>Seminar Presentation &amp; Facilitation</td>
<td>30%</td>
<td>Throughout term</td>
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<tr>
<td>Journal Article Review</td>
<td>20%</td>
<td>TBD</td>
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<tr>
<td>Final Paper: Research Proposal</td>
<td>30%</td>
<td>TBD; End of term</td>
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Participation 20%
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). This means that student ought to prepare to offer a brief synopsis of the main points of the article/chapter, an analysis of its connections to, and/or departures from, previous readings, and a critical analysis of its strengths and weaknesses.

Seminar Presentation & Facilitation 30%
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.

Journal Article Review 20%
Students will be provided with a series of sample manuscripts submitted for peer review. In small groups, students will conduct a critical evaluation of the manuscript in the role of a “peer reviewer”, identifying strengths and limitations with conceptual, theoretical, and/or methodological components of the manuscript. Students will informally present their evaluation of the manuscript during seminar and engage in discussion with peers.

Final Paper: Research Proposal 30%
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.

COURSE TOPICS

Course topics will include but not limited to:
- Introduction to Body Image Theory, Practice, and Prevention
- Sociocultural Theory & Perspectives
- Biological & Evolutionary Perspectives
- Cognitive Behavioural Theory & Perspectives
- Positive Body Image & Embodiment
- Body Image Assessment & Measurement
- Physical Self Development
- Individual Differences: Gender, Sexuality, Ethnicity
- Weight Stigma, Bias, and Discrimination
- Body Image Dysfunctions & Disorders
- Altering the Body in Exercise & Fitness
- The Body in Competitive Athletics
- Interventions (Psychosocial; Public Health and 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

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.

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/ssp/
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/

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