Western University  
KINESIOLOGY 9230b  
Psychological Interventions in Sport, Exercise and Injury Rehabilitation

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Time: Tuesdays 1:30 – 4:30 pm  
Location: TBD

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.

Course Content
1) Introduction: what are psychological interventions, myths about psychological skills training, who conducts such interventions, and why are they important

2) Physical Activity as an Intervention: deliberate practice in sport, exercise and psychological well-being, and exercise in injury rehabilitation

3) Modeling: introduction to modeling, modeling in sport, modeling in exercise, and modeling in injury rehabilitation

4) Goal Setting: introduction to goal setting, SMART goals, goal setting in sport, goal setting with teams, goal setting in exercise, and goal setting in injury rehabilitation

5) Imagery: introduction to imagery, nature of imagery, imagery in sport, imagery in exercise, and imagery in injury rehabilitation

6) Self-Talk: introduction to self-talk, self-talk in sport, self-talk in exercise, and self-talk in injury rehabilitation

7) Other Interventions: biofeedback, arousal regulation in sport, exercise and self-presentation, self-efficacy in injury rehabilitation

Course Materials
There is no course textbook. A list of readings (e.g., journal articles, book chapters) related to the course content will be provided.
**Methods of Evaluation**
The total course mark will be derived from the following:
1) Presentation 35%
2) Manuscript review 30%
3) Assignment 35%

The manuscript review will entail writing a review similar to what is required if you are asked by a journal to review a submission. The assignment will entail developing a psychological intervention of your choice. Detailed information about the manuscript review and assignment will be provided early in the term.

**Statement on Academic Offences**
Scholastic offences 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/pdf/academic_policies/appeals/scholastic_discipline_grad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_grad.pdf)

Additionally,
A) If written work will be assigned in the course and plagiarism-checking software might be used, the following statement to this effect must be included in the course outline:
   “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 The University of Western Ontario and Turnitin.com (http://www.turnitin.com).”
B) If computer-marked multiple-choice tests and/or exams will be given, and software might be used to check for unusual coincidences in answer patterns that may indicate cheating, the following statement must be added to course outlines:
   “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.”