

School of Kinesiology  
 Faculty of Health Sciences  
 Western University

**KIN 2276F**  
**Psychology of Exercise**  
**Summer 2018**

**Instructor:** Cassandra Ellis  
**Location:** HSB 11  
**Lectures:** Tu/Th 6:00PM-9:00PM

**Office:** Thames Hall 3140  
**Email:** cellis42@uwo.ca

**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available via OWL.

**Calendar Description:**

The central purpose of this course is to examine the psychological bases of exercise and physical activity. Emphasis is placed on understanding the motives and barriers underlying involvement in exercise and physical activity, the psychological benefits derived from acute and chronic involvement, the situational and personal determinants associated with failure to initiate and/or adhere to exercise and physical activity programs, the theoretical perspectives advanced to account for involvement, and intervention strategies used to stimulate and/or maintain involvement in exercise and physical activity.

**Course Description:**

The course is designed to increase the student's understanding of the psychological basis for involvement in exercise and physical activity.

**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

- 1) Chapter 1, Introduction: what is exercise psychology, why study exercise psychology, reasons to exercise, barriers to exercise
- 2) Chapter 2, Physical Activity Epidemiology: physical activity participation patterns, consequences of physical activity and inactivity
- 3) Chapter 3, Theories and Models of Exercise Behaviour I: social cognitive approaches
- 4) Chapter 4, Theories and Models of Exercise Behaviour II: Stimulus-response theory and integrative approaches

- 5) Chapter 5, Social Influences on Exercise: defining social influence and social support, research on the relationship between social support and physical activity, research on individual and group influences on exercise, practical recommendations
- 6) Chapter 6, Physical Activity Interventions: changing people's perceptions about exercise, informational approaches to increasing physical activity, behavioral approaches to increasing physical activity, imagery interventions, social approaches to increasing physical activity
- 7) Chapter 7, Personality and Exercise: defining personality, approaches to the study of personality and exercise
- 8) Chapter 8, Self-Perceptions and Exercise: defining self-concept, self-esteem and body image, measurement, influence of exercise on self-perceptions, influence of self-perceptions on exercise behavior
- 9) Chapter 9, Stress, Stress Reactivity and Exercise: definition of stress, stress response, measurement, exercise and stress research
- 10) Chapter 10, Anxiety and Exercise: defining anxiety, measuring anxiety, research on exercise and anxiety
- 11) Chapter 11, Depression and Exercise: mental health versus mental illness, defining and measuring depression, research on exercise and depression
- 12) Chapter 12, Emotional Well-Being and Exercise: defining and measuring emotional well-being, research on affective response to exercise, negative psychological effects of exercise on emotional well-being
- 13) Chapter 13, Cognitive Function and Exercise
- 14) Chapter 14, Health-Related Quality of Life and Exercise

#### Course Textbook

Lox, C. L., Martin Ginis, K. A., & Petruzzello, S. J. (2014). *The psychology of exercise: Integrating theory and practice (4th ed.)*. Scottsdale, AZ: Holcomb Hathaway Publishers.

#### Course Research Project (Assignment)

Each student is required to complete the research project. Details regarding the project will be provided early in the semester.

As part of this course you will also be required to participate in the completion of discussion questions that are related to the course content.

## Course Grading

The total course mark will be derived from the following:

- 1) Discussion Questions 15% (ongoing, will be posted on OWL)
- 2) Midterm exam 30%
- 3) Research project 25% (due approximately end of term)
- 4) Final exam 30%

## **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:** 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 professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate Academic Counselling office of the student's Faculty/School of registration (ex. KIN students ~ KIN Undergraduate Office), **not** to the instructor, with a request for relief specifying the nature of the accommodation being requested. In the event of a medical request, the documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An "Accommodation Consideration Request Form" found online or in the Kinesiology Undergraduate Office" for **ALL** such 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.

See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.

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.**

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](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/uwo.com/mentalhealth/> for a complete list of options about how to obtain help.