

School of Kinesiology  
 Faculty of Health Sciences  
 Western University

**KIN 1070A – Psychology of Human Movement Science  
 Semester: Fall Sept-Dec 2018**

**Instructor:** Scott Rollo

**Location:** HSB-40

**Lectures:** Monday, Wednesday,  
 Friday 8:30 am – 9:30 am

**Email:** [arollo@uwo.ca](mailto:arollo@uwo.ca)

**Office:** Arts & Humanities Bldg. - Rm. 3B14

**Office Hours:** TBA

**Phone:** 519-661-2111 ext. 80173

**Teaching Assistants (TAs):**

Brown, Samuel - [sbrow294@uwo.ca](mailto:sbrow294@uwo.ca)

Furlano, Joyla - [jfurlano@uwo.ca](mailto:jfurlano@uwo.ca)

Grzywnowicz, Niki - [ngrzywno@uwo.ca](mailto:ngrzywno@uwo.ca)

Harrison, Alex- [aharr42@uwo.ca](mailto:aharr42@uwo.ca)

Marchand, Alexander - [amarcha7@uwo.ca](mailto:amarcha7@uwo.ca)

Rao, Megha - [mrao8@uwo.ca](mailto:mrao8@uwo.ca)

Skavinsky, Jordan - [jskavins@uwo.ca](mailto:jskavins@uwo.ca)

Tavernier, Jedson - [jtaverni@uwo.ca](mailto:jtaverni@uwo.ca)

Williams, Jacob - [jwill47@uwo.ca](mailto:jwill47@uwo.ca)

Wong, Michelle - [ywong252@uwo.ca](mailto:ywong252@uwo.ca)

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

**Calendar Description:**

- **To obtain basic knowledge in the psychology of human movement science research.**

The students will become familiar with the latest theory and research from the four domains (pillars) of sport psychology, exercise psychology, health psychology, and rehabilitation psychology; as well as theoretical models of sedentary behaviour and innovative ways to reduce sedentary behaviour.

**A. Sport Psychology**

Motivation

Personality

Aggression

Group Dynamics (Cohesion)

Leadership

Social Facilitation

## **B. Exercise Psychology**

Factors in exercise behaviour: Compliance and adherence  
Measuring exercise behavior  
Theoretical models of exercise behaviour  
Innovative ways to increase exercise behaviour  
Personal and environmental factors that contribute to sitting too much  
Measuring sedentary behaviour  
Theoretical models of sedentary behaviour  
Innovative ways to reduce sedentary behaviour

## **C. Health Psychology**

Psychological (cognitive function, mood, and other emotion) effects of acute exercise  
Psychological health consequences (dementia, depression, anxiety, quality of life, stress) of exercise  
Behavioral health consequences (sleep, smoking cessation, disordered eating, muscle dysmorphia, obligatory-compulsiveness) of exercise  
Mental health consequences of sedentary behaviour

## **D. Rehabilitation Psychology**

Psychological variables as predictors of Injury occurrence  
Psychological variables in the prevention of Injury occurrence  
Psychological response to injury  
Psychological aspects of the rehabilitation process

### **Learning Objectives:**

Upon completion of this course students will be able to:

1. **Identify and delineate** theoretical terms, concepts, and philosophies related to the psychology of human movement science
2. **Compare and contrast** theoretical approaches to the psychology of human movement science
3. **Synthesize** research and theoretical knowledge as it relates to the psychology of human movement science
4. **Further develop** abilities to *critically reflect* upon own learning of the psychology of human movement science

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

## Anti-requisite Kinesiology: KIN 1088A/B

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course. Lack of a pre-requisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed.

### Course Format:

Day (Lecture time: Monday, Wednesday, Friday 8:30 am – 9:30 am; Assignments: TBA; Labs: nil)

**Recommended Text:** NOT applicable

### Required Course Material:

All required readings will be posted on OWL.

### Course Evaluation Summary:

1. Assignments (x4)	25% TBA
2. Mid Term Exam	25% TBA
3. Final Exam	40% TBA
4. Lab Component/PA Protégé Experience	10% (5% for participation; 5% for year-end brief essay)

### DISTRIBUTION OF STUDENT LOAD

Lectures: 3 hour  
Seminar/Lab: Nil  
Private study: 3-5 hours per week

**Deadline dates** (e.g., assignments). Students will receive a grade of zero for submitting their assignment after the due date (unless there is a medical or personal reason that is beyond his/her control). Students who miss the mid-term tests or final exam must present a medical certificate to the course leader within 7 days. Missed mid-term tests marks will be carried over to the final exam mark. For those who miss the final exam, a make-up final exam will likely be given.

## 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 Undergraduate office. 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. Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons will result in a grade of zero (0). 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 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 not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. 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.

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

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 might 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.

10. **Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>

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

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

## **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/>