

KINESIOLOGY 2276F
Introduction to Exercise Psychology

Dr. Craig Hall

Graduate Assistants: TBA

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Note: Course information (e.g., assignment, grades) is available via OWL. Check the website regularly for course announcements.

Course Description

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

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 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
- 4) 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
- 5) Chapter 7, Personality and Exercise: defining personality, approaches to the study of personality and exercise
- 6) 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
- 7) Chapter 9, Stress, Stress Reactivity and Exercise: definition of stress, stress response, measurement, exercise and stress research

- 8) Chapter 10, Anxiety and Exercise: defining anxiety, measuring anxiety, research on exercise and anxiety
- 9) Chapter 11, Depression and Exercise: mental health versus mental illness, defining and measuring depression, research on exercise and depression
- 10) 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

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 be required to participate in the completion of questionnaires that are related to the course content. The responses produced by the class will be used for activities related to course requirements (e.g., student written projects). All individual responses will be de-identified, meaning that your individual responses will not be known to anyone, and only group data will be used for course requirements. Since the information gathered in these activities are of interest to researchers, including the course instructor, you will be asked if your de-identified responses may also be used as research data not related to the required class activities. While you must access the activities that will generate data for class purposes, you are NOT required to consent to the use of your responses for research purposes. A procedure will be used that allows for the collection of responses from all students for purposes of the class activities, but which also allows students to remove their responses from being used for research. In accordance with ethical principles for the conduct of research, you will be allowed to skip any questions or procedures when you are completing the questionnaires and activities for class purposes.

Course Grading

The total course mark will be derived from the following:

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|----|------------------|-------------------------------------|-----|
| 1) | Midterm exam | | 30% |
| 2) | Research project | 30% (due approximately end of term) | |
| 3) | Final exam | 40% | |

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the end 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, 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:** 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.

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.

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.

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/>