

Psychological Interventions in Sport, Exercise, and Injury Rehabilitation

KIN 3474
Summer 2017
Distance Studies
Office: SH2360E

Course Outline

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Office Hours: By Appointment

1. Course Information

Description: The course is designed to increase the student's understanding of the psychological interventions that can be employed to increase participation, performance, and overall well-being in various physical activity settings. Distance Studies, 0.5 course.

Prerequisites: Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record. 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. For further information regarding prerequisites or antirequisites please visit www.westerncalendar.uwo.ca.

2. Learning and Teaching Activities

2.1 Is This Course For You?

This class will be taught through Distance Studies (Online). The format for this course will be largely self-directed. If you're A) not interested in the course content (and enrolled in the course "just to take it") or b) not interested in keeping up with the readings, which will include but not be limited to the course textbook and a few academic publications, then I suggest dropping the course. Otherwise, if the content intrigues you and you don't mind reading over the summer, this course is for you!

2.2 Textbook

Required Textbook (those of you that know me understand that I'm not a huge fan of mandating the purchasing of textbooks, however being this is a distance course, this our best option to facilitate learning. You must acquire a copy of the text – new, used, or digital/Ebook - Explore your pricing options to save some money. There may also be a copy of the text on 2-hour reserve at Weldon.

<https://he.kendallhunt.com/product/psychological-interventions-sport-exercise-and-injury-rehabilitation>

Psychological Interventions in Sport, Exercise, and Injury Rehabilitation, 1st Edition (2014). Authors: Craig Hall, Lindsay Duncan, and Carly McKay. Publisher: Kendall Hunt.

2.3 OWL

OWL supports distance learning for this course. You should go to the site at least twice per week to check for updates. The OWL site will also be used to post videos/journal articles that are relevant to the unit. In addition, UWO email will be utilized semi-frequently for important updates. Please check regularly (daily).

2.4 Further Support

You should familiarize yourself with the learning and support services at the university.

2.5 Assessment

2.5.1 Readings:

Any additional assigned readings may be posted on OWL and/or emailed

2.6 Contents:

Chapter 1 *Introduction to Psychological Interventions*: Why Are Psychological Interventions Important? What Can Psychological Interventions Be Used For? What Are the Limits of Psychological Interventions? Why Do We Study Psychological Interventions?

Chapter 2 *Delivering Psychological Interventions*: Introduction Who Delivers Psychological Interventions? Where Are Psychological Interventions Delivered? How Are Psychological Interventions Delivered? Which Intervention Technique Should Be Delivered?

Chapter 3 *Expertise and Psychological Interventions*: Introduction, Expertise in Sport, Deliberate Practice, Deliberate Imagery Practice

Chapter 4 *Modeling*: Introduction, Modeling in Sport, Modeling in Exercise, Modeling in Sport Injury Rehabilitation, Special Considerations in Injury Rehabilitation

Chapter 5 *Goal Setting*: Introduction, Goal Setting in Sport, Goal Setting in Exercise, Goal Setting in Injury Rehabilitation FW16

Chapter 6 *Imagery*: Introduction, Imagery in Sport, Imagery in Exercise, Imagery in Sport Injury Rehabilitation

Chapter 7 *Self-Talk*: Introduction, Self-Talk in Sport, Self-Talk in Exercise, Self-Talk in Injury Rehabilitation

Chapter 8 Biofeedback: Introduction, Biofeedback in Sport, Biofeedback in Exercise, Biofeedback in Injury Rehabilitation

Chapter 9 Coping with Self-Presentational Concerns: Introduction, Self-Presentation in Sport, Self-Presentation in Exercise, Self-Presentation in Injury Rehabilitation

Chapter 10 Coping with Emotions in Sport: Introduction, Consequences of Emotions, Coping Strategies in Sport, Coping Interventions, Measuring Emotions and Coping Strategies

Chapter 11 Group Interventions in Exercise: Introduction, Advantage of Group Interventions in Exercise, Why Do Exercise Groups Work? The Role of Cohesion in the Success of Exercise Groups, Approaches to Team Building in Exercise Groups, Special Considerations for Implementing Team-Building Strategies in Exercise

Chapter 12 Fear of Re-Injury: Introduction, Kinesiophobia, Return to Play, Fear and Injury Risk, Interventions for Re-Injury Anxiety, How It Is Measured

Assignments:

You are required to complete one individual assignment.

This project involves (surprise) ... a creation of a psychological intervention for sport, exercise, or injury rehabilitation! You will choose one of the following areas of foci: i) modeling ii) goal-setting iii) imagery iv) self-talk or v) biofeedback and apply it to a sport, exercise or rehab setting. You will conduct a comprehensive literature review for you Introduction. You will also detail a complete Methods section. You are not responsible for carrying out the intervention, any Results, or the Discussion section. Essentially, you are showing me you know enough about a topic to design a study, apply it to a population, and present a high-quality APA-format research proposal including an Introduction and Methods section. The maximum page number for this assignment is 8 pages (your APA title page and References page(s) do not count toward this maximum). This assignment will be checked for academic dishonesty & plagiarism using Turnitin.

A Detailed rubric will be provided early in the term. One sample paper from each of the 5 sections will be uploaded into the Final Exam Supplementary Content folder in Course Materials (and will be testable for the Final only, not the two quizzes).

2.6.3 Quizzes and Exams

Two quizzes and one exam will be administered during the semester to evaluate mastery of learning objectives. The final exam will be cumulative. The quizzes are to ensure students are keeping up with the readings, and are used to identify any issues pertaining to content comprehension early in the term.

SUMMARY OF ASSESSMENTS:

Assessment	Due Date	Note	Weight
Online Quiz	June 1st	Ch. 1-5	10%
Online Quiz	June 29th	Ch. 6-8	10%
Paper	July 27th	Uploaded to the submission portal on OWL	30%
Final Exam	TBD	Entire Text (Ch. 1-12)	50%

2.9 Academic honesty and plagiarism

The University is committed to ensuring that all students and staff conduct themselves in an honest, ethical and professional manner. Honesty, integrity and ethical behaviour are cornerstones of the entire academic enterprise, enabling scholastic achievement to be suitably recognized and rewarded. Academic honesty is one of the University's core values.

Academic Dishonesty is defined as “seeking to obtain or obtaining academic advantage (including in the Assessment or publication of Work) by dishonest or unfair means or knowingly assisting another student to do so”.

Academic Dishonesty includes, but is not limited to:

- a. Recycling – that is, the resubmission for Assessment of Work that is the same, or substantially the same, as Work previously submitted for Assessment in the same or in a different class (except in the case of legitimate resubmission with the approval of the Examiner for purposes of improvement);
- b. Fabrication of data;
- c. The engagement of another person to complete or contribute to an Assessment or examination in place of the student, whether for payment or otherwise or accepting such an engagement from another student;
- d. Communication, whether by speaking or some other means, to other candidates during an examination;
- e. Bringing into an examination forbidden material such as textbooks, notes, calculators or computers;
- f. Attempting to read other student's work during an examination; and
- g. Writing an examination or test paper, or consulting with another person about the examination or test, outside the confines of the examination room without permission.
- h. Copying from other students during examinations.
- i. Inappropriate use of electronic devices to access information during examinations.

Plagiarism means presenting another person's work as one's own.

“Plagiarism is a form of cheating or fraud; it occurs when a student misrepresents the work of another as his or her own. Plagiarism may consist of using the ideas, sentences, paragraphs, or the whole text of another without appropriate acknowledgment, but it also includes employing or allowing another person to write or substantially alter work that a student then submits as his or her own.”

Any incident of plagiarism will be dealt with by the instructor, and will be dealt with in accordance with the procedures set down in the University By-laws for misconduct. Any incident of academic dishonesty may result in a grade of zero for an assessment, a fail grade for the class, referral to the Student Discipline Officer, and disqualification from the University.

To facilitate an environment that is as conducive to learning as possible, please follow these simple rules:

- Respect the opinions of your class mates
- Maintain civility during all discussions
- Respect the principles of academic honesty
- Make sure assignments are handed in on time. Meeting a deadline is an essential factor for success in our field. Plan ahead for unforeseen circumstances.
- Retain a copy of all assignments submitted

3. Student Evaluation and Feedback

I value your feedback and will solicit your assistance in evaluating the class. This is typically undertaken through the course evaluations submitted at the end of the semester; however, feel free to offer feedback at any time.

4. Policies

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, 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>.

→ Accommodation for Medical Illness or Non-Medical Absences

http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website:

<https://studentservices.uwo.ca/secure/index.cfm>. Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. 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, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

Scholastic 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 website:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf .

Additionally, 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.

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/>