

KINESIOLOGY 2276F/G – PSYCHOLOGY OF EXERCISE
Fall 2024

<p>Instructor: Dr. Eva Pila Office: Thames Hall 4171 Email: epila@uwo.ca Phone: 519-661-2111 x80248</p> <p>Teaching Assistants: Samantha Adler - sadler9@uwo.ca Zachary Staffell - zstaffel@uwo.ca Megan Sutton - msutto6@uwo.ca Kimia Zakizadeh - kzakizad@uwo.ca Chloe Edgar - cedgar6@uwo.ca</p>	<p>Lectures: Mon & Wed 1:30pm – 2:30pm</p> <p>Tutorials: Fri 1:30pm – 2:30pm</p> <p>Instruction Mode: In-Person</p> <p>Lecture location: HSB-40</p> <p>Tutorial Location: Section 002 + 003: UCC-61 Section 004 + 005: UCC-59 Section 006 + 010: PAB-36 Section 008 + 011: SH-3305</p> <p>Office Hours: Drop-in TH4171 Every Wednesday 2:30pm – 3:30pm</p>
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NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](#). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top toolbar. Check the website regularly for course announcements.

Calendar Course Description (including prerequisites/anti-requisites):

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.

Prerequisite(s): Kinesiology 1070A/B or the former Kinesiology 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.

Statement on Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean 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 **NOTE:** If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

LEARNING OUTCOMES

Upon completion of this course, students will be able to:

1. Understand the cognitive, social, affective, and behavioural aspects of exercise.
2. Critically appraise empirical evidence related to motives and barriers underlying involvement in exercise, and the psychological benefits (and consequences) of acute and chronic exercise.
3. Identify and apply theoretical frameworks of exercise behaviour to practical case studies.

COURSE FORMAT

Class will consist of live in-person lectures. Notes will be posted via OWL Brightspace in advance of each class.

RECOMMENDED COURSE MATERIAL

While there are no required materials for this course, recommended readings posted on OWL Brightspace can be useful to supplement the lectures. Content directly from the textbook and readings (that is not also covered in lecture) will not be testable.

COURSE EVALUATION

Component	Grade Value	Due Date	Time Due
Tutorial Activity (4% x 5)	20%	Within 24 hours of tutorial (Next day 2:30pm EST)	
Midterm	20%	October 30 th 2024	1:30-2:30pm EST
Research Paper	25%	December 6 th 2024	11:55pm EST
Final Exam (Cumulative)	35%	TBD – Set by Registrar's Office	

COURSE SCHEDULE

	Dates	Tentative Topics	Readings
Week 1	Sept 5 th	No Lecture or Tutorial	
Week 2	Sept 9 th Sept 11 th Sept 13 th	Introduction to Course/Exercise Psychology Methods and Measurement Tutorial 1 (Sections 002, 004, 006, 008)	Posted on OWL
Week 3	Sept 16 th Sept 18 th Sept 20 th	Exercise Behaviour Theories Exercise Behaviour Theories Tutorial 1 (Sections 003, 005, 010, 011)	Posted on OWL
Week 4	Sept 23 rd Sept 25 th Sept 27 th	Exercise Behaviour Theories Exercise Behaviour Theories Tutorial 2 (Sections 002, 004, 006, 008)	Posted on OWL
Week 5	Sept 30 th Oct 2 nd Oct 4 th	<i>National Day for Truth and Reconciliation (No Class)</i> Exercise Behaviour Theories Tutorial 2 (Sections 003, 005, 010, 011)	Posted on OWL
Week 6	Oct 7 th Oct 9 th Oct 11 th	(No Class) Thanksgiving Holiday Exercise Behaviour Theories Tutorial 3 (Sections 002, 004, 006, 008)	Posted on OWL
Week 7	Oct 14 th -18 th	<i>Fall Reading Week (No Class)</i>	None assigned
Week 8	Oct 21 st Oct 23 rd Oct 25 th	Exercise Interventions Exercise Interventions Tutorial 3 (Sections 003, 005, 010, 011)	Posted on OWL
Week 9	Oct 28 th Oct 30 th Nov 1 st	Exercise Interventions Midterm No Tutorial	Posted on OWL
Week 10	Nov 4 th Nov 6 th Nov 8 th	Physical Activity & Mental Health Physical Activity & Mental Health Tutorial 4 (Sections 002, 004, 006, 008)	Posted on OWL
Week 11	Nov 12 th Nov 13 th Nov 15 th	Physical Activity & Mental Health Physical Activity & Mental Health Tutorial 4 (Sections 003, 005, 010, 011)	Posted on OWL
Week 12	Nov 18 th Nov 20 th Nov 22 nd	Self-Concept and Physical Self Self-Concept and Physical Self Tutorial 5 (Sections 002, 004, 006, 008)	Posted on OWL
Week 13	Nov 25 th Nov 27 th Nov 29 th	Personality Personality Tutorial 5 (Sections 003, 005, 010, 011)	Posted on OWL
Week 14	Dec 2 nd Dec 4 th Dec 6 th	Exam Review Research Project Q&A (No Class) Group Research Project Due	None

Missed Lectures, Tutorials, and Assessment Deadlines for KIN2276F

Missed lectures and tutorials: Please review the posted slides and supplementary readings, and ask another student in the class for content you may have missed. All lecture and tutorial content are testable. It will be the student's responsibility to catch up on missed lecture and tutorial material.

Missed tutorial activity: Students are expected to complete and submit the tutorial activity following their absence. The new submission deadline will be established by a recommendation made by academic counselling. Please note that all tutorial content is testable. As such, students are expected to ask another student in the class for content that was missed.

Missed midterm: Students are required to seek academic considerations from academic counselling. There will be no opportunity to re-write or make-up a missed midterm. If a student misses the midterm, the grade allocation will be re-allocated to the cumulative final exam (which will subsequently be worth 55%).

Missed Research Paper deadline: Completion of the Research Paper assessment is critical to meeting the course objectives and must be submitted to meet the requirements for this course. Students are expected to submit this assignment by the deadline listed. Should extenuating circumstances arise, students are permitted to submit this assignment up to 24 hours past the deadline without a late penalty. No Academic Consideration is required for this extension. Students submitting their assessment beyond the automatic 24-hour extension will receive a penalty of 1% per hour that it is late. Academic Consideration requests may be granted only for extenuating circumstances that began before the deadline and lasted longer than the extension.

Note on Instructor Communication

The instructor will make efforts to respond to student emails within 1-2 business days.

After a grade has been posted and/or a graded assessment has been returned to the student, the student should wait at least 24 hours before contacting the instructor to discuss the grade.

All course material will be posted to OWL Brightspace: <https://westernu.brightspace.com/>. If students need assistance with OWL Brightspace, they can seek support on the OWL Brightspace Help page. Alternatively, they can contact the Western Technology Services Helpdesk online or by phone at 519-661-3800 or ext. 83800 for technical support. Current versions of all popular browsers (e.g., Safari, Chrome, Edge, Firefox) are supported with OWL Brightspace; what is most important is that you update your browser frequently to ensure it is current. All JavaScript and cookies should be enabled.

Academic Policies and Statements

Support Services

There are various support services around campus and these include, but are not limited to:

1. Academic Support and Engagement - <http://academicssupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

The websites for Registrarial Services (<http://www.registrar.uwo.ca>), and the same for affiliated university colleges when appropriate, and any appropriate Student Support Services (including the services provided by the USC listed here: <http://westernusc.ca/services/>) and the Student Development Services, should be provided for easy access.

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

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support

services for survivors, including emergency contacts at:

https://www.uwo.ca/health/student_support/survivor_support/get-help.html.

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

<https://www.uwo.ca/univsec/pdf/board/code.pdf>

Absence from Course Commitments

Students must familiarize themselves with the Policy on [Academic Consideration – Undergraduate Students in First Entry Programs](#)

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the central academic consideration portal. Students are permitted one academic consideration request per course per term **without** supporting documentation. Note that supporting documentation is **always** required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may **designate** one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start – and finish – the assessment).

Please note that any academic considerations granted in this course will be determined by the instructor of this course, in consultation with the academic advisors in your Faculty of Registration, in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the [Student Medical Certificate](#) or, where that is not possible, equivalent documentation by a health care practitioner.

Accommodation for Religious Holidays

Students should review the policy for [Accommodation for Religious Holidays](#). Where a student will be unable to write examinations and term tests due to a conflicting religious holiday, they should inform their instructors as soon as possible but not later than two weeks prior to writing the examination/term test. In the case of conflict with a midterm test, students should inform their instructor as soon as possible but not later than one week prior to the midterm.

Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

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 website: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf.

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All 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 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 (www.turnitin.com).

Use of Artificial Intelligence for the Completion of Course Work

Within this course, you may only use artificial intelligence tools (e.g., "ChatGPT") in ways that are specifically authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work.

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams

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.

Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#)

Correspondence Statement

The centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

Use of Electronic Devices

During Exams

Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. **These devices MUST either be left at home or with your belongings at the front of the room. They MUST NOT be at your test/exam desk or in your pocket. Any student found with a prohibited device will receive an automatic grade of zero on the test or exam.**

During Lectures and Tutorials

Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

Copyright and Audio/Video Recording Statement

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on Brightspace for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Grades

Where possible assignment objectives and rubrics will be posted on OWL.

Generally, students can expect some form of feedback on their performance in a course before the drop date.

- November 13th, 2024(for first term half-courses)
- November 30th, 2024(for full-year courses)
- March 7th, 2025 (for second term half-courses)

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

Rounding of Grades (for example, bumping a 79 to 80%):

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. No additional assignments will be offered to enhance a final grade; nor will requests to change a grade because it is needed for a future program be considered.

Appealing a Grade Within this Course

You have the right to appeal any grade within this course. The grounds for a grade appeal may be one or more of: medical or compassionate circumstances, extenuating circumstances beyond the student's control, bias, inaccuracy, or unfairness. All grounds advanced in a request for relief must be supported by a clear and detailed explanation of the reasons for the request together with all supporting documentation.

Appeals generally proceed in this order:

1. Course instructor (informal consultation)
2. Department Chair (submission of written request)
3. The Dean of the Faculty (submission of written request)

In the case of perceived procedural unfairness, steps 2 and 3 are carried out within the Department and Faculty offering the course. In the case of extenuating medical or compassionate circumstances that impact on a grade, steps 2 and 3 are carried out within a student's Home Department and Faculty.

A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses).