

School of Kinesiology

KIN2276A Psychology of Exercise Fall 2026

Campus Supports

Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your course instructor can also **guide you** to available campus resources and/or services.

Technical Requirements



Stable internet connection



Laptop computer

Important Dates

Classes Begin	Reading Week	Classes End	Study Day	Exam Period
September 9	October 10-18	December 9	December 10	December 11–22
September 30, 2026, is National Day for Truth and Reconciliation and is a non-instructional day November 30, 2026: Last day to withdraw from a first-term half course without academic penalty				

Contact Information

Course Instructor	Contact Information	Office Hours
Eva Pila, PhD	epila@uwo.ca Please include KIN2276 in subject line of emails, and allow 1-2 business days for response.	TBD
Teaching Assistants	Contact Information	Office Hours
TBD	TBD	TBD

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. If you need assistance, visit [OWL Brightspace Help](#) or contact the [Western Technology Services Helpdesk](#). They can be contacted by phone at 519-661-3800 or ext. 83800.

Calendar Course Description:

This course examines the psychological facilitators and barriers to exercise, the psychological benefits derived from involvement, and the psychosocial determinants associated with failure to initiate and/or adhere to exercise. Content will be presented within theoretical perspectives that explain exercise involvement, and interventions used to initiate and maintain exercise behaviour.

Pre-requisites: Kinesiology 1070A/B or the former Kinesiology 1088A/B.

*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.*

Delivery Mode: In-Person

Component	Dates	Time
Lecture	Wednesday	1:30PM – 3:30PM
Tutorial	Friday	1:30PM – 2:30PM

My Course Description

This course examines psychological theories and scientific evidence used to understand, explain, and promote physical activity and exercise behaviour. Students will explore psychological determinants and outcomes of physical activity, critically evaluate competing theoretical perspectives, and apply behavioural science principles to the design and evaluation of evidence-informed physical activity interventions. Emphasis is placed on translating theory and research into practical strategies for promoting lifelong engagement in physical activity.

Learning Outcomes

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

1. Explain major psychological theories used to understand physical activity and exercise behaviour.
2. Compare and evaluate the assumptions, strengths, limitations, and empirical support of competing theories of exercise behaviour.
3. Apply exercise psychology theories to explain real-world cases of physical activity initiation, adherence, and relapse.
4. Interpret contemporary research examining the psychological determinants, outcomes, and promotion of physical activity.
5. Design and justify theory-informed strategies to promote sustained physical activity participation and evaluate their effectiveness.

Course Content and Schedule

Week	Date	Topic	Reading	Tutorial/Assessment
1	September 9	Introduction to Exercise Psychology	Posted on Brightspace	Tutorial 1 (Sections 002, 004, 006, 008)
2	September 16	Exercise Behaviour Methods & Measurement	Posted on Brightspace	Tutorial 1 (Sections 003, 005, 010, 011)
3	September 23	Early Cognitive Theories of Exercise Behaviour	Posted on Brightspace	Tutorial 2 (Sections 002, 004, 006, 008)
4	September 30	Truth and Reconciliation Day (No Class)	None	Tutorial 2 (Sections 003, 005, 010, 011)
5	October 7	Motivational Theories of Exercise Behaviour	Posted on Brightspace	Tutorial 3 (Sections 002, 004, 006, 008)
6	October 10-18	Fall Reading Week (No Class)		
7	October 21	Contemporary Theories of Exercise Behaviour	Posted on Brightspace	Tutorial 3 (Sections 003, 005, 010, 011)
8	October 28	Midterm Exam (In-person)		No Tutorial
9	November 4	Designing Exercise Behaviour Change Interventions	Posted on Brightspace	Tutorial 4 (Sections 002, 004, 006, 008)
10	November 11	Evaluating Exercise Behaviour Change Interventions	Posted on Brightspace	Tutorial 4 (Sections 003, 005, 010, 011)
11	November 18	Affect & Physical Activity	Posted on Brightspace	Tutorial 5 (Sections 002, 004, 006, 008) Case Study Report Released
12	November 25	Mental Health Outcomes of Physical Activity	Posted on Brightspace	Tutorial 5 (Sections 003, 005, 010, 011)
13	December 2	Physical Activity, Body, and Self	Posted on Brightspace	Case Study Report Due
14	December 9	Course Integration and Final Review	Posted on Brightspace	No Tutorial

Course Materials You Must Acquire and Their Costs

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 readings (that is not also covered in lecture) will not be testable.

Assessments and Evaluation

Below is the evaluation breakdown for the course. Any deviations will be communicated.

Assessment	Format	Weight	Due Date	Flexibility	Learning Outcome
Lecture Learning Checks¹	Written responses on Brightspace (10 x 1% each)	10%	Within 24 hours of lecture (Next day at 3:30pm)	Drop lowest 3 grades	All
Tutorial Activity²	Written responses on Brightspace (5 x 4% each)	20%	Within 24 hours of tutorial (Next day at 2:30pm)	Drop lowest tutorial grade	3 and 5
Midterm Exam³	Multiple choice and short answer (paper exam)	25%	Wednesday October 28 th	Designated Assessment	All
Case Study Report⁴	Written responses on Brightspace	15%	Wednesday December 2 nd at 23:59 EST	72-hour no late penalty	3 and 5
Final Exam⁵	Multiple choice and short answer – cumulative (paper exam)	30%	TBD – Set by Registrar's Office	Not applicable	All

Notes about Assessments

- Missed lectures:** If students miss a lecture, they are required to review the posted slides and supplementary readings and/or ask another student in the class for missed content. All lecture content is testable. It will be the student's responsibility to catch up on missed lecture material. Lecture Learning Checks are designed to be submitted within lecture/tutorial time, though can be submitted up to 24 hours after lecture. Due to the built-in flexibility, all academic consideration requests will be denied for the first 3 missed Learning Checks and the first missed Tutorial Activity submission. After this, students will receive a zero for missed Lecture Checks, unless they have approved academic consideration. In these cases, grades will be re-distributed across completed Lecture Checks. There are no make-up or deadline extensions for Lecture Checks, with or without academic consideration.
- Missed tutorials:** If students miss a tutorial, they are required to review the posted slides and supplementary readings and/or ask another student in the class for missed content. All tutorial content is testable. It will be the student's responsibility to catch up on missed tutorial material. Tutorial Activities are designed to be submitted within tutorial time, though can be submitted up to 24 hours after tutorial. Due to the built-in flexibility, all academic consideration requests will be denied for the first missed Tutorial Activity submission. After this, students will receive a zero for missed Tutorial Activity submissions, unless they have approved academic consideration. In these cases, grades will be re-distributed across completed Tutorial Activities. There are no make-up tutorials or deadline extensions for Tutorial Activities, with or without academic consideration. Students must attend the tutorial they are assigned. Students must submit at least 3 Tutorial Activities to pass the course and fulfill learning objectives. If a student misses more than 3 tutorials (with or without academic consideration approval), they will be debarred from the final exam and will receive an F in the course.
- Designated assessment:** This assessment has been designated as being central to the evaluation of learning outcomes in this course. Accordingly, you must provide documentation for any absence from this evaluation. 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%).
- Students are expected to submit this assignment by the deadline listed. Should extenuating

circumstances arise, students are permitted to submit their assignment up to 72 hours past the deadline without a late penalty. No academic consideration is required for this extension. Students submitting their assessment beyond the extended deadline will receive 0. Academic consideration requests may be granted only for extenuating circumstances that **began before** the deadline and **lasted longer** than the extension.

5. Students cannot use undocumented absences for final exams.

Information about Assessments

- ✓ Students are responsible for ensuring that the correct file version is uploaded; incorrect submissions including corrupt files could be subject to late penalties (see below) or a 0
- ✓ Written assignments will be submitted to Turnitin (statement in policies below). Students will have access to Turnitin reports before your submission is graded. Students may have 2 submissions to Turnitin.
- ✓ Students must not provide medical or compassionate documentation to the instructor.
- ✓ After an assessment is returned, students need to wait 24 hours to digest feedback before contacting the instructor. Only emails received after 24 hours of assessment return will be addressed.
- ✓ Requests for regrading must include a written explanation and evidence showing how the work meets the assignment criteria or rubric. Requests without a clear justification will not be considered.
- ✓ Prior to the filing of a written request for relief, students must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If students are dissatisfied with the decision of the instructor or do not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.
- ✓ **Use of Artificial Intelligence (AI) for the Completion of Course Work.** Students may use generative AI tools (e.g., ChatGPT, Gemini, Copilot) in limited ways in this course. Unless an assignment says otherwise, students may use AI to: brainstorm ideas or possible directions, create outlines or reword your own ideas for clarity, check grammar or organization. You must not use AI to generate final answers, complete assignments for you, or replace your own thinking and analysis. Using AI in ways that are not allowed, or not declaring its use, may be treated as a scholastic offense. Students are responsible for: ensuring all information is accurate and relevant, supporting their work with course materials and appropriate sources, making sure the work reflects own thinking and judgment. Each submission should include a declarative statement with specific details about the extent of AI use (e.g., *"I did not use generative AI in the completion of this assignment."* Or *"I used generative AI to brainstorm ideas and clarify sentence structure. I take full responsibility for the work submitted."*

The table below outlines University-wide grade descriptors.

Letter grade	Number grade	Description
A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which 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	below 50	Fail

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. Please

don't ask the instructor to do this for you; the response will be "please review the course outline where this is presented".

INC (Incomplete Standing): If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work is scheduled.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup exam. If the class doesn't have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred as outlined in [Types of Examinations](#) policy

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://academicsupport.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.

Statement on Harassment and Discrimination

Western is committed to providing a learning and working environment that is free of harassment and discrimination. All students, staff, and faculty have a role in this commitment and have a responsibility to ensure and promote a safe and respectful learning and working environment. Relevant policies include Western's [Non-Discrimination/Harassment Policy](#) (M.A.P.P. 1.35) and [Non-Discrimination/Harassment Policy – Administrative Procedures](#) (M.A.P.P. 1.35). Any student, staff, or faculty member who experiences or witnesses' behaviour that may be harassment or discrimination **must report the behaviour** to the Western's [Human Rights Office](#). Harassment and discrimination can be human rights-based, which is also known as EDI-based, (sexism, racism, transphobia, homophobia, islamophobia, xenophobia, antisemitism, and ableism) or non-human rights-based (personal harassment or workplace

harassment).

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 academic considerations in this course are granted by the academic advisors in your home unit and implemented by the instructor of this course 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. If your absence relates to accommodations that are already supported by [Accessible Education](#), please work with your accessible education counsellor regarding your missed course work.

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.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the policy on [Scholastic Discipline for Undergraduate Students](#).

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).

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](#). If you think you may qualify for ongoing accommodation (e.g. separate room to write exams, flexibility with deadlines, etc.) that will be recognized in all your courses, we encourage you to visit [Accessible Education](#) for more information.

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 be referred for investigation of a Scholastic Offence, per the policy listed above. The typical first-offence penalty for possession of a prohibited device is 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>.

Academic Appeals and Scholastic Offences

Students can file a **request for relief from academic decisions** if the request is based on one or more grounds listed in the policy. Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services sections of this document.

Students may **appeal** some academic and scholastic disciplinary decisions by a Dean or their designate, to the Senate Review Board Academic (SRBA). Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services section of this document.