

Western University  
Faculty of Health Sciences  
**School of Kinesiology**

**KIN 2276F – Psychology of Exercise  
Fall 2021**

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**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available via OWL. 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. 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 in advance of each class.

## RECOMMENDED COURSE MATERIAL

Lox, C. L., Martin Ginis, K. A., Gainforth, H.L., & Petruzzello, S. J. (2019). *The psychology of exercise: Integrating theory and practice (5th ed.)*. New York, NY: Routledge.

All other recommended readings will be posted on OWL. While there are no required materials for this course, the noted textbook and readings posted on OWL can be very 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	Date Due	Time Due
Homework Activity Completion	10%	Various (TBD)	
Mini Tutorial Assignments	10%	Within 24 hours of tutorial	
Online Midterm 1	25%	Oct 2 <sup>nd</sup>	1:30 – 2:20pm
Online Midterm 2	25%	Oct 30 <sup>th</sup>	1:30 – 2:20pm
Group Research Project	30%	December 8 <sup>th</sup>	11:55pm EST

## COURSE SCHEDULE

	Dates	Tentative Topics	Recommended Readings
Week 1	Sept 8 <sup>th</sup> Sept 10 <sup>th</sup>	Introduction to Course Introduction to Exercise Psychology	Chapter 1 – Introduction to Exercise Psychology
Week 2	Sept 13 <sup>th</sup> Sept 15 <sup>th</sup> Sept 17 <sup>th</sup>	Physical Activity Epidemiology Physical Activity Epidemiology <b>No Tutorials</b>	Chapter 2 – Physical Activity Epidemiology
Week 3	Sept 20 <sup>th</sup> Sept 22 <sup>nd</sup> Sept 24 <sup>th</sup>	Exercise Behaviour Theories Exercise Behaviour Theories <b>Tutorial 1</b>	Chapter 3 – Understanding Exercise Behaviour I
Week 4	Sept 27 <sup>th</sup> Sept 29 <sup>th</sup> Oct 1 <sup>st</sup>	Exercise Behaviour Theories Exercise Behaviour Theories <b>Tutorial 1</b>	Chapter 4 – Understanding Exercise Behaviour II
Week 5	Oct 4 <sup>th</sup> Oct 6 <sup>th</sup> Oct 8 <sup>th</sup>	Exercise Interventions Exercise Interventions <b>Online Midterm 1</b>	Chapter 5 – Developing Exercise Interventions I Chapter 6 – Developing Exercise Interventions II
Week 6	Oct 11 <sup>th</sup> Oct 13 <sup>th</sup> Oct 15 <sup>th</sup>	(No Class) Thanksgiving Holiday Physical Activity & Mental Health <b>No Tutorials</b>	Posted on OWL
Week 7	Oct 18 <sup>th</sup> Oct 20 <sup>th</sup> Oct 22 <sup>nd</sup>	Physical Activity & Mental Health Physical Activity & Mental Health <b>Tutorial 2</b>	Posted on OWL
Week 8	Oct 25 <sup>th</sup> Oct 27 <sup>th</sup> Oct 29 <sup>th</sup>	Physical Activity & Mental Health Physical Activity & Mental Health <b>Tutorial 2</b>	Posted on OWL
Week 9	Nov 1 <sup>st</sup> to Nov 7 <sup>th</sup>	Fall Study Break	No assigned reading
Week 10	Nov 8 <sup>th</sup> Nov 10 <sup>th</sup> Nov 12 <sup>th</sup>	Emotional Well-Being Emotional Well-Being <b>Online Midterm 2</b>	Chapter 12 – Emotional Well-being & Exercise
Week 11	Nov 15 <sup>th</sup> Nov 17 <sup>th</sup> Nov 19 <sup>th</sup>	Self-Presentation Self-Presentation <b>No Tutorials</b>	Posted on OWL
Week 12	Nov 22 <sup>nd</sup> Nov 24 <sup>th</sup> Nov 26 <sup>th</sup>	Self-Concept and Physical Self Self-Concept and Physical Self <b>Tutorial 3</b>	Posted on OWL
Week 13	Nov 29 <sup>th</sup> Dec 1 <sup>st</sup> Dec 3 <sup>rd</sup>	Self-Concept and Physical Self Self-Concept and Physical Self <b>Tutorial 3</b>	Posted on OWL
Week 14	Dec 6 <sup>th</sup> Dec 8 <sup>th</sup>	Research Project Q&A (No Class) <b>Group Project Due</b>	None

## COVID-Related Course Policies

### Masking Guidelines

Students will be expected to wear triple layer, non-medical, paper masks at all times in the classroom as per University policy and public health directives. Students who are unable to wear a mask must seek formal accommodation through Western Accessible Education, and present medical documentation.

Students are not permitted to eat or drink while in class to ensure masks stay in place. Students will be able to eat and drink outside of the classroom during scheduled breaks.

Students unwilling to wear a mask as stipulated by Western policy and public health directives will be referred to the Dean, and such actions will be considered a violation of the student Code of Conduct.

### Course Absences due to Daily COVID Screening Questionnaire for all Courses

Missed assessments (e.g., presentations, essays, quizzes, tests, midterms, etc.) require formal academic considerations (typically self-reported absences and/or academic counselling). Methods for dealing with missed work and course content are at the discretion of the instructor and are presented in the subsequent section for this particular course. Students should be aware that some learning outcomes cannot be easily made up and may need to be completed in a subsequent year. Your instructor will provide you with further information as to how this applies within this course. Students who demonstrate a pattern of routinely missing coursework due to self-reported COVID symptoms, and therefore do not demonstrate mastery of the learning outcomes of the course, will not receive credit for the course.

### Missed Lectures, Tutorials, and Assessment Deadlines for KIN2276F

For 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.

For missed tutorials – there will be no participation marks assigned, but students are expected to complete and submit the tutorial assignment following their absence. The new submission deadline will be established by a recommendation made by academic counselling, or the time set in the self-reported absence. 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.

For a missed midterm – students are required to seek academic considerations from academic counselling or use the self-reported absence process. There will be no opportunity to re-write or make-up a missed online midterm. If a student misses online midterm 1, the weighing for midterm 1 will be re-allocated to midterm 2 (which will subsequently be worth 50%). If a student misses midterm 2, the weighing for midterm 2 will be re-allocated to their individual grade on the group project. To pass the course, students *must write at least one of the two online midterms*. Therefore, if a student misses both midterm 1 and 2 (even with academic consideration or self-reported absence), the student will not have adequately met course objectives and therefore will not be able to pass the course.

### Contingency plan for an in-person class pivoting to 100% online learning

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, 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 OWL 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. In the event that online learning is required, a stable internet connection with working microphone and webcam will be required. As has been the case in the past, the decision to pivot to online learning will be made by Western, and not individual instructors or departments (excepting temporary online instruction in the event of instructor illness).

## Course/University Policies

### 1. Statement on Use of Personal Response Systems (“Clickers”)

If Personal Response Systems (“Clickers”) are used in the course, a reference to the Guidelines for their use (Guidelines are shown below). Instructors are to communicate clearly to students information on how clickers are used including: how the student’s privacy will be protected, how clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic 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:

[https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/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 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 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.

### 3. Electronic Device Usage:

**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 of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

**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. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. 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. **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.**

### 4. Health and Wellness:

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.

### 5. 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 & Wellness* -- <http://www.health.uwo.ca/>
3. *Registrar’s Office* -- <http://www.registrar.uwo.ca/>

4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>

**6. Accommodation, Illness Reporting and Academic Considerations:**

[http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_12](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12)

### **Accommodation Policies**

Students with disabilities work with Accessible Education (formerly SSD) which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The accommodation policy can be found here: [Academic Accommodation for Students with Disabilities](#).

### **Accessible Education**

In this class, the online quizzes are timed. If you are a student with a disability and require extra time accommodation, please ensure your accommodations are active on the Accommodated Exams website <https://studentservices.uwo.ca/Accommodatedexamssignup/> for this course 10 days before each of the online quizzes is scheduled. Any accommodations posted there will be applied to your assessment.

### **Academic Consideration for Student Absence**

<https://www.uwo.ca/fhs/kin/undergrad/academic/consideration/index.html>

### **Requests for Academic Consideration Using the Self-Reported Absence Form**

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. students will be allowed a maximum of two self-reported absences between September and April and one self-reported absence between May and August;
- b. any absences in excess of the number designated in clause a above, regardless of duration, will require students to present a Student Medical Certificate (SMC), signed by a licensed medical or mental health practitioner, detailing the duration and severity of illness, or appropriate documentation supporting extenuating circumstances to the Academic Counselling unit in their Faculty of registration no later than two business days after the date specified for resuming responsibilities. Please see section 4 below for more details.
- c. The duration of the excused absence will be for a maximum of 48 hours. Students will select the allowable 48 hour period via an online portal. Students can request that the period covered include Yesterday and Today, or Today and Tomorrow. Absences are deemed to start at midnight (12:00 am) on the first requested day and end on 11:59 pm the following day;
- d. The duration of the excused absence will terminate prior to the end of the 48 hour period should the student undertake significant academic responsibilities (write a test, submit a paper) during that time;
- e. The duration of an excused absence will terminate at 8:30 am on the day following the last day of classes each semester regardless of how many days of absence have elapsed;
- f. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;
- g. Self-reporting may not be used for assessments (e.g. midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course.
- h. Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfill the

academic expectations they may have missed during the absence unless other instructions are indicated on the course syllabus. If the conditions for a Self-Reported Absence are *not* met, students will need to provide a Student Medical Certificate if the absence is medical, or provide appropriate documentation if there are compassionate grounds for the absence in question. Students are encouraged to contact their Faculty academic counselling office to obtain more information about the relevant documentation.

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for consideration on medical grounds, or for other reasons. **All documentation required for absences that are not covered by the Self-Reported Absence Policy must be submitted to the Academic Counselling office of a student's Home Faculty.**

For Western University policy on Consideration for Student Absence, see [Policy on Academic Consideration for Student Absences - Undergraduate Students in First Entry Programs](#) and for the Student Medical Certificate (SMC), see: [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf).

### Religious Accommodation

Students should consult the University's list of recognized religious holidays, and should give reasonable notice in writing, prior to the holiday, to the Instructor and an Academic Counsellor if their course requirements will be affected by a religious observance. Additional information is given in the [Western Multicultural Calendar](#).

**7. Examination Conflicts:** A student with examinations having flexible submission times (e.g., where one or more examination is a take-home examination) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as "heavy load" conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request accommodation with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online examinations, an "Examination Conflict Room," which may be assigned when a student is scheduled to write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

**8. 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.

At least three days prior to the deadline for withdrawal from a 1000- or 2000-level course without academic penalty, students will receive assessment of work accounting for at least 15% of the final grade.

- November 12th, 2021 (for first term half-courses)
- November 30th, 2021 (for full-year courses)
- March 7th, 2022 (for second term half-or full year 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</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. **This practice will not occur here.** The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

**9. Contingency Plan for an In-Person Class Pivoting to 100% Online Learning:** In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, 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 OWL 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.

**10. Online Etiquette:** Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- please "arrive" to class on time
- please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)
- ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material
- to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise
- [suggested for classes larger than 30 students] In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak
- [suggested for cases where video is used] please be prepared to turn your video camera off at the instructor's request if the internet connection becomes unstable
- unless invited by your instructor, do **not** share your screen in the meeting

The course instructor will act as moderator for the class and will deal with any questions from participants. To participate please consider the following:

- if you wish to speak, use the "raise hand" function and wait for the instructor to acknowledge you before beginning your comment or question
- remember to unmute your microphone and turn on your video camera before speaking
- self-identify when speaking.
- remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

General considerations of "netiquette":

- Keep in mind the different cultural and linguistic backgrounds of the students in the course.
- Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.
- Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment. "Flaming" is never appropriate.
- Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

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.

### **11. 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>