

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 2276F – Psychology of Exercise
Fall 2022**

<p>Instructor: Dr. Eva Pila Office: Thames Hall 4171 Email: epila@uwo.ca Phone: 519/661-2111 x80248</p> <p>Teaching Assistants: Kelsey Sick – ksick@uwo.ca Anisa Morava – amorava@uwo.ca Jade Bailey – jbaile46@uwo.ca Karen Leung – kleun253@uwo.ca Sara Stanley – sstan13@uwo.ca Vanessa Coulbeck – vcoulbec@uwo.ca</p>	<p>Lectures: Mon & Wed 1:30pm – 2:30pm Tutorials: Fri 1:30pm – 2:30pm Instruction Mode: In-Person Location: TC-141 Office Hours: Drop-in TH4171 Every Wednesday 2:30pm – 3:30pm</p>
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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.

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

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.

REQUIRED COURSE MATERIALS

You are required to use Top Hat software for this course (www.tophat.com). Top Hat will be used for recording your participation in the course (worth 5% of your grade), as well as used to facilitate in-class activities. This service is free of charge for Western students. Top Hat can be accessed with your phone or computer. You can visit the Top Hat Overview for more information on how to use Top Hat. Should you require assistance with Top Hat at any time, please contact their Support Team directly by way of email (support@tophat.com), the in-app support button, or by calling 1-888-663-5491.

To join the KIN2276F Top Hat course, visit our course website: <https://app.tophat.com/students/460139>
Course Join Code: 460139

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	Due Date	Time Due
Participation Activities			
TopHat Class Participation	5%	In-Class Within 24 hours of tutorial end (Next day 2:30pm EST) Various (TBD)	
Tutorial Homework (2% x 4)	8%		
Psychological Surveys	7%		
Midterm	20%	October 26 th	1:30-2:30pm EST
Group Research Project	25%	December 7 th 2022	11:55pm EST
Final Exam (Cumulative)	35%	TBD – Set by Registrar's Office	

The following grading scheme will be used for allocation of Top Hat grades:

- 5/5:** Top Hat response missing for ≤ 3 days
- 4/5:** Top Hat response missing for 4 or 5 days
- 3/5:** Top Hat response missing for 6 or 7 days
- 2/5:** Top Hat response missing for 8 or 9 days
- 1/5:** Top Hat response missing for 10 or 11 days
- 0/5:** Top Hat response missing for ≥ 11 days.

Note: It is your responsibility to ensure that you have access to Top Hat during each class and that the software is working properly. If you do not have access to Top Hat (e.g., forgot your computer/phone), you will lose your participation mark for that day. Also, if a case of academic misconduct related to the use of Top Hat arises, the recommended academic penalty will be 0/5 for the Top Hat grades plus an additional 5% off your total course grade.

COURSE SCHEDULE

	Dates	Tentative Topics	Recommended Readings
Week 1	Sept 9 th	Start of Classes (No Lecture or Tutorial)	
Week 2	Sept 12 th Sept 14 th Sept 16 th	Introduction to Course/Exercise Psychology Physical Activity Epidemiology Tutorial 1	Chapter 1 – Introduction to Exercise Psychology Chapter 2 – Physical Activity Epidemiology
Week 3	Sept 19 th Sept 21 st Sept 23 rd	Exercise Behaviour Theories Exercise Behaviour Theories Tutorial 1	Chapter 3 – Understanding Exercise Behaviour I
Week 4	Sept 26 th Sept 28 th Sept 30 th	Exercise Behaviour Theories Exercise Behaviour Theories Tutorial 2	Chapter 4 – Understanding Exercise Behaviour II
Week 5	Oct 3 rd Oct 5 th Oct 7 th	Exercise Interventions Exercise Interventions Tutorial 2	Chapter 5 – Developing Exercise Interventions I Chapter 6 – Developing Exercise Interventions II
Week 6	Oct 10 th Oct 12 th Oct 14 th	(No Class) Thanksgiving Holiday Exercise Interventions No Tutorials	Posted on OWL
Week 7	Oct 17 th Oct 19 th Oct 21 st	Physical Activity & Mental Health Physical Activity & Mental Health No Tutorials	Posted on OWL
Week 8	Oct 24 th Oct 26 th Oct 28 th	Physical Activity & Mental Health Midterm No Tutorials	Posted on OWL
Week 9	Oct 31 st – Nov 4 th	Fall Study Break	No assigned reading
Week 10	Nov 7 th Nov 9 th Nov 11 th	Affect & Emotional Well-Being Affect & Emotional Well-Being Tutorial 3	Chapter 12 – Emotional Well-being & Exercise
Week 11	Nov 14 th Nov 16 th Nov 18 ^h	Personality Personality Tutorial 3	Posted on OWL
Week 12	Nov 21 rd Nov 23 th Nov 25 ^h	Self-Presentation Self-Presentation Tutorial 4	Posted on OWL
Week 13	Nov 28 th Nov 30 th Dec 2 nd	Self-Concept and Physical Self Self-Concept and Physical Self Tutorial 4	Posted on OWL
Week 14	Dec 5 th Dec 7 th	Research Project Q&A (No Class) Group Research Project Due	None

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 tutorial or homework assignment – students are expected to complete and submit the tutorial and homework assignment(s) 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.

For a 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 online midterm. If a student misses the midterm, the grade allocation will be re-allocated to the final exam (which will subsequently be worth 55%).

Course/University Policies

1. The website for Registrarial Services is <http://www.registrar.uwo.ca>.

In accordance with policy, 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 his/her official university address is attended to in a timely manner.

2. 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, in the [Academic Calendar \(westerncalendar.uwo.ca\)](http://westerncalendar.uwo.ca).

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.

3. 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 during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

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.

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.

Personal Response Systems (“clickers”) may be used in some classes. For those classes in which we use this technology, it is your responsibility to ensure that the device is activated and functional. You must speak with the course instructor immediately, if you have any concerns about whether or not your clicker is malfunctioning.

You must use only your own clicker. For all components of this course in which clicker records are used to compute a portion of the grade:

- The use of somebody else's clicker in class constitutes a scholastic offence;
- The possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offense

4. Academic Considerations and Absences from Lectures and Assessments

Religious Accommodation

When a course requirement conflicts with a religious holiday that requires an absence from the University or prohibits certain activities, students should request (in writing) any necessary academic considerations at least two weeks prior to the holiday to the academic counsellors in their Home Department. Additional information is provided in the [Western Multicultural Calendar](#).

Academic Accommodation

Please contact the course instructor if you require lecture or printed material in an alternate format or if any other arrangements can make this course more accessible to you. Students with ongoing accommodation needs within this course are also encouraged to contact [Accessible Education](#), which provides

recommendations for accommodation based on medical documentation or psychological and cognitive testing. The policy on Academic Accommodation for Students with Disabilities can be found [here](#).

Academic Consideration

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances that are medical or compassionate in nature. These extenuating circumstances may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. In all cases, students are advised to consult with the academic counsellors in their home units, at their earliest opportunity. Academic counsellors may refer students to [Accessible Education](#) for ongoing academic accommodations.

Most forms of academic consideration require documentation, and this documentation is to be submitted to academic counsellors within five (5) business days of their return to academic responsibilities. Any such 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](#). Once the petition and supporting documents have been received and assessed, appropriate academic considerations shall be determined by academic counseling, in consultation with the student's instructor(s). Academic considerations may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty. Academic considerations shall be granted only where the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. (Note – it will not be sufficient to provide documentation indicating simply that the student “was seen for a medical reason” or “was ill.”).

Whenever possible, students who require academic considerations should provide notification and documentation in advance of due dates, examinations, etc. Under no circumstances are students expected to submit rationales for (or documentation of) any absences, to course instructors. Students are, however, required to follow-up with course instructors, in a timely fashion, to identify the ways in which the academic consideration will be implemented.

Examination Conflicts

A student completing tests or examinations with flexible submission times (e.g., where one or more evaluation is a take-home assessment) 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 academic considerations with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online tests and examinations, use of a “Conflict Room,” wherein student can write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

5. 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 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

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.

6. 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>.

7. 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 12th, 2022 (for first term half-courses)
- November 30th, 2022 (for full-year courses)
- March 7th, 2023 (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 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. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

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)

8. Support Services

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.

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

Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>

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

9. 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>