

School of Kinesiology
Faculty of Health Sciences
Western University

KIN 3474B
Psychological Interventions in Sport, Exercise and Injury Rehabilitation
Winter 2018- Term 2

Instructor: Dr. Craig Hall **Office:** Thames Hall 4161
Location: FIMS & Nursing 1240 **Phone:**
Lectures: M/W/F 2:30PM-3:30PM

Delivered? How Are Psychological Interventions Delivered? Which Intervention Technique Should Be Delivered?

- Chapter 3 *Expertise and Psychological Interventions*: Introduction, Expertise in Sport, Deliberate Practice, Deliberate Imagery Practice
- Chapter 4 *Modeling*: Introduction, Modeling in Sport, Modeling in Exercise, Modeling in Sport Injury Rehabilitation, Special Considerations in Injury Rehabilitation
- Chapter 5 *Goal Setting*: Introduction, Goal Setting in Sport, Goal Setting in Exercise, Goal Setting in Injury Rehabilitation
- Chapter 6 *Imagery*: Introduction, Imagery in Sport, Imagery in Exercise, Imagery in Sport In-CASport III 0 0 1 90.3m[S]-3(port)-apter 5

Course Textbook

Hall, C., Duncan, L., & McKay, C. (2014). *Psychological interventions in sport, exercise & injury rehabilitation*. Dubuque, IA: Kendall Hunt.

Course Grading

The total course mark will be derived from the following:

https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf

3. **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. 15% of course grades will be posted by the last day to drop a course.

A+	90-100	<i>One could scarcely expect better from a student at this</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>

4. **Scholastic offences:**

**This policy does NOT*

apply to mid-term examinations. There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

7. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

8. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general stand