

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

**KIN 3474B - Psychological Interventions in Exercise,  
Sport and Injury Rehabilitation  
Winter 2020**

<b>Instructor:</b> Dr. Craig Hall <b>Office:</b> Arts & Humanities Bldg Rm 3R02A <b>Email:</b> chall@uwo.ca <b>Phone:</b> 519/661-2111 x88388 <b>Office Hrs:</b> By appointment  <b>TAs:</b>  @uwo.ca  @uwo.ca	<b>Lectures:</b> MoWeFr 2:30pm - 3:30pm  <b>Room:</b> FIMS & Nursing Bldg Rm 1250
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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):**

This course is designed to increase the student's understanding of the psychological interventions that can be employed to increase participation and performance in various physical activity settings.

**Antirequisite(s):** Kinesiology 3371B (001) 2008-09 and 2009-10.

**Extra Information:** 3 lecture hours.

*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*

Chapter 2 *Delivering Psychological Interventions*: Introduction Who Delivers Psychological Interventions? Where Are Psychological Interventions 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 Injury Rehabilitation

Chapter 7 *Self-Talk*: Introduction, Self-Talk in Sport, Self-Talk in Exercise, Self-Talk in Injury Rehabilitation

Chapter 8 *Biofeedback*: Introduction, Biofeedback in Sport, Biofeedback in Exercise, Biofeedback in Injury Rehabilitation

Chapter 9 *Coping with Self-Presentational Concerns*: Introduction, Self-Presentation in Sport, Self-Presentation in Exercise, Self-Presentation in Injury Rehabilitation

Chapter 10 *Coping with Emotions in Sport*: Introduction, Consequences of Emotions, Coping Strategies in Sport, Coping Interventions, Measuring Emotions and Coping Strategies

Chapter 11 *Group Interventions in Exercise*: Introduction, Advantage of Group Interventions in Exercise, Why Do Exercise Groups Work? The Role of Cohesion in the Success of Exercise Groups, Approaches to Team Building in Exercise Groups, Special Considerations for Implementing Team-Building Strategies in Exercise

Chapter 12 *Fear of Re-Injury*: Introduction, Kinesiophobia, Return to Play, Fear and Injury Risk, Interventions for Re-



**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 –**

- 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 dur