

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

**KIN 2276F Psychology of Exercise  
Fall 2020**

<p><b>Instructor:</b> Dr. Eva Pila  <b>Office:</b> Arts &amp; Humanities Bldg Rm 3G12  <b>Email:</b> <a href="mailto:epila@uwo.ca">epila@uwo.ca</a>  <b>Phone:</b> 519/661-2111 x80248</p> <p><b>Teaching Assistants:</b>  Kelsey Sick - <a href="mailto:ksick@uwo.ca">ksick@uwo.ca</a> (Lead TA)  Giuseppe Capuano - <a href="mailto:gcapuano@uwo.ca">gcapuano@uwo.ca</a>  Brett Carter - <a href="mailto:bcarte5@uwo.ca">bcarte5@uwo.ca</a>  Anisa Morava - <a href="mailto:amorava@uwo.ca">amorava@uwo.ca</a>  Isabella Randall - <a href="mailto:irandall@uwo.ca">irandall@uwo.ca</a>  Siobhan Smith - <a href="mailto:ssmith2022@meds.uwo.ca">ssmith2022@meds.uwo.ca</a></p>	<p><b>Lectures:</b> MoWeFr 1:30pm - 2:20pm</p> <p><b>Instruction Mode:</b> Online</p> <p><b>Office Hours:</b> Virtual Drop-In Wednesdays 2:30 - 3:30pm</p>
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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, and intervention strategies used to stimulate and/or maintain involvement in exercise and physical activity.

*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 format will consist of synchronous (i.e., live) lectures, which will be recorded and posted online for students to access. 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.

Any other required or recommended readings will be posted on OWL.

## COURSE EVALUATION

Component	Grade Value	Date Due	Time Due
Homework Activity Completion	10%	Various (TBD)	
Online Quiz 1	20%	Oct 2 <sup>nd</sup>	11:59pm EST
Online Quiz 2	20%	Oct 30 <sup>th</sup>	11:59pm EST
Online Quiz 3	20%	Dec 4 <sup>th</sup>	11:59pm EST
Group Research Project	30%	December 9 <sup>th</sup>	11:59pm EST

## COURSE SCHEDULE

	Dates	Tentative Topics
Week 1	Sept 9 <sup>th</sup> Sept 11 <sup>th</sup>	Introduction to Course Introduction to Exercise Psychology
Week 2	Sept 14 <sup>th</sup> Sept 16 <sup>th</sup> Sept 18 <sup>th</sup>	Physical Activity Epidemiology Physical Activity Epidemiology Physical Activity Epidemiology
Week 3	Sept 21 <sup>st</sup> Sept 23 <sup>rd</sup> Sept 25 <sup>th</sup>	Exercise Behaviour Theories Exercise Behaviour Theories Exercise Behaviour Theories
Week 4	Sept 28 <sup>th</sup> Sept 30 <sup>th</sup> Oct 2 <sup>nd</sup>	Exercise Behaviour Theories Q & A Session (No Lecture) <b>Quiz 1</b>
Week 5	Oct 5 <sup>th</sup> Oct 7 <sup>th</sup> Oct 9 <sup>th</sup>	Exercise Interventions Exercise Interventions Exercise Interventions
Week 6	Oct 12 <sup>th</sup> Oct 14 <sup>th</sup> Oct 16 <sup>th</sup>	No Class (Thanksgiving Holiday) Physical Activity & Mental Health Physical Activity & Mental Health
Week 7	Oct 19 <sup>th</sup> Oct 21 <sup>st</sup> Oct 23 <sup>rd</sup>	Physical Activity & Mental Health Physical Activity & Mental Health Stress & Stress Reactivity
Week 8	Oct 26 <sup>th</sup> Oct 27 <sup>th</sup> Oct 30 <sup>th</sup>	Stress & Stress Reactivity Q & A Session (No Lecture) <b>Quiz 2</b>
Week 9	Nov 2 <sup>nd</sup> to Nov 6 <sup>th</sup>	Fall Study Break

Week 12

Nov 23<sup>rd</sup>

Nov 25<sup>th</sup>

Nov 27<sup>th</sup>

Self-





without academic penalty

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.

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

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)