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You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

**Statement on Prerequisite Checking**

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.**

## **My Course Description**

The student will become familiar with the latest theory and research from the following four domains (pillars).

### **A. Sport Psychology**

- Motivation
- Personality
- Aggression
- Group Dynamics (Cohesion)
- Leadership
- Social Facilitation

### **B. Exercise Psychology**

- Factors in exercise behaviour: Compliance and adherence
- Measuring exercise behavior
- Theoretical models of exercise behaviour
- Innovative ways to increase exercise behaviour
- Personal and environmental factors that contribute to sitting too much
- Measuring sedentary behaviour
- Theoretical models of sedentary behaviour
- Innovative ways to reduce sedentary behaviour

### **C. Health Psychology**

- Psychological (cognitive function, mood, and other emotion) effects of acute exercise
- Psychological health consequences (dementia, depression, anxiety, quality of life, stress) of exercise
- Behavioral health consequences (sleep, smoking cessation, disordered eating, muscle dysmorphia, obligatory compulsiveness) of exercise
- Mental health consequences of sedentary behaviour

### **D. Rehabilitation Psychology**

- Psychological variables as predictors of Injury occurrence
- Psychological variables in the prevention of Injury occurrence
- Psychological response to injury
- Psychological aspects of the rehabilitation process

## **Learning Outcomes/Schedule:**

Upon completion of this course, students will be able to:

1. Explain theoretical terms, concepts, and philosophies related to the psychology of human movement science
2. Analyze theoretical approaches to the psychology of human movement science
3. Synthesize research and theoretical knowledge as it relates to the psychology of human movement science
4. Critically reflect your learning of the psychology of human movement science

**Required Course Material:**

All required readings will be posted on OWL.

**Course Evaluation:**

Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances. There is no make-up for those who miss the midterm exam. The final exam will be re-weighted accordingly for those who have appropriate documentation for missing the midterm exam.

**Course Evaluation Summary:**

|                  |                          |
|------------------|--------------------------|
| 1. Assignments   | 30% (see schedule below) |
| 2. Mid Term Exam |                          |

## Course/University Policies

1.





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 13th, 2023 (for first term half-courses)

November 30th, 2023 (for full-year courses)

March 7th, 2024 (for second term half-or full year courses)

|    |        |                                                                |
|----|--------|----------------------------------------------------------------|
| A+ | 90-100 | One could scarcely expect better from a student at this level  |
| A  | 80-89  | Superior work that is clearly above average                    |
| B  | 70-79  | Good work, meeting all requirements and eminently satisfactory |
| C  | 60-69  |                                                                |

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