

KINESIOLOGY 2276F
Introduction to Exercise Psychology

Dr. Craig Hall

Graduate Assistants: TBA

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Note: Course information (e.g., assignment, grades) is available via OWL. Check the website regularly for course announcements.

Course Description

involvement in exercise and physical activity.

Course Content

- 1) Chapter 1, Introduction: what is exercise psychology, why study exercise psychology, reasons to exercise, barriers to exercise
- 2) Chapter 2, Physical Activity Epidemiology: physical activity participation patterns, consequences of physical activity and inactivity
- 3) Chapter 5, Social Influences on Exercise: defining social influence and social support, research on the relationship between social support and physical activity, research on individual and group influences on exercise, practical recommendations
- 4) Chapter 6, Physical Activity Approaches to Increasing Physical Activity: informational approaches to increasing physical activity, behavioral approaches to increasing physical activity, imagery interventions, social approaches to increasing physical activity
- 5) Chapter 7, Personality and Exercise: defining personality, approaches to the study of personality and exercise
- 6) Chapter 8, Self-Perceptions and Exercise: defining self-concept, self-esteem and body image, measurement, influence of exercise on self-perceptions

- 8) Chapter 10, Anxiety and Exercise: defining anxiety, measuring anxiety, research on exercise and anxiety

1. **Lateness/Absences:** Assignments are due at the end of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or

review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking 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 (<http://www.turnitin.com>)

imposed, and set out the disciplinary procedures that the University will follow. For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

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

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>