

# Psychological Interventions is Sport, Exercise, and Injury Rehabilitation

KIN 3474 Summer 2017 Distance Studies Office: SH2360E

### Course Outline

Instructor: Dr. Vincent Liardi Email: vliardi2@uwo.ca

Office Hours: By Appointment

#### 1. Course Information

Description: The course is designed to increase the student's understanding of the psychological interventions that can be employed to increase participation, performance, and overall well-being in various physical activity settings. Distance Studies, 0.5 course.

*Prerequisites*: Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record. 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. For further information regarding prerequisites or antirequisites please visit www.westerncalendar.uwo.ca.

#### 2. Learning and Teaching Activities

#### 2.1 Is This Course For You?

This class will be taught through Distance Studies (Online). The format for this course will be largely self-directed. If you're A) not interested in the course content (and enrolled in the course "just to take it") or b) not interested in keeping up with the readings, which will include but not be limited to the course textbook and a few academic publications, then I suggest dropping the course. Otherwise, if the content intrigues you and you don't mind reading over the summer, this course is for you!

## 2.2 Textbook

Required Textbook

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-Injury Anxiety, How It Is Measured

Assignments:

You are required to com