

School of Kinesiology
Faculty of Health Sciences
Western University

KIN 2276F
Introduction to Exercise Physiology
Fall 2017- Term 1

Instructor: Dr. Craig Hall
Location: Somerville House 3345
Lectures: M/W/F 1:30PM-

- 4) Chapter 6, Physical Activity Interventions: changing people's perceptions about exercise, 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, influence of self-perceptions on exercise behavior
- 7) Chapter 9, Stress, Stress Reactivity and Exercise: definition of stress, stress response, measurement, exercise and stress research
- 8) Chapter 10, Anxiety and Exercise: defining anxiety, measuring anxiety, research on exercise and anxiety
- 9) Chapter 11, Depression and Exercise: mental health versus mental illness, defining and measuring depression, research on exercise and depression
- 10) Chapter 12, Emotional Well-Being and Exercise: defining and measuring emotional well-being, research on affective response to exercise, negative psychological effects of exercise on emotional well-being

Course Textbook

Lox, C. L., Martin Ginis, K. A., & Petruzzello, S. J. (2014). *The psychology of exercise: Integrating theory and practice (4th ed.)*. Scottsdale, AZ: Holcomb Hathaway Publishers.

Course Research Project (Assignment)

Each student is required to complete the research project. Details regarding the project will be provided early in the semester.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed,