

School of Kinesiology
Faculty of Health Sciences
Western University

KIN 1070A ð Psychology of Human Movement Science
Semester: Fall Sept-Dec 2018

Instructor: Scott Rollo
Location: HSB-40
Lectures: Monday, Wednesday,
Friday 8:30 am ð 9:30 am
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Office Hours: TBA
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Teaching Assistants (TAs):
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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 Description:

¥ To obtain basic knowledge in the psychology of human movement science research.

The students will become familiar with the latest theory and research from the four domains (pillars) of sport psychology, exercise psychology, health psychology, and rehabilitation psychology; as well as theoretical models of sedentary behaviour and innovative ways to reduce sedentary behaviour.

A. Sport Psychology

Motivation
Personality
Aggression
Group Dynamics (Cohesion)
Leadership

B. Exercise Psychology

Factors in exercise behavior
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 Objectives:

Upon completion of this course students will be able to:

1. Identify and delineate theoretical terms, concepts, and philosophies related to the psychology of human movement science
2. Compare and contrast 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. Further develop abilities to *critically reflect* upon own learning of the psychology of human movement science

Anti-requisite(s)/Pre-requisite(s)/Co-requisite(s) if applicable:

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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. Lack of a pre-requisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed.

Course Format:

Day (Lecture time: Monday, Wednesday, Friday 8:30 am Ð 9:30 am; Assignments: TBA; Labs: nil)

Recommended Text: NOT applicable

Required Course Material:

All required readings will be posted on OWL

Course Evaluation Summary:

1. Assignments (x4)	25% TBA
2. Mid Term Exam	25% TBA
3. Final Exam	40% TBA
4. Lab Component/PA ProtŽgŽ Experience	10% (5% for participation; 5% for year-end brief essay)

DISTRIBUTION OF STUDENT LOAD

Lectures: 3 hour
Seminar/Lab: Nil
Private study: 3-5 hours per week

Deadline dates (e.g., assignments). Students will receive a grade of zero for submitting their assignment after the due date (unless there is a medical or personal reason that is beyond his/her control). Students who miss the mid-term tests or final exam must present a medical certificate to the course leader within 7 days. Missed mid-term tests marks will be carried over to the final exam mark. For those who miss the final exam, a make-up final exam will likely be given.

Course/University Policies

1. Lateness/Absences: Assignments are due at the beginning 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. Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons will result in a grade of zero (0). Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. Written documentation: Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counselling Office* of the student's Faculty/School of registration not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.

3. Grades: Where possible assignment objectives and rubrics will be posted online. 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.

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	(Competent work, meeting requirements)
D	50-59	(Fair work, minimally acceptable)
F	<50	(Fail)

4. Scholastic offences: They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers might be subject to submission for textual similarity 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>)

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating

5. Formatting (*as recommended by the course instructor*): example - APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the Examination Conflict policy, a student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor. **This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam.

~~Supplies for mid-term examinations will be available for purchase from the University Bookstore (located at 100 University Ave., 3rd floor, room 301) from 9:00 am to 5:00 pm on the day of the examination. The deadline for purchase is 24 hours before the examination. The deadline for purchase is 24 hours before the examination. The deadline for purchase is 24 hours before the examination.~~

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, 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. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>