

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 1070A - Psychology of Human Movement Science
Fall 2020**

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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 Injur590 G[()] 203.85 Tm4D 3/Lang (en-Ut)CID 36/7E4-9(y)28(c)0

Academic Consideration for Student Absence

<https://www.uwo.ca/fhs/kin/undergrad/academic/consideration/index.html>

Students will have up to two (2) opportunities during the regular academic year to use an on-line portal to self-report an absence during the term, provided the following conditions are met: the absence is no more than 48 hours in duration, and the assessment for which consideration is being sought is worth 30% or less of the student's final grade. Students are expected to contact their instructors within 24 hours of the end of the period of the self-reported absence, unless noted in the syllabus. Students are not able to use the self-reporting option in the following circumstances:

- for exams scheduled by the Office of the Registrar (e.g., December and April exams)
- an absence of a duration greater than 48 hours,
- assessments worth more than 30% of the student's final grade,
- if a student has already used the self-reporting portal twice during the academic year

If the conditions for a Self-Reported Absence are *not* met, students will need to provide a Student Medical Certificate if the absence is medical, or provide appropriate documentation if there are compassionate grounds for the absence in question. Students are encouraged to contact their Faculty academic counselling office to obtain more information about the relevant documentation.

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for consideration on medical grounds, or for other reasons. **All documentation required for absences that are not covered by the Self-Reported Absence Policy must be submitted to the Academic Counselling office of a student's Home Faculty.**

For the University's policy on Consideration for Student Absence, see [the University's Policy on Academic Consideration for Student Absences - Undergraduate Students in First Entry Programs](#)

For the Student Medical Certificate (SMC), see: https://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf.

Religious Accommodation

Students should consult the University's list of recognized religious holidays, and should give reasonable notice of absence.

8. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. 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.

At least three days prior to the deadline for withdrawal from a 1000- or 2000-level course without academic penalty, students will receive assessment of work accounting for at least 15% of the final grade.

November 12th, 2020 (for first term half-courses)

November 30th, 2020 (for full-year courses)

March 7th, 2021 (for second term half-or full year courses)

A+	90-100	<i>One could scarcely expect better from a student at this level</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70	

self-identify when speaking.

remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

General considerations of “netiquette”: