

EASTERN ILLINOIS UNIVERSITY
College of Education and Professional Studies
Kinesiology and Sports Studies Department
KSS 3720 – Exercise Psychology

INSTRUCTOR: Tyler Masters, Ph.D. **OFFICE:** 2220 Lantz
OFFICE HOURS: M/W 10:00-11:30am T/R 9:00-10:30 a.m. * By appointment
TELEPHONE: 581-8580 **EMAIL:** tjmasters@eiu.edu

D2L: All relevant course information will be available through D2L. If you have not accessed D2L before, go to the EIU homepage and click on the D2L link. Instructions are given for accessing and using your password and username on the D2L page.

TEXTBOOK: Lox, C., Martin Ginis, K., & Petruzzello, S. (2010). *The Psychology of Exercise: Integrating Theory and Practice* (3rd ed.). Scottsdale, AZ: Holcomb Hathaway Publishers.

COURSE DESCRIPTION: This course is designed to provide students with an understanding of the psychological factors related to participation in physical activity. Students will be exposed to the psychological predictors of exercise initiation and adherence, the effect of physical activity participation on mental well-being, negative factors associated with physical activity (i.e., dependence, steroid use), and intervention techniques to enhance the overall physical activity experience.

COURSE OBJECTIVES: Throughout the duration of this course, the student will:

- Identify the main psychological predictors of physical activity participation.
- Describe the effect of participation in physical activity on mental well-being.
- Apply psychological techniques to increase adherence of physical activity participants.
- Identify the antecedents and consequences of body image concerns, and exercise dependence
- Determine the characteristics and diagnostic characteristics of clinical problems related to physical activity
- Describe the individual and environmental correlates of physical activity
- Analyze the effectiveness of community interventions attempting to increase exercise participation.
- Encourage Self-Awareness and reflection among the students.

METHOD OF EVALUATION:	Exams (3):	300 points	A = 90.0-100.0%
	Assignments (2):	150 points	B = 80.0-89.9%
	Student Engagement:	<u>50 points</u>	C = 70.0-79.9%
	Attendance		D = 60.0-69.9%
	Total Points:	500 points	F ≤ 59.9%

***Cell Phones in class ± 10 points**
******* No late assignments will be accepted*******

**STUDENT
SUCCESS:**

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

As an educator it is my job to provide you with information and to assist in the development of your ability to assess and apply the information from this class. My job is to open the door, but you as students have to walk through it. It is your responsibility to take the initiative to research, read, study, plan, prepare, think critically, and to ask for help if needed. I am more than willing to help you, but you must ask for assistance or guidance prior to assignment due dates and before the end of the semester! Together, as a class, we can be successful.

EXAMS:

There will be three exams covering the readings and lectures. All exams will be given in class.

NOTE:

If you have any special needs as addressed by the Americans Disability Act and need course materials in an alternative manner, notify me immediately. Reasonable efforts will be made to accommodate your needs.

ATTENDANCE AND PARTICIPATION POLICY:

Attendance is required for successful completion of the course. Attendance will be taken at the beginning of each class. If you arrive late it is your responsibility to check with me at the end of class to make sure that you are marked as present. Continually arriving late and leaving early is disruptive and disrespectful to your classmates and the professor. If this behavior continues it will affect your grade- if you have a scheduling problem it is your responsibility to see me immediately.

Absences. You are allowed **THREE** absences (**i.e., MENTAL HEALTH DAYS**©) during the semester without a grade penalty. For each absence beyond the third you will lose 5%/25pts of your grade.

Late work will **NOT** be accepted unless there is a University Approved Excuse with appropriate documentation and/or arrangements have been made with me **prior** to class.

Missed material and deadlines. It is the responsibility of the student to contact fellow students regarding material missed and to catch up prior to our next class. You will need to keep up with class material and discussions to be successful with assignments. Students must ensure that all assignments are received by their deadlines. Do not email me and ask “Did I miss anything?”- I will not be writing a class summary.

ACADEMIC CONDUCT

All phones should be turned off unless prior arrangements have been made. Students are required to behave appropriately during class. Students who do not behave appropriately during class (e.g., talking to other students, texting, using IM, having Facebook open, reading newspapers, not respecting others) will be asked to stop, may have the device taken from them, and/or be asked to leave the room. If the behavior continues the student will be asked to leave and an absence will be recorded. Continued poor conduct will result in failing the course. In addition, all communication via phone, email, or in class with the professor and/or class mates should be professional and respectful.

ACADEMIC HONESTY (ZERO TOLERANCE):

Academic dishonesty will not be tolerated. Academic dishonesty includes plagiarism (e.g., using any part of another student or person's work and claiming it is your own/not correctly referencing material, using another person's ideas, or sharing papers), cheating on a test (e.g., using notes, looking at another's work), and/or lying (e.g., saying you completed the paper in time when you did not, not being truthful if confronted about any dishonest act).

Students (all parties involved i.e. the paper copier and the lender of the paper) suspected of academic dishonesty will be immediately and directly referred to necessary parties for investigation as noted in the University's Code of Student Conduct. All parties will immediately earn a zero on the assignment in question. Students found guilty run the risk of being formally charged, receiving a grade of F for the course, and/or dismissal from the University.

OFFICE OF DISABILITY SERVICES (ODS) STATEMENT FOR PERSONS WITH DISABILITIES:

In conjunction with the overall mission of Eastern Illinois University, the Office of Disability Services (ODS) is committed to facilitating the provision of equal access and opportunity to all campus programs and services for students with disabilities. Through collaboration and support of the entire campus community, ODS promotes universally accessible design principles, so that everyone has access to university life.

This course outline is subject to change but will be discussed with the students.

COURSE OUTLINE

<u>Week One</u>	Syllabus, introduction to course Chapter 1 (Introduction)
<u>Week Two</u>	Chapter 2 (Physical Activity Epidemiology) Chapter 3 (Theory of Reasoned Action/ Planned Behavior)
<u>Week Three</u>	Jan. 21 st MLK's Birthday (No class) Chapter 3 (Self-Determination Theory)
<u>Week Four</u>	Chapter 3 (Self-Efficacy Theory) Chapter 4 (Transtheoretical Model)
<u>Week Five</u>	Monday, February 4th Exam #1– Chapters 1, 2, 3, 4 Behavior Change Assignment Introduction
<u>Week Six</u>	Chapter 11 (Anxiety)
<u>Week Seven</u>	Chapter 14 (Cognitive Functioning) Chapter 13 (Emotional Well-being)
<u>Week Eight</u>	Chapter 10 (Stress) Outside Information (Sleep)
<u>Week Nine</u>	Chapter 7 (Personality) Wednesday, March 6th Exam #2 - Chapters Environmental, 7, 10, 11-14
<u>Week Ten</u>	Spring Break
<u>Week Eleven</u>	Chapter 5 (Social Influence) Chapter 8 (Self-esteem) Behavior Change Assignment Due (March 20, 2013)
<u>Week Twelve</u>	Chapter 9 (Body Image) Anorexia Nervosa/Bulimia Nervosa Body Image Paper Introduction
<u>Week Thirteen</u>	Information outside textbook (Obesity Stigmatization)
<u>Week Fourteen</u>	Information outside textbook (Exercise Dependence) Exercise Dependence
<u>Week Fifteen</u>	Information outside textbook (Muscle Dysmorphia)
<u>Week Sixteen</u>	Chapter 6 (Social/Environmental Interventions) (Informational/Behavioral Interventions) Body Image Paper Due (April 22, 2013)

Final Exam: Wednesday, May 1st, 10:15 a.m. -12:15 p.m.
Partially Comprehensive Final Exam