

EASTERN ILLINOIS UNIVERSITY
College of Education and Professional Studies
Kinesiology and Sports Studies Department
KSS 3720 – Exercise Psychology
Summer 2013 Online May 13- June 8

INSTRUCTOR: Tyler Masters, Ph.D. **OFFICE:** 2220 Lantz

OFFICE HOURS: Via e-mail or by appointment

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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. The entirety of this course will be facilitated via D2L.

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 online 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):	100 points	B = 80.0-89.9%
	Student Engagement	50 points	C = 70.0-79.9%
	Discussion Posts	_____	D = 60.0-69.9%
	Total Points:	450 points	F ≤ 59.9%

******* 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. Because this is a four week summer class delivered online, it is my expectation that you will stay on top of your assignments and due dates. 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 delivered via D2L at the assigned times and dates (see course outline). Each exam will have a time limit and as such you will be expected to know the material. You will not have the time necessary to search through your notes and/or text book.

STUDENT ENGAGEMENT: Students will be expected to participate in the professor/student discussion posted on the D2L. Each day I will pose a question to the class via D2L and I will expect each student to respond to that question as well as others posed by the class. Due to the online delivery of this class, contributing to the discussion in such a fashion that mirrors that of traditional delivery methods is important in ensuring a valid learning environment.

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:

Due to the online delivery of this class, there is no attendance policy. However there are specific due dates for each assignment and there are allotted times for each exam. If for some reason there is a valid explanation for the need to alter a due date, those will be considered on an individual as need determines basis.

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. You will need to keep up with class material in order to be successful with assignments. Students must ensure that all assignments are received by their deadlines. Do not email

me and ask “Did you get my assignment?” after the submission time. I will encourage each of you to submit the 2 assignments needed for this class both to D2L and my e-mail address.

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.

COURSE OUTLINE

<p>Section 1: May 13-May21</p> <p>Exam 1 (100 pts.): May 21, 2013 6:00-6:50 pm on D2L Chapter 1-4</p>	<p>Syllabus, introduction to course Chapter 1 (Introduction) Chapter 2 (Physical Activity Epidemiology) Chapter 3 (Theory of Reasoned Action/ Planned Behavior) Chapter 3 (Self Determination Theory) Chapter 3 (Self-Efficacy Theory) Chapter 4 (Transtheoretical Model)</p> <p>Assignment: Begin Behavior Change Assignment (50 pts.) This assignment takes 2.5 weeks so begin it May 13th (2.5 weeks). See D2L Assignments section for description. Due: May 31, 2013, e-mailed to D2L and tjmasters@eiu.edu</p>
<p>Section 2: May 22-May 29</p> <p>Exam 2 (100 pts.): May 28, 2013 6:00-6:50 pm on D2L Ch. 10-14 & Outside PP's</p>	<p>Chapter 11 (Anxiety) Chapter 14 (Cognitive Functioning) Chapter 13 (Emotional Well-being) Chapter 10 (Stress) Insomnia (Outside Information PP)</p> <p>Assignment: Body Image Paper (50 pts.) This is a 2-4 page paper that requires you to evaluate either a print or media advertisement. See Assignments section in D2L for description. Due: June 4, 2013, e-mailed to D2L and tjmasters@eiu.edu</p>
<p>Section 3: May 30-June 6</p> <p>Exam 3 (100 pts.): June 6, 2013 6:00-6:50 pm on D2L Partially comprehensive with emphasis on Ch. 5, 6, 8, 9 and outside PP's</p>	<p>Assignments Due: Behavior Change (May 31, 2013 by 11:59pm) Body Image Paper (June 4, 2013 by 11:59pm)</p> <p>Chapter 5 (Social Influence) Chapter 8 (Self-esteem) Chapter 9 (Body Image) Anorexia Nervosa/Bulimia Nervosa (Outside Information PP) Obesity Stigmatization (Outside Information PP) Exercise Dependence (Outside Information PP) Muscle Dysmorphia (Outside Information PP) Chapter 6 (Social/Environmental Interventions)</p>