

EASTERN ILLINOIS UNIVERSITY
College of Education and Professional Studies
Kinesiology and Sports Studies Department
PED 3720 001 – Exercise Psychology

INSTRUCTOR: Dr. Brent Walker OFFICE: 2220 Lantz

OFFICE HOURS: MW 10:00 a.m.-12:00 p.m. W 1:00-2:00 p.m.

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

TEXTBOOK: Carron, A. V., Hausenblas, H. A., & Estabrooks, P. A. (Eds.) (2003). *The Psychology of Physical Activity*. Burr Ridge, IL: McGraw Hill.

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.

METHOD OF EVALUATION:	Exams (3):	300 points	A = 360-400
	TurningPoint/Assignments:	<u>100 points</u>	B = 320-359
	Total Points	400 points	C = 280-319
			D = 240-279
			F ≤ 239

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.
TURNINGPOINT STATEMENT	TurningPoint is the EIU campus standard for student response systems. As part of this class I require the student to purchase a TurningPoint clicker from the Bookstore. The purpose of this clicker is so that I can integrate with PowerPoint in order to do class polling, take attendance, complete learning checks, get feedback about what is being discussed, and testing. Please be sure to register your clicker when you purchase or register your clicker on WebCT 8 at the following address: http://www.eiu.edu/~cats/clickerRegistration/survey.php .
LEARNING CHECKS:	The response system clickers with TurningPoint will be utilized throughout the class. Although there is no attendance policy in the class, it is expected that you will regularly attend class and participate in the discussions. TurningPoint will be utilized to gather student input as well as check the learning of material through quizzes. If you are not in class to complete the quizzes, there are NO make-ups.
EXAMS:	There will be three exams cover the readings and lectures. All exams will be given on WebCT. Once you initiate an exam, you will have 60 minutes to complete it. If you take longer that 60 minutes, the exam will not be accepted (there will be a timer next to the questions so you will always know how much time you have left). To access an exam, click “Assessments” on the menu bar on the left side of the screen. Please keep in mind that you are still held to the same academic rules for cheating while completing an exam on WebCT. It is assumed and recommended that you prepare for the exam the same way you would prepare for an exam if you were taking it in the traditional method in the classroom. There is not enough time for you to search for answers while completing the exam and therefore you need to read the material in advance of the exam. Additionally, all the questions are randomized so you will likely receive different questions than your classmates and any similar questions will be given in a randomized order. As with all academic exams, it is assumed you will complete the exam without any assistance from your book or from a partner.
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.

COURSE OUTLINE

Week One

Syllabus, introduction to course; Chapter 1 (Introduction)

Week Two

Monday, January 18th (MLK, Jr. Birthday Observed – No class)

Lecture Two: Theories Explaining Psychological Benefits of Physical Activity

Week Three

Chapter 8 (Individual Correlates of Physical Activity)

Week Four

Chapter 11 (Environmental Correlates of Physical Activity); Chapter 10 (Social Support and Physical Activity)

Week Five

Chapter 4 (Physical Activity and Mood –Depression & Anxiety)

Week Six

Wednesday, February 10th: Exam #1 on WebCT (Chapters 1, 4, 8, 10, 11)

Week Seven

Chapter 5 (Body Image/Self-esteem)

Week Eight

Chapter 6 (Psychobiological Benefits of Physical Activity) / Chapter 7 (Negative Physical Activity Behaviors)

Week Nine

Chapter 12 (Self-Efficacy and Physical Activity) / Chapter 16 (Self-Determination Theory and Physical Activity) (cont'd)

Week Ten

MARCH 15th & 19th – SPRING BREAK, NO CLASSES

Week Eleven

Chapter 13 (Self-Determination Theory and Physical Activity) (cont'd)

Wednesday, March 24th: Exam #2 on WebCT (Chapters 5-7, 12, 16)

Week Twelve

Chapter 13 (Health Belief Model) / Chapter 14 (Theory of Reasoned Action

Week Thirteen

Chapter 15 (Transtheoretical Model of Physical Activity)

Week Fourteen

Chapter 17 (Individual Level Interventions)

Week Fifteen

Chapter 18 (Group Level Interventions)

Week Sixteen

Chapter 19 (Community Level Interventions)

Final Exam: Wednesday, May 5th, 10:15 a.m.-12:15 p.m. on WebCT (Chapters 13, 15, 17-19)