

**Eastern Illinois University**  
**New/Revised Course Proposal Format**  
(Approved by CAA on 4/3/14 and CGS on 4/15/14, Effective Fall 2014)

Agenda Item #15-08  
Effective: Spring 2016

**Banner/Catalog Information (Coversheet)**

1. ☒ **New Course** or ☐ **Revision of Existing Course**
2. **Course prefix and number:** KSS 5130
3. **Short title:** Exercise Psychology
4. **Long title:** Exercise Psychology
5. **Hours per week:**  Class  Lab  Credit
6. **Terms:** ☐ Fall ☒ Spring ☐ Summer ☐ On demand
7. **Initial term:** ☐ Fall ☒ Spring ☐ Summer Year: 2016
8. **Catalog course description:** This course is designed to provide students with theoretical knowledge and research findings related to exercise behavior change strategies and factors that influence physical activity participation and adherence among individuals and groups. This course will focus on the role that modifiable factors (e.g., attitudes) have on physical activity and basic concepts of the behavior theories, applications, and strategies that enhance physical activity adoption and maintenance.
9. **Course attributes:** N/A

General education component: \_\_\_\_\_  
☐ Cultural diversity ☐ Honors ☐ Writing centered ☐ Writing intensive ☐ Writing active

**10. Instructional delivery**

**Type of Course:**

☒ Lecture ☐ Lab ☐ Lecture/lab combined ☐ Independent study/research  
☐ Internship ☐ Performance ☐ Practicum/clinical ☐ Other, specify: \_\_\_\_\_

**Mode(s) of Delivery:**

☒ Face to Face ☐ Online ☐ Study Abroad  
☐ Hybrid, specify approximate amount of on-line and face-to-face instruction \_\_\_\_\_

**11. Course(s) to be deleted from the catalog once this course is approved.** KSS 5120

- 12. Equivalent course(s):** This course is similar to other behavioral methods courses in any social science discipline. However, all assignments, activities, and discussions will be specific to the exercise science/kinesiology field. No other EIU course exists that provides a domain-specific focus on the psychological factors that influence physical activity participation and adherence among individuals and groups. As this course is required for the exercise science masters students and was strongly recommended by the external reviewers to better prepare the masters students for their careers, we do not foresee any conflict of interest with other courses across campus.

**a. Are students allowed to take equivalent course(s) for credit?** ☐ Yes ☒ No

**13. Prerequisite(s):** None

**a. Can prerequisite be taken concurrently?** ☐ Yes ☐ No

- b. Minimum grade required for the prerequisite course(s)? \_\_\_\_  
c. Use Banner coding to enforce prerequisite course(s)? \_\_\_\_ Yes \_\_\_\_ No  
d. Who may waive prerequisite(s)?  
\_\_\_\_ No one \_\_\_\_ Chair \_\_\_\_ Instructor \_\_\_\_ Advisor \_\_\_\_ Other (specify)

14. Co-requisite(s): None

**15. Enrollment restrictions**

- a. Degrees, colleges, majors, levels, classes which may take the course: Restricted to Kinesiology and Sports Studies or Health Studies graduate students  
b. Degrees, colleges, majors, levels, classes which may not take the course: Non KSS or Non Health Studies graduate students

16. Repeat status: ☒ May not be repeated \_\_\_\_ May be repeated once with credit

17. Enter the limit, if any, on hours which may be applied to a major or minor: N/A

18. Grading methods: ☒ Standard \_\_\_\_ CR/NC \_\_\_\_ Audit \_\_\_\_ ABC/NC

**19. Special grading provisions:**

- \_\_\_\_ Grade for course will not count in a student's grade point average.  
\_\_\_\_ Grade for course will not count in hours toward graduation.  
\_\_\_\_ Grade for course will be removed from GPA if student already has credit for or is registered in:  
\_\_\_\_ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in: \_\_\_\_\_

**20. Additional costs to students:**

Supplemental Materials or Software None \_\_\_\_\_  
Course Fee ☒ No \_\_\_\_ Yes, Explain if yes \_\_\_\_\_

**21. Community college transfer:**

- \_\_\_\_ A community college course may be judged equivalent.  
☒ A community college may not be judged equivalent.  
Note: Upper division credit (3000+) will not be granted for a community college course, even if the content is judged to be equivalent.

**Rationale, Justifications, and Assurances (Part I)**

1. ☒ Course is required for the major(s) of KSS-Exercise Science Concentration  
\_\_\_\_ Course is required for the minor(s) of \_\_\_\_\_  
\_\_\_\_ Course is required for the certificate program(s) of \_\_\_\_\_  
☒ Course is used as an elective for the KSS-Sport Management Concentration or Health Studies graduate students
2. **Rationale for proposal:** The new course fulfills a need and addresses a gap in the current curriculum for exercise science graduate students stemming from new American College of Sports Medicine (ACSM) guidelines. Practitioners need to provide different types of

feedback and social support, apply behavior change theories, utilize psychological strategies to enhance motivation, and apply techniques to reduce barriers and increase exercise adherence and compliance. Additionally, the external reviewers of the KSS graduate program strongly recommended this course be added to the curriculum.

**3. Justifications for (answer N/A if not applicable)**

Similarity to other courses: This course is similar to other behavioral methods courses in any social science discipline. However, all assignments, activities, and discussions will be specific to the exercise science/kinesiology field. No other EIU course exists that provides a domain-specific focus on the psychological factors that influence physical activity participation and adherence among individuals and groups. As this course is required for the exercise science masters students and was strongly recommended by the external reviewers to better prepare the masters students for their careers, we do not foresee any conflict of interest with other courses across campus.

Prerequisites: N/A

Co-requisites: N/A

Enrollment restrictions: This is a graduate-level course that is designed to prepare Kinesiology and Sports Studies students to critically analyze scholarly theoretical and research findings related to the field of exercise psychology, and to apply knowledge and strategies to enhance physical activity adoption and maintenance among groups or individuals (per ACSM guidelines). Since this course is designed for Kinesiology and Sports Studies graduate students, only KSS and Health Studies graduate students will be permitted to take this course.

Writing active, intensive, centered: N/A

**4. General education assurances (answer N/A if not applicable)**

General education component: N/A

Curriculum: N/A

Instruction: N/A

Assessment: N/A

**5. Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**

Online or hybrid delivery justification: N/A

Instruction: N/A

Integrity: N/A

Interaction: N/A

## **Model Syllabus (Part II)**

1. Course number and title: KSS 5130 Exercise Psychology

2. Catalog description: This course is designed to provide students with theoretical knowledge and research findings related to exercise behavior change strategies and factors that influence physical activity participation and adherence among individuals and groups. This course will focus on the role that modifiable factors (e.g., attitudes) have on physical activity and basic concepts of the behavior theories, applications, and strategies that enhance physical activity adoption and maintenance.

3. Learning objectives: Upon successful completion of this course, the students will be able to:

A. Identify and critically analyze the psychological and social factors that influence physical activity participation and adherence among individuals and groups	Depth of content knowledge Effective critical thinking and problem-solving Advanced scholarship through research or creative activity Effective written communication
B. Evaluate and synthesize empirical research related to the motivational and psychological theories of physical activity	Depth of content knowledge Effective critical thinking and problem-solving Advanced scholarship through research or creative activity Effective written communication
C. Apply cognitive and behavioral exercise theories and principles to enhance physical activity participation and adherence among individuals and groups	Depth of content knowledge Effective critical thinking and problem-solving Advanced scholarship through research or creative activity Effective oral and written communication
D. Apply theories of motivation to enhance physical activity participation and adherence among individuals and groups	Depth of content knowledge Effective critical thinking and problem-solving Advanced scholarship through research or creative activity Effective oral and written communication
E. Design and evaluate theory-based interventions to increase physical activity participation and adherence to specific individuals and groups	Depth of content knowledge Effective critical thinking and problem-solving Advanced scholarship through research or creative activity Effective oral and written communication

4. Course materials: Anshel, M (2014), *Applied Health Fitness Psychology*. Champaign IL: Human Kinetics

5. Weekly outline of content:

<b>Week</b>	<b>Topic</b>	<b>Student Learning Objectives</b>
Week 1	Introduction to the Course and to Exercise Psychology	A. Identify and critically analyze the psychological and social factors that influence physical activity participation and adherence among individuals and groups

Week 2	Physical Activity Epidemiology and Benefits to Exercise	A. Identify and critically analyze the psychological and social factors that influence physical activity participation and adherence among individuals and groups
Week 3	Psychological Motivation Theories	B. Evaluate and synthesize empirical research related to the motivational and psychological theories of physical activity D. Apply theories of motivation to enhance physical activity participation and adherence among individuals and groups
Week 4	Exercise Psychology Theories and Models	B. Evaluate and synthesize empirical research related to the motivational and psychological theories of physical activity
Week 5	Exercise Psychology Theories and Models	B. Evaluate and synthesize empirical research related to the motivational and psychological theories of physical activity
Week 6	Barriers to Physical Activity	A. Identify and critically analyze the psychological and social factors that influence physical activity participation and adherence among individuals and groups
Week 7	Personal and Situational Factors	A. Identify and critically analyze the psychological and social factors that influence physical activity participation and adherence among individuals and groups
Week 8	Exercise Adherence and Compliance	A. Identify and critically analyze the psychological and social factors that influence physical activity participation and adherence among individuals and groups C. Apply cognitive and behavioral exercise theories and principles to enhance physical activity participation and adherence among individuals and groups D. Apply theories of motivation to enhance physical activity participation and adherence among individuals and groups
Week 9	Physical Activity Interventions	C. Apply cognitive and behavioral exercise theories and principles to enhance physical activity participation and adherence among individuals and groups D. Apply theories of motivation to enhance physical activity participation and adherence

		among individuals and groups E. Design and evaluate theory-based interventions to increase physical activity participation and adherence to specific individuals and groups
Week 10	Physical Activity Interventions	C. Apply cognitive and behavioral exercise theories and principles to enhance physical activity participation and adherence among individuals and groups D. Apply theories of motivation to enhance physical activity participation and adherence among individuals and groups E. Design and evaluate theory-based interventions to increase physical activity participation and adherence to specific individuals and groups
Week 11	Cognitive and Behavioral Strategies	C. Apply cognitive and behavioral exercise theories and principles to enhance physical activity participation and adherence among individuals and groups E. Design and evaluate theory-based interventions to increase physical activity participation and adherence to specific individuals and groups
Week 12	Fitness Goal Setting and Leadership	C. Apply cognitive and behavioral exercise theories and principles to enhance physical activity participation and adherence among individuals and groups D. Apply theories of motivation to enhance physical activity participation and adherence among individuals and groups E. Design and evaluate theory-based interventions to increase physical activity participation and adherence to specific individuals and groups
Week 13	Exercise Group Dynamics and Cohesion	C. Apply cognitive and behavioral exercise theories and principles to enhance physical activity participation and adherence among individuals and groups D. Apply theories of motivation to enhance physical activity participation and adherence among individuals and groups E. Design and evaluate theory-based interventions to increase physical activity participation and adherence to specific individuals and groups

Week 14	Fitness Consulting with Special Populations	<p>A. Identify and critically analyze the psychological and social factors that influence physical activity participation and adherence among individuals and groups</p> <p>C. Apply cognitive and behavioral exercise theories and principles to enhance physical activity participation and adherence among individuals and groups</p> <p>D. Apply theories of motivation to enhance physical activity participation and adherence among individuals and groups</p> <p>E. Design and evaluate theory-based interventions to increase physical activity participation and adherence to specific individuals and groups</p>
Week 15	Eating Behaviors and Body Image	<p>A. Identify and critically analyze the psychological and social factors that influence physical activity participation and adherence among individuals and groups</p> <p>E. Design and evaluate theory-based interventions to increase physical activity participation and adherence to specific individuals and groups</p>
Week 16	Final Project Presentations	<p>A. Identify and critically analyze the psychological and social factors that influence physical activity participation and adherence among individuals and groups</p> <p>B. Evaluate and synthesize empirical research related to the motivational and psychological theories of physical activity</p> <p>E. Design and evaluate theory-based interventions to increase physical activity participation and adherence to specific individuals and groups</p>

6. Assignments and evaluations, including weights for final course grade

Grade Components	Percent of Grade
Case study analyses	20%
Review paper	20%
Intervention Project	25%
Intervention Project Presentation	10%
In-Class Activities and Discussions	25%

## 7. Grading Scale

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = <60%

## 8. Correlation of learning objectives to assignments and evaluations;

Objectives	Case Study Analyses (20%)	Review Paper (20%)	Intervention Project (25%)	Intervention Project Presentation (10%)	In-class Activities and Discussions (25%)
A. Identify and critically analyze the psychological and social factors that influence physical activity participation and adherence among individuals and groups	X	X			X
B. Evaluate and synthesize empirical research related to the motivational and psychological theories of physical activity	X	X	X	X	X
C. Apply cognitive and behavioral exercise theories and principles to enhance physical activity participation and adherence among individuals and groups	X	X	X		X
D. Apply theories of motivation to enhance physical activity participation and adherence among individuals and groups	X	X	X		X
E. Design and evaluate theory-based interventions to increase physical activity participation and adherence to specific individuals and groups			X	X	X



**Date approved by the department or school: 10/24/14**

**Date approved by the college curriculum committee: 2/9/15**

**Date approved by the Honors Council (*if this is an honors course*):**

**Date approved by CAA:        CGS:**