Part One: Catalog Description

1. Course Number: PED 3720
2. Short title: EX PSYCH
3. Course Title: Exercise Psychology
4. Credit: 2-0-2
5. Term to be offered: On Demand
6. Initial term of course offering: Fall 2007
7. Course Description:
   This course is designed to provide students with an understanding of the psychological factors related to participation in physical activity. Students will learn the psychological predictors of exercise initiation and adherence as well as the consequences of physical activity participation on mental well-being.
8. Registration restrictions:
   a. There are no equivalent courses.
   b. Prerequisites: A grade of C or better in PED 2850; Preference given to Physical Education Majors.
   c. The Department Chair can waive the pre-requisites.
   d. There are no co-requisites.
   e. Repeat status: Course may not be repeated.
   f. Course is not restricted to any specific major.
   g. No majors are excluded from course.
9. This course is writing active.
10. Grading method: Standard ABCDF.

Part Two: Assurance of Student Learning

1. Student Learning Objectives and Evaluation
   Students will be able to:
   - 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.
   - Analyze the effectiveness of community interventions attempting to increase exercise participation.
   a) This is not a general education course.
   b) This is not a graduate level course.
2. Assessment of student achievement:

**Sample Assessment Table for Undergraduate Students**

<table>
<thead>
<tr>
<th></th>
<th>Exams (60%)</th>
<th>Assignments (20%)</th>
<th>Class Project (20%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify the main psychological predictors of physical activity participation.</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Describe the effect of participation in physical activity on mental well-being.</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apply psychological techniques to increase adherence of physical activity participants.</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Analyze the effectiveness of community interventions attempting to increase exercise participation.</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

3. Determination of student grades:

- Exams (3): 300 points
- Assignments (2): 100 points
- Class Project (1): 100 points
- Total: 500 points

Grading Scale:
- 450-500 A
- 400-449 B
- 350-399 C
- 300-349 D
- <300 F

4. This course will be delivered in a traditional classroom format.
5. This course if not offered for graduate credit.
6. This course is writing-active. Several assignments will require a single page write-up and the class project will involve a written assessment. All exams will include an essay component.
Part III: Outline of the Course

Outline of the Course:

1. Course will be delivered in a 50 minute lecture format, two times per week for fifteen weeks.

Week One  
Historical Foundations of Exercise Psychology  
- Historical trends in the field  
- Domestic and international professional organizations related to exercise psychology  
- Societal characteristics and importance of exercise

Week Two  
Principles of Exercise Psychology  
- Measuring exercise and psychological indices  
- Exercise prescriptions and recommendations

Week Three  
Cognitive Functioning and Physical Activity  
- Research findings  
- Applications  
- Demographic considerations

Week Four  
Physical Activity and Mood  
- Anxiety  
- Depression  
- Interactions of physical activity and psychotherapeutic drugs

Week Five  
Physical Activity and Self-Esteem  
- Self-esteem  
- Body image

Week Six  
Psychobiological Benefits of Physical Activity  
- Sleep  
- Reactivity to stress  
- Pain management

Week Seven  
Negative Physical Activity Behaviors  
- Exercise dependence/overtraining/staleness  
- Exercise behaviors and eating disorders  
- Steroid abuse and physical activity

Week Eight  
Individual Correlates of Physical Activity  
- Demographic and biological correlates  
- Psychological/behavioral correlates  
- Characteristics of physical activity participants

Week Nine  
Physical Activity Groups  
- Group exercise cohesion  
- Leadership in exercise settings

Week Ten  
Social Support and Physical Activity  
- Social support and cognitions  
- Social support and behavior
Week Eleven  Environmental Correlates and Physical Activity
• The Western Environment
• Environmental issues on travel patterns and physical activity

Week Twelve  Self-Efficacy and Physical Activity
• Social Cognitive Theory
• Self-efficacy and behavior/cognitions related to physical activity

Week Thirteen  Theories for Exercise Interventions
• Health Belief Model
• Theory of Reasoned Action
• Transtheoretical Model

Week Fourteen  Individual Level Interventions
• Effectiveness of interventions
• Interventions based on theoretical models
• Individual interventions and technological advances

Week Fifteen  Group/Community Level Interventions
• Site-based interventions
• Community-wide and policy interventions

Part IV: Purpose and Need
1. Rationale
   Purpose of present need: The course will be offered for students in the exercise science concentration and will assist these majors in becoming certified through the American College of Sport Medicine (ACSM). The department currently lacks an exercise psychology course which a component of the ACSM endorsement for students.

   a. This is not a general education course.
   b. The course is currently being offered in a traditional on-campus lecture-format.

2. Justification of the level of the course. The course will expand on knowledge related to physical activity in courses such as PED 2850. The course is appropriate for students entering their junior year of college.

3. a. This course is not similar to any courses within the department that currently exist.
   b. This is not a graduate course.

4. Impact on program.
   a. The course will be offered for undergraduates as a major course in the exercise science concentration.
   b. This is not a graduate course.
Part Five: Implementation

1. Faculty members to whom course may be assigned: Dr. Brent Walker
2. Additional costs to students: none
3. Texts and supplementary materials to be used:
   Texts:

COMMUNITY COLLEGE TRANSFER

A community college course will not be judged equivalent to this course.

PART VII: APPROVALS

Date approved by the department or school ______ 9/22/06 ________

Date approved by the college curriculum committee ______ 10/9/06 ________

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

Date approved by CAA ______ 10/26/06 ________