



**Acknowledgement of Indigenous Peoples and Traditional Territories:**  
York University recognizes that many Indigenous Nations have longstanding relationships with the territories upon which York University campuses are located that precede the establishment of York University. York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the Anishinabek Nation, the Haudenosaunee Confederacy, and the Huron-Wendat. It is now home to many First Nation, Inuit and Métis communities. We acknowledge the current treaty holders, the Mississaugas of the Credit First Nation. This territory is subject of the Dish with One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region.

If you find yourself wondering why Land Acknowledgements are important, considering taking a few minutes to watch the video at the link below!

[Understanding the Land Acknowledgement](#)

YORK UNIVERSITY  
Faculty of Health  
School of Kinesiology and Health Science

KINE 3000 3.0  
Psychology of Physical Activity and Health  
Winter 2024

COURSE DIRECTORS: Rebecca Bassett-Gunter, PhD  
Jessica Fraser-Thomas, PhD

**TIME AND LOCATION:**

Section M 12:30-1:20pm		Section N 1:30-2:20pm
Monday	Curtis Lecture Hall I	Lassonde A
Wednesday	Curtis Lecture Hall I	Lassonde A
Friday	Curtis Lecture Hall I	Lassonde A

*Note.* In the case of inclement weather or professor illness, a class may be cancelled or delivered asynchronously via eClass. Should this be the case, students will be notified through eClass by 8am on the date of the affected lecture.

*Note.* The material presented during the 12:30 lecture time and 1:30 lecture time is the same. Accordingly, you are welcome to attend either lecture time. We will make an announcement if there are any exceptions.

EMAIL CONTACT: All course related emails should be directed to [KINE3000@yorku.ca](mailto:KINE3000@yorku.ca). Course emails sent to course directors' YorkU email accounts will not be addressed.

#### OFFICE HOURS

DB 5021 LaMarsh Centre for Child and Youth Research

Wednesday 11am-12pm

Dr. Bassett-Gunter (Jan. 10 – Feb. 14); Dr. Fraser-Thomas (Feb. 21 – April 10)

We will be happy to meet with you to discuss any matters related to the course. You will need to make an appointment to meet outside these office hours. You can email us at [KINE3000@yorku.ca](mailto:KINE3000@yorku.ca) to set up a meeting on zoom.

#### *eClass*

We will be using eClass as the main communication method to provide you with information about the course, assignments, and tests, as well as lecture recordings. It is *your responsibility to consult eClass* regularly to ensure that you receive all relevant course documentation and information. Make sure the email address you have linked with eClass is the email address you use regularly so that you can receive updates.

#### GENERAL EXPECTATIONS

It seems as though we are adapting to constant changes and challenges within the world around us! Through some trial and error, and respect for each other, we hope to have a wonderful term learning together. We are passionate about the psychology of physical activity and health, and we will face the term prepared and eager to share what we know with you. You will need to be prepared and eager to learn as well. The expectation is that you will be keeping up with weekly lecture material and readings. In doing so you will prepare yourself to fully engage with the course and get the most out of it.

There are many wonderful things about sport and physical activity. We love them both! However, we also recognize that these are tremendously complex behaviours and many people have complex relationships with physical activity and sport experiences. Throughout the term we will talk about the benefits of physical activity and sport, and think about the relationship between these behaviours and various outcomes around mental health and development. We will leave space for critical reflection about lived experiences around sport and physical activity that have not been positive. We will also recognize that various discussions could be triggering for students who have had negative experiences and we will work to create a classroom community that is respectful.

#### ORGANIZATION OF THE COURSE

The course involves three weekly 1-hour lectures taught by the course instructors. Some lecture time will engage classroom discussions, guest lectures, completion of assignments and other activities. Assigned readings, videos, and other material will enrich your learning of the course material. With a few exceptions, course learning will be in-person on campus.

## COURSE CONTENT

This course introduces students to theory and research in psychology of physical activity, sport, and health. Theories and concepts relate to practical issues drawn from these domains. Upon completion of this course, students should be able to select the appropriate approaches for enhancing sport performance and physical activity participation in fitness, recreation, health, and sport settings.

More specific objectives of this course are to:

- Help physical activity, sport and health professionals develop an understanding of the challenges associated with behaviour change and performance enhancement
- Provide physical activity, sport and health professionals with the knowledge and skills that will enable them to address psychological challenges among individuals and groups in diverse sport and physical activity settings
- Help sport, physical activity and health professionals develop a positive attitude towards athletes and clients

## COURSE TEXT/READINGS:

There is no assigned textbook in the course. Assigned readings (academic journal articles, videos, or complimentary material of other formats) will be made available on eClass in a way that aligns with copyright and fair dealings practices. These are meant to broaden your perspective on course material. Content from assigned readings will be included on the final exam.

COURSE TOPICS:

TOPIC AND CONTENT	LECTURER
WHAT IS SPORT AND EXERCISE PSYCHOLOGY?	
• Introduction	RBG
HOW DO WE CONDUCT AND INTERPRET RESEARCH IN SPORT AND EXERCISE PSYCHOLOGY?	
• Sport and Exercise Psychology Research 101	RBG
WHY DO WE CONDUCT RESEARCH IN SPORT AND EXERCISE PSYCHOLOGY?	
• Physical Activity and Mental Health • Physical Activity and Body Image	RBG
HOW CAN WE CHANGE PHYSICAL ACTIVITY BEHAVIOUR?	
• Motivation and Behaviour Change for Physical Activity • Physical Activity Interventions	RBG
WHAT IS SPORT PSYCHOLOGY? HOW CAN WE CHANGE SPORT BEHAVIOUR?	
• Sport Psychology: An Introduction • Motivation and Behaviour Change for Sport	JFT
HOW DOES ANXIETY AFFECT SPORT AND PHYSICAL ACTIVITY BEHAVIOUR?	
• Anxiety and Stress	JFT
WHAT ARE SOME APPROACHES TO OPTIMIZING PERFORMANCE IN SPORT (AND LIFE)?	
• Sport Psychology Skills	JFT
HOW DO WE OPTIMIZE YOUTH DEVELOPMENT THROUGH SPORT?	
• Children and Youth: Sport Participation and Development	JFT
HOW DO WE OPTIMIZE SPORT TRANSITIONS?	
• Retirement and transitions in sport and exercise.	JFT
POSITIVE YOUTH DEVELOPMENT THROUGH SPORT?	
• Positive youth development, character and moral reasoning, aggression	JFT
WHAT IS THE ROLE OF PERSONALITY IN SPORT AND PHYSICAL ACTIVITY?	
• Personality and Sport and Exercise	JFT
SPORT AND EXERCISE AMONG AN AGING POPULATION	
• Special Topics: Aging, Masters Sport	JFT

## EVALUATION AND IMPORTANT DATES

- Mini-Assignments 20%
- Submission assignment 1: Friday January 26<sup>th</sup> 11:59PM EST
- Submission assignment 2: Friday March 15<sup>th</sup> 11:59 PM EST

The purpose of the mini-assignments is to help you stay on track and reflect on and engage with the lecture material. Each mini-assignment will be worth 10%.

See eClass for details. Submit via Turnitin.

- Fake News Assignment: 20%
- Submission: Monday February 5<sup>th</sup> – Friday February 16<sup>th</sup> 11:59pm EST

The purpose of this assignment is to critically reflect on media information regarding psychology in relation to physical activity and sport. You will also be required to reflect and critically evaluate sport and physical activity psychology research methods. See eClass for details. Submit via Turnitin.

- Movie Review Assignment: 20%
- Submission: Wednesday March 27<sup>th</sup> - Monday April 8<sup>th</sup> 11:59pm EST

The purpose of this assignment is to critically reflect on film portrayals related to sport psychology. You will connect content from a film to theories and concepts discussed in class. See eClass for details. Submit via Turnitin.

- Final Exam: 40%
- During Final Exam Period as set by the registrar's office.

The purpose of the final exam is to provide you with an opportunity to demonstrate knowledge and understanding of content covered throughout the course. The format of the final exam will be short answer and multiple choice. Details regarding the final exam will be shared via eClass.

## COURSE POLICIES

- Discussion Board: The discussion board is available on the course eClass website for students to communicate regarding issues in the course, and to pose questions of interest to other students. This is a great way to seek input from other students and the course directors.
- Email: Emails regarding student-specific issues should be directed to the course email [KINE3000@yorku.ca](mailto:KINE3000@yorku.ca). Email will be answered on weekdays only and will generally be responded to within 3 BUSINESS days. Students SHOULD NOT send course related emails to course directors' Yorku email addresses.
- Assignment Submissions: Proper academic performance depends on students completing their work not only well, but on time. Accordingly, the mini-assignments and written assignments must be submitted before the end of the submission window deadlines. Outside of policies set with student accessibility services, assignments submitted after the deadline will not be accepted or evaluated. Mini-assignments and written assignments must be submitted via TURNITIN. Assignments will not be accepted via email. Technical difficulties with Turnitin will not be accepted as a reason for late submission. Do not leave it to the last minute to submit your assignments!
- Missed final exam: If you have to miss the exam: 1) Communicate with the course directors as soon as possible via [kine3000@yorku.ca](mailto:kine3000@yorku.ca) to request permission to write a make-up exam: the opportunity to write a make-up exam is NOT guaranteed. 2) Submit suitable documentation. 3) Submit a Deferred Standing Agreement form.
  - Note: Very late requests for deferred exams will require students to submit a formal petition to the Faculty of Health.
  - Note: Only ONE make-up exam will be offered (date TBD). You must be available to write the make-up final exam on the designated date.
  - Note: The Course Directors reserve the right to change the format of the make-up exam. That is, although the content of the exam will be the same, the format may not follow that of the original test.
- Grading: The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79). For a full description of York grading system see the York University [Undergraduate Calendar](#)
- Registrar's Office Deadline to Drop Course: The last date to drop this course without a mark being assigned is March 11, 2024.

## IMPORTANT COURSE INFORMATION FOR STUDENTS – FROM SENATE

York University seeks to provide for equal rights and opportunities without discrimination for all students. The overall aim is a climate of understanding and mutual respect for the dignity and worth of each community member so that each person feels a part of York University and is able to fully participate in university life. The following information describes some of your important rights and responsibilities as students, along with the supports, accommodations and services made available to you by York.

**Academic Honesty and Integrity.** York students are required to maintain the highest standards of academic honesty and they are subject to *the Senate Policy on Academic Honesty* <http://secretariat-policies.info.yorku.ca/policies/academic-honesty-senate-%20policy-on/> The Policy affirms the responsibility of faculty members to foster acceptable standards of academic conduct and of the student to abide by such standards. Comprehensive information about academic honesty, along with information about how to find resources at York to help improve your research and writing skills and cope with University life, can be found at: [www.yorku.ca/academicintegrity/](http://www.yorku.ca/academicintegrity/)

**Conduct in Academic Situations.** Students and instructors are expected to maintain a professional relationship characterized by courtesy and mutual respect. It is the responsibility of the instructor to maintain an appropriate academic atmosphere in the classroom and other academic settings, and the responsibility of the student to cooperate in that endeavour. Further, the instructor is the best person to decide, in the first instance, whether such an atmosphere is present in the class in keeping with the *Senate Policy and Procedures on Disruptive and/or Harassing Behaviour in Academic Situations* <http://secretariat-policies.info.yorku.ca/policies/disruptive-%20and-or-harassing-behaviour-in-academic-situations-senate-policy/>

**Religious Accommodation.** York University is committed to respecting the religious beliefs and practices of all members of the community, and making accommodations for observances of special significance to adherents. Should any of the dates specified in your course syllabus pose such a conflict for you, contact the Course Director within 14 days of the date for which accommodation is sought. Other procedures are outlined in the *York University policy, guidelines and procedures on Academic Accommodation for Students' Religious Observances* <https://secretariat-policies.info.yorku.ca/policies/academic-accommodation-for-students-religious-observances-policy-guidelines-and-procedures/> Please note that to arrange an alternative date or time for an examination scheduled in the formal examination periods (December and April/May), students must complete an Religious Accommodation Agreement, which can be found at: <https://registrar.yorku.ca/pdf/exam-accommodation.pdf>

Accessibility Services. Student Accessibility Services (<https://accessibility.students.yorku.ca/>) provides academic accommodations and supports for students with temporary and permanent disability including physical, sensory, medial, learning, and mental health disabilities. Students who had an Individualized Education Plan (IEP) in high school are eligible for support. Please note that registering with disabilities services and discussing your needs with your professors is necessary to avoid any impediment to receiving the necessary academic accommodations to meet your needs.

Academic Skills Support. York University Libraries (<http://www.library.yorku.ca/>) and the Learning Commons (<https://learningcommons.yorku.ca/>) provide students with academic support for their course assignments and research requirements. The Libraries offer an array of supports, services, workshops, resources and people available to help ensure continued success during a student's academic career.

Centre for Human Rights, Equity, and Inclusion. The Centre for Human Rights, Equity and Inclusion (<https://rights.info.yorku.ca/>) facilitates confidential processes to discuss allegations of discrimination and harassment by York Community members. There are also robust training opportunities and workshops available to the community year round.

Counselling, Health and Well Being. Student Counselling, Health & Well Being (<https://counselling.students.yorku.ca/>) supports students in realizing and developing their personal potential in order to maximally benefit from their university experience and manage the challenges of university life. Services include: peer-led workshops, certificate training programs, support groups, same-day and appointment-based counselling, short-term therapy, and more.

Sexual Violence Response and Support. The Centre for Sexual Violence Response, Support and Education (<https://thecentre.yorku.ca/>) facilitates support, services and accommodations for those who have experienced sexual violence. The support offered is based on the needs and wishes of the person disclosing/reporting.

Student Community Relations. The Office of Student Community Relations (<https://oscr.students.yorku.ca/>) supports students impacted by critical incidents, facing personal crises or multiple complex issues, such as, but not limited to, critical illness or injury of a student, student death, attempted suicide and sexual assault. OSCR provides advice, referrals, alternate dispute resolution methods and judicial processes (local adjudication, tribunals).



## CALUMET AND STONG RESOURCES TO SUPPORT STUDENT SUCCESS

### Calumet and Stong Colleges' Student Success Programming:

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of free programs throughout their university career:

- [Course Representative Program](#) aims to build the leadership skills of its Course Reps while contributing to the academic success and resourcefulness of students in core program classes.
- [Peer-Assisted Study Session \(P.A.S.S.\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are known to be historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by trained Peer Tutors.
- Calumet and Stong Colleges also support students' Health & Wellness, leadership and professional skills development, student/community engagement and wellbeing, career exploration, Indigenous Circle, awards and recognition, and provide opportunities to students to work or volunteer.
- For additional resources/information about our student success programs, please consult our websites ([Calumet College](#); [Stong College](#)), email [scchelp@yorku.ca](mailto:scchelp@yorku.ca), and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#)
- Are you receiving the weekly email from Calumet and Stong Colleges (Upcoming events)? If not, please check your Inbox and Junk folders. If you do not find the weekly emails from Calumet and Stong Colleges, then please add your 'preferred email' to your Passport York personal profile. If you need support, please contact [ccscadm@yorku.ca](mailto:ccscadm@yorku.ca), and request to be added to the listerv.