

COURSE OUTLINE

Kinesiology 152 Exercise Psychology

Previously Health 111 Exercise Psychology

I. Catalog Statement

Kinesiology 152 explores cognitive behavior modification techniques which may be used to promote the adoption of and adherence to a regular exercise routine. Theoretical methods are studied and applied to practical exercise programming situations. Factors directly affecting the decision to perform exercise, including external barriers and reinforcements and behavioral tendencies, are investigated.

Total Lecture Units: 2.0

Total Laboratory Units: 0.0

Total Course Units: 2.0

Total Lecture Hours: 32.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 32.0

Prerequisite: None

Recommended preparation: Eligibility for ENGL 101 or equivalent.

Note: This course is designed as a part of the Fitness Specialist Certificate curriculum. Students who successfully completed HLTH 111 prior to Spring 2016 will not receive credit for completion of KIN 152

II. Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- organize and write thesis-based essays;
- use detailed examples, facts, logical explanations, and other appropriate support for thesis statements;
- summarize, analyze, and synthesize information, express and apply standards for judgment, compare and contrast, and evaluate evidence in order to form and state reasoned opinions;
- gather and organize information through library research;
- demonstrate a command of grammar, diction, syntax, and mechanics sufficient for college level work: control of standard English at the sentence level, with few major errors in grammar and punctuation.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- explain the psychological effects and benefits of exercise;
- analyze external and internal barriers and reinforcements;
- analyze the relationship of personality characteristics to adherence to exercise behaviors;
- describe the utility of formal behavior modification tactics when planning an exercise program;
- create techniques to handle relapse, antecedent control, and motivational issues;
- integrate practical behavior modification techniques into exercise routines.

IV. Course Content

Total Faculty Contact Hours = 32

- A. Introduction to Lifestyle Coaching (**4 hours**)
 - 1. Modern health issues
 - 2. Models of coaching
- B. Behavioral Change (**8 hours**)
 - 1. Transtheoretical model
 - 2. Self-efficacy, self regulation and relapse prevention
 - 3. Learning-through-change model
- C. The Coaching Relationship (**12 hours**)
 - 1. Communication
 - 2. Establishing a relationship
 - 3. Listening
 - 4. Questioning
 - 5. Feedback
 - 6. Confrontation
- D. Behavior Modification for Exercise (**8 hours**)
 - 1. Goal setting
 - 2. Cognitive approach
 - 3. Awareness and action
 - 4. The competency development model

V. **Methods of Instruction**

The following methods of instruction may be used in the course:

- multimedia;
- case studies;
- lecture;
- demonstrations.

VI. **Out of Class Assignments**

The following out of class assignments may be used in the course:

- case studies (e.g. applying the Transtheoretical model to a weight-loss program);
- self-reflections (e.g. analyzing personal motivations to exercise for internal and external motivation);
- research paper (e.g. research the effectiveness of community fitness interventions in developing adherence to a fitness program);
- project (e.g. behavioral change journal).

VII. **Methods of Evaluation**

The following methods of evaluation may be used in the course:

- written exams;
- quizzes.

VIII. Textbook(s)

| Gavin, James and [Mcbreaty](#), Madeleine. *Lifestyle Wellness Coaching, 2nd Edition*. Champaign, IL: Human Kinetics, 2013. Print.
11th Grade Textbook Reading Level. ISBN: 9781450414845

IX. Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- describe the psychological effects of exercise;
- describe the effect of psychological status on exercise behaviors;
- evaluate the effectiveness of behavior modification models;
- demonstrate effective lifestyle coaching techniques;
- utilize universal risk management strategies.