



THE UNIVERSITY OF NEW SOUTH WALES

Health and Exercise Science School of Medical Sciences Faculty of Medicine

COURSE: HESC1531 EXERCISE BEHAVIOURAL SCIENCE SEMESTER 2 09

Course Number: HESC1531

Lecturer: Dr Nancy Dickman

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Office hours: Tuesday 10-11 AM and Wednesday 1-3 PM

Day/Time/Lecture Theatre: Tuesday 9-10 CLB1
Wednesday 12-1 CLB1

Rationale

The primary focus of this course is the psychological antecedents and consequences of exercise behaviour. The course will look at the determinants of regular exercise and the effects of exercise on psychological variables. The course also provides an introduction to behaviour change programs. It provides opportunities for independent learning. The course will be particularly suited to students involved with lifestyle prescription of exercise (i.e., Exercise Physiologists: EPs).

Structure

- 24 hours of formal contact time. This contact time comprises two one-hour lectures per week.
- 24 hours of Independent Learning Activities (ILAs). This comprises two hours per week minimum.

Aims

The major aims are to provide the student with:

- an overview of theoretical models of exercise behaviour
- an overview of the literature examining the effect of exercise on psychological variables
- an overview of the literature examining the effect of psychological variables on exercise behaviour
- opportunities to apply knowledge and understanding of the above to an Exercise Physiologist's clinical practice

Objectives

It is intended that by the end of the course you will have acquired knowledge and understanding of:

- the proposed causal mechanisms of current theoretical models of exercise behaviour
- the effect of exercise on psychological variables
- the effects of psychological variables on exercise behaviour
- self-report measures applicable to exercise psychology research and practice
- the behaviour change process
- the client-practitioner relationship

Learning Outcomes

It is intended that by the end of the course you will:

- be able to analyse, critique, and apply theoretical knowledge
- be able to administer, score and interpret results of at least two psychological questionnaires
- understand the determinants and consequences of regular exercise
- understand how people think, feel, and behave when adopting and maintaining an exercise programme
- understand the practitioner/client relationship as it applies to an Exercise Physiologist
- be able to successfully implement a supervised lifestyle change programme

REQUIRED TEXT:

- Lox, C. L., Martins-Ginis, K. A., & Petruzzello, S. J. (2006). *The Psychology of Exercise: Integrating Theory and Practice (2nd Edition)*. Holcomb Hathaway Publishers. ISBN: 9781890871697

ADDITIONAL TEXT:

- Kolt, G. S., & Andersen, M. B. (2004). *Psychology in the Physical and Manual Therapies*. Churchill Livingstone. ISBN: 044307352X
- **Suggested supplementary readings (to be made available in lectures)**

ASSESSMENT

- **Independent Learning Activities Part I** (20% of grade). You will be working on yourself. Conduct an 8-week lifestyle change programme based on your own needs (Behaviour Change Self: BC-S) 4 reports for submission.
- **Independent Learning Activities Part II** (20% of course grade). Recruit a volunteer (not a member of this class) Conduct a 6-week lifestyle change programme based on his/her needs (Behaviour Change Client: BC-C) 4 reports for submission.
- **Multi-choice Exam** (60% of course grade). A multi-choice exam containing 120 questions based on all lecture material and prescribed readings from the required text.

PAGE LIMITS

Page limits are non-negotiable. Report writing must be brief and to the point. Omit unnecessary waffle. State what you did or intend to do and how you did it or intend to do it. You will be submitting reports, not essays. Report writing is a skill you will need in clinical practice.

EXPECTED WRITING STYLE

Assignments should be:

- type written in 12 point Times New Roman font
- double spaced
- have at least a 2.54 margin on all sides
- use left justification (alignment)
- follow APA (5th Edition) formatting for citations and references when used
- formatted in paragraphs, indented, with no blank lines between paragraphs
- include a signed and dated assignment cover sheet

PENALTIES FOR LATE SUBMISSION OF ASSIGNMENTS

Assignments should be submitted by the end of class on Tuesday (i.e., 10-00am). They will be marked by the end of the week (Final reports will take two weeks). The following penalties will apply for late submission:

- For assignments submitted after **12 noon** on the due date, a penalty of 30% of the maximum marks available for that assignment will be incurred.
- For assignments submitted after **5.00pm** on the due date, a penalty of 50% of the maximum marks available for that assignment will be incurred.
- Assignments submitted **after 5.00 pm on the day following the due date** will not be allocated a mark however, these assignments must be submitted to pass the subject. Extenuating circumstances (with written supporting documentation/doctor's certificates) will be considered on an individual basis however, such circumstances must be considered extreme.

ACADEMIC MISCONDUCT AND PLAGIARISM

Students' attention is hereby drawn to: UNSW Policy on Academic Misconduct and Plagiarism, & HESC Course Handbook. Please read them carefully.

<https://my.unsw.edu.au/student/academiclife/assessment/AcademicMisconductStudentMisconduct.html>
www.lc.unsw.edu.au/plagiarism/plagiarism_STUDENTBOOK.pdf

Please note: Submitting an assessment item that has already been submitted before for academic credit elsewhere may be considered plagiarism.

LECTURES – HESC1531 EXERCISE BEHAVIOURAL SCIENCE S2 09 *(Weekly readings in parenthesis)*

The content and structure of the following lectures will not necessarily follow those of the textbook. It is suggested all students study from both textbook and lecture notes (both examinable) to ensure full coverage of the topic in question.

Week 2 28/29 July

Lecture 1 Course Outline, Exercise Psychology, Behaviour Change Programmes, Self-report measures (*Lox Chapter 1*)

Lecture 2 Behaviour Change programmes to be administered S2 09. Physical Activity Epidemiology (*Lox Chapter 2*)

Week 3 4/5 August

Lectures 1 and 2 Theoretical Models I (*Lox Chapter 3*)

Week 4 11/12 August

Lectures 1 and 2 Theoretical Models II (*Lox Chapter 4*)

Week 5 18/21 August

Lecture 1 Promotion of Physical Activity I: Social Influences (*Lox Chapter 5*)

Lecture 2 Measuring Change: Physical Activity, Psychological Variables (*Portfolio of Self-Report Measures WebCT*)
Setting goals and facilitating and measuring behaviour change (*K & A 236-246*)

Week 6 25/26 August

Lecture 1 Promotion of Physical Activity II: Interventions (*Lox Chapter 6*)

Lecture 2 Practitioner-Client Relationships: Counselling, Assessing change. Interviewing techniques.
Conducting the initial interview with a client. (*K & A Chapters 5 & 6*)

Week 7 1/2 September

Lecture 1 Self Concept and Exercise (*Lox Chapter 8*) Measuring self-concept

Lecture 2 Literature Review: Self Concept and Exercise (*Self-report Portfolio: TSCS and Physical SC*)

Week 8 15/16 September

Lecture 1 Personality and Exercise (*Lox Chapter 7*) 2 Recognising Psychopathology in Clients (*K & A Chapter 7*)

Lecture 2 Setting goals/objectives. Monitoring clients (*K & A p. 236-242*)

Week 9 22/23 September

Lecture 1 Body Image and Exercise: literature Review (*Lox Chapter 9*)

Lecture 2 Body Image: measurement (*Portfolio of Self-Report Measures for HESC on WebCT*)

Week 10 29/30

Lecture 1 Stress and Exercise (*Lox Chapter 10*)

Lecture 2 Anxiety and Exercise (*Lox Chapter 11*)

Week 11 6/7 October

Lecture 1 Depression and Exercise: Rosenberg Depression Scale (*Lox Chapter 12*) (*WebCT*)

Lecture 2 Terminating the Client/Practitioner Relationship (*K & A Chapter 12*)

Week 12 13/14 October

Lecture 1: Emotional Wellbeing and Exercise: General Health Questionnaire (*Lox Chapter 13*) (*WebCT*)

Lecture 2....Revision: Trial Exam Questions

Week 13 20/21 October

Lecture 1: Health Related Quality of Life and Exercise: Satisfaction with Life Scale (*Lox Chapter 14*) (*WebCT*)

Lecture 2....Revision: Trial Exam Questions

HESC1531 INDEPENDENT LEARNING ACTIVITIES S2 09

INDEPENDENT LEARNING ACTIVITY ONE (ILA-I) SELF BEHAVIOUR CHANGE (BC-S) 20% of final grade

This ILA is monitored throughout the semester (Reports 1 – 3), with a final report (Report 4) due at the end of semester.

BC-S 1: *Setting Your Goal Report (One page maximum) 20 marks*

State your goal for the 8-Week Behaviour Change. Explain how it follows the SMART (Specific, Measurable, Attainable, Realistic, and Tangible) principle. State the psychological questionnaire(s) you are using pre- and post-intervention (max 2).

BC-S 2 and 3: *Ongoing reports throughout the semester (One or two pages as specified) 20 marks each*

As part of the learning process, you will submit written reports on (a) your thoughts and processes in trying to achieve your goal, including developing a plan of action and strategies to achieve your goal, (b) how you are planning for relapses, and how you are measuring change both physically and psychologically.

BC-S 4: *Final Report (Five pages maximum) 40 marks*

At the conclusion of the 8-Week BC Programme you will have two weeks to write up and submit a report outlining your experiences in trying to achieve your goal. In the report you submit you will reflect on what you learned from the experience, both personally and theoretically, as well as how it may be useful in future interactions with clients. Use of headings and sub-headings is advised.

INDEPENDENT LEARNING ACTIVITY TWO (ILA-II) CLIENT BEHAVIOUR CHANGE (BC-C) 20% of final grade

This ILA is monitored throughout the semester (Reports 1 - 3) with a final report (Report 4) due at the end of semester.

BC-C 1: *Recruit a Client (1-2 pages maximum) 20 marks*

Approach prospective clients (not a member of this class) and explain the role of an Exercise Physiologist (EP). Explain how you intend to help them. Recruit a client, record their details. State the psychological questionnaire(s) you intend using pre- and post- intervention (1or 2) plus any other pre- post- self-report measures and logs/diaries you intend to use. Your report will address the aspects underlined

BC-C 2: *Interviewing Your Client (Two pages maximum) 20 marks*

A brief report on your initial interview with your client; report the questions you used (but not the client's responses), what you learned about your client, and the collaborative goal and objectives you decided upon. Do not include an action plan or strategies that you plan to use.

BC-C 3: *Working with Your Client (Two pages maximum) 20 marks*

Report on the action plan you have devised collaboratively with your client.
Report on how you are measuring physical and psychological change in your client.

BC-C 4: *Client Evaluation to Referring Doctor (One page maximum) 40 marks*

Submit a single page report evaluating your client over the previous six weeks. This will take the form of a report to the "referring doctor". It must be brief however tables and figures can be added in an Appendix. In addition, your client will be asked to submit a report (paper and pencil questionnaire) evaluating your performance over the six weeks of client-practitioner interaction. The content of the evaluation will not be included in the assessment, but their evaluation of your performance must be submitted in order to receive full credit for this assignment.

The marks above total 200, which will be divided by 5 to give a mark out of 40 for your final ILAs grade (Exam /60)

HESC1531 EXERCISE BEHAVIOURAL SCIENCE COURSE OUTLINE S2 09

Week	Date	Lectures	Readings	Independent Learning
1				
2	28 July 29 July	Overview Course: Exercise Psychology. Physical activity epidemiology. Self-report measures	Lox Ch 1 Lox Ch 2, WebCT	Discuss in lectures
3	4 Aug 5 Aug	Theoretical models SMART Behaviour change Theoretical models	Lox Ch 3	Discuss in lectures
4	11 Aug 12 Aug	Theoretical models Theoretical models	Lox Ch 4	BC-S 1 11 August@11am Start BC-S program
5	18 Aug 19 Aug	Promotion of physical activity Setting goals/objectives and measuring change	Lox Ch 5, WebCT, K & A 236-242	BC-S 2 18 August@11am
6	25 Aug 26 Aug	Promotion of physical activity Practitioner/Client relationships: Interview techniques	Lox Ch 6 K & A Ch 5 & 6	BC-S 3 25 August@11am
7	1 Sept 2 Sept	Self-concept and exercise Measuring self-concept	Lox Ch 8 WebCT	Recruit, pre-test your client and start them on their program
Mid S Break	5-13 Sept			
8	15 Sept 16 Sept	Personality and exercise. Recognising psychopathology Setting goals and monitoring clients	Lox Ch 7 K&A Ch 7 K & A 236-242	BC-C 1 15 Sept@11am
9	22 Sept 23 Sept	Body image and exercise Measuring body image: Self-report measures	Lox Ch 9 WebCT	BC-C 2 22 Sept@11am
10	29 Sept 30 Sept	Stress and exercise Anxiety and exercise	Lox Ch 10 Lox Ch 11	BC-C 3 29 Sept@11am Post-test self
11	6 Oct 7 Oct	Depression and exercise. Rosenberg Depression Scale Terminating the client/practitioner relationship	Lox Ch 12 K & A Ch 12	BC-S 4 6 Oct@11am Post-test client Client feed-back OUT
12	13 Oct 14 Oct	Emotional well-being and exercise. General Health Q. Exam revision: Trial questions	Lox Ch13 WebCT	BC-C 4 13 Oct@11am
13	20 Oct 21 Oct	Health-related quality of life. Satisfaction with Life Q. Exam revision: Trial questions	Lox Ch 14 WebCT	Client feed-back IN 20 Oct@11am or earlier if it's ready
Study Period	23-29 Oct			
Exam Period	30 Oct- 13 Nov	120 Multiple-Choice Questions 60% of final grade 3 Hours		

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