The University of British Columbia - School of Kinesiology
KIN 564 (001) Psycho-Social Aspects of Physical Activity - 2020W Term 1

Class Location: In-Person (room TBD)
Class Meeting Times: Wednesday 9:00am to 12:00pm
Credit Value: 3

Instructor: Mark Beauchamp, PhD
Email: mark.beauchamp@ubc.ca
Office: Zoom or In-Person
Office Hours: By appointment

COURSE OVERVIEW
Over the past decade notable advances have been made in the psychological science applied to understanding athletic endeavour and health-enhancing physical activity. This work has used a number of novel theoretical, methodological, and data analytic approaches, that provide unique insights into what makes athletes ‘tick’ in high pressure, publicly visible contexts, as well as factors that lead people to engage or disengage in health-enhancing physical activity behaviour. In this course, students will explore the psychological factors that contribute to sport performance and physical activity participation, consider contemporary theoretical/conceptual models that explain these psychological processes, examine the most up-to-date empirical evidence related to these research questions, and develop critical thinking, academic writing, and presentation skills.

COURSE OBJECTIVES
By the end of this course, students will be able to:

• Critically analyze the theory and methods employed in physical activity psychology research
• Appraise the empirical evidence base related to the psychology of sport participation and health-enhancing physical activity engagement.
• Extrapolate knowledge translation and applied implications associated with the extant evidence base in the field of sport and exercise psychology.

COURSE STRUCTURE
This is a seminar style course in which participation in all class formats by students is essential. Each week, the instructor or members of the class will facilitate a discussion of the week’s topic. The discussion will be based around assigned readings and thought-provoking questions sent (by the facilitator) to class members prior to class, as well as activities designed by the facilitator. During the last weeks of the course students will deliver presentations to the class based on a topic of particular interest (which will be accompanied by a final paper).

COURSE TOOLS AND RESOURCES
A reading list will be provided at the beginning of the course. Students are responsible for all required readings. Copies of all assigned readings will be available through the “Library Course Reserves” link on the course Canvas page. Information about the course, handouts, and important reminders will also be made available on the course website. This information can be accessed at: www.canvas.ubc.ca
ASSIGNMENTS AND MARK DISTRIBUTION
Course assignments and evaluation strategies are designed to support (a) students’ learning of the subject matter covered during the course, (b) critical thinking, and (c) articulation of well-reasoned arguments and positions. Students will receive marks for ‘participation’ (30%), a brief critical writing assignment (20%), giving a short presentation to the class (25%), and submitting a final paper (25%). Details related to each of these assignments and evaluation methods are described below.

**Participation:** As highlighted above, this is a seminar style course in which participation in all class formats by students is essential. Participation marks will be allocated for two components. First, students will be tasked with leading in-class discussions (either individually or with another student) and facilitating class engagement for one seminar. The seminars will often cover complex material. The role of the seminar facilitators is to inspire discussion, raise thought provoking questions, and encourage deep engagement with the subject matter. Seminar facilitators are free to augment their discussions with complementary materials (e.g., film clips, short activities, a media article, worksheet, short supplementary reading, brief debates, and so forth). Seminar facilitators are asked to provide the class with a list of questions (by email) prior to the seminar that they are leading (at least 2 days before the class). There are many different ways that each seminar can be structured; however, it is expected that discussion and coverage should include appraisal/consideration of the designated articles/readings for that class. Students will receive 20% of their overall course marks facilitating a single seminar (scheduling and mark breakdown will be covered in the first class). Students will also receive marks (10% of total course marks) for their engagement with, and contributions to, the weekly class discussions. This will require that students read each of the assigned readings and contribute actively to the weekly seminars.

**Brief Critical Writing Assignment:** An important element of psychological research and practice is the ability to make an evidence-informed critical argument, and articulate this in a concise, informative, and engaging manner. With this in mind students will be asked to submit a brief critical writing assignment. This can take one of two forms:

1. Students can provide a book review of <1500 words related to a book of their choice that has to have some connection to the material covered in the course (students must inform the instructor priori to conducting the review and explain the anticipated appropriateness). For an example see [https://www.nature.com/articles/d41586-020-02147-1](https://www.nature.com/articles/d41586-020-02147-1)

2. Students can write a letter to the editor related to a recently published article, in an area that relates to any of the content covered in this course. Letters to the editor usually involve a thought-provoking response to a recently published paper, as either/both an extension of the recent article content or a point of disagreement (Gillette, 1982, JAMA). The letter should endeavour to clarify an observation, add thoughtful insight, or challenge points that may be erroneous or misleading (Gillette, 1982). Such letters are usually provided within a very narrow timeframe. For example, for *JAMA*, this is within 4 weeks of the publication of the original article ([https://jamanetwork.com/journals/jama/pages/instructions-for-authors#SecLettertotheEditor](https://jamanetwork.com/journals/jama/pages/instructions-for-authors#SecLettertotheEditor)) and for *Circulation* this is within 6 weeks ([https://www.ahajournals.org/circ/article-types](https://www.ahajournals.org/circ/article-types)).

Students should follow the timelines (i.e., time since the original article was published) and criteria for word length as articulated by the target journal. Students must inform the instructor before commencing writing, to ascertain appropriateness of the target research article.

All brief critical writing assignments (20% of overall course marks) should be submitted by November 3rd 2021.

**Presentation:** Students will provide a presentation (25% of overall course marks) to the class related to a topic of particular interest to the student (and one that broadly relates to the psychology of athletic
performance or health-enhancing physical activity). Below, is a list of potential topics. This is not a finite list, and if students would like to cover a different topic they can do so (but they must run this by the instructor in advance). The presentation should include 20 minutes for delivery plus 10-12 minutes for questions. Students’ presentations will be assessed on (a) coverage of the topic, (b) explanation of the underpinning theory, (c) explanation of the underpinning empirical evidence (including appraisal of the quality of evidence base), and (d) conclusions drawn (based on the extant evidence base).

Exemplar topics for student-led seminars (dependent on student interest, these can focus on the application of these topics to sport performance OR health-enhancing physical activity participation):

1. Emotion regulation
2. Self-regulation
3. Ego-depletion
4. Leadership
5. Personality
6. Mindfulness
7. Resilience
8. Ageing
9. Self-compassion
10. Burnout
11. Self-efficacy
12. Behavioral economics
13. Judgement and decision making
14. Anticipation and perceptual cognitive skills
15. Aggression
16. Moral Functioning
17. Body Image
18. Habits

In students’ final papers, give thought to the diversity of participants represented in the included research (as per our discussion in week 2 about WEIRD participants - https://www.nature.com/articles/466029a#citeas). Students must also (a) confirm with the instructor their topic before they begin this assignment (to avoid duplication of efforts and prevent more than one student presenting on the same topic), and (b) liaise with the instructor to identify a suitable presentation date.

Final Paper: As a complement to the seminar presentation, students will submit a written paper (25% of course marks) that relates to the topic covered during their seminar presentations. Final papers must be submitted within one week of delivering the corresponding seminar. The same criteria used to evaluate the presentation will also be used to appraise the written paper. That is, final papers will be assessed on (a) coverage of the topic, (b) explanation of the underpinning theory, (c) explanation of the underpinning empirical evidence (including appraisal of the quality of evidence base), and (d) conclusions drawn (based on the extant evidence base).

Papers should include the following:

1. A title page containing the title of the article and student name.
2. A word count (from abstract to conclusions, not counting references) of 3000 to 4000 words.
3. An abstract (75 to 150 words) clearly labeled as such.
4. An introduction and conclusion clearly labeled as such.
5. No more than 50 references. The references must have bullets and annotations. Please bullet a few, recent references (published from 2016 to present only) and denote a single bullet (or
asterisk) for “of importance” and a double bullet for “of outstanding importance.” For each reference you bullet, please include a 1- to 3-sentence annotation explaining to the reader why the reference is of importance.

6. A figure count of 1 maximum.
7. A table count of 2 maximum. Tables must include titles.

**Grading:** Due dates for the main assignments are highlighted above. Due dates will NOT be rescheduled for any reason other than a medical issue or family emergency. Written documentation must be presented in order for extensions on assignments. If students miss a due date for an emergency, they must contact the instructor as soon as they are able. If students do not contact the instructor, the assignment will be considered late (see below). All extensions, rescheduling, or other concessions are at the discretion of the instructor.

Late assignments will be deducted at a rate of 10% per day (as a proportion of the total assignment mark). Deductions will commence from the date and time the assignment is due, and will accumulate for each subsequent 24-hour period, including weekends. Assignments are not accepted after 6 days (e.g. if an assignment is due on Wednesday, it can be handed in up until the following Tuesday at 5pm with a 60% deduction). Students are required to submit all written assignments to Canvas as well as Turnitin (details will be provided on Canvas for the submission of each assignment). Assignments will not be accepted through email. Assignments must have the student’s name and student number on the front page.

**POLICIES AND EXPECTATIONS**

**Email Etiquette**

Students are always welcome to contact the instructor via email. When contacting the instructor, students should use professional email etiquette and should have the course code (KIN 564) in the subject line. Please keep in mind that it may take the instructor up to 48 hours to respond to emails during the week and they do not check their email on weekends. Please keep this in mind around assignment due dates.

**Office Hours**

Students can address questions with the instructor after the weekly class or during a mutually convenient time for both the student and instructor. If questions cannot be addressed during or after class students are asked to email the instructor to arrange a time to meet in-person or via zoom.

**Important Dates**

Please note the following dates:

**Term dates:** Tuesday September 7, 2021 - Thursday December 7, 2021

**Mid-term Break:** November 10-12, 2021

Last date for withdrawal without a W on your transcript: **September 20, 2021**

Last date for withdrawal with a W standing on your transcript (course cannot be dropped after this date): **October 29, 2021**

**Inclusivity**

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious and cultural observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions. Details of the policies and how to access support are available: https://senate.ubc.ca/policies- resources-support-student-success
Faculty of Education courses take place in learning environments that are inclusive of gender identity, gender expression, sex, race, ethnicity, class, sexual orientation, ability, age, etc. Learners and educators expect to be treated respectfully at all times and in all interactions. Non-sexist, non-racist, non-homophobic, non-transphobic and non-heterosexist language is expected in Faculty of Education classes, course content, discussions and assignments.

Please feel welcome to e-mail your instructor your name and pronouns and how you would like these to be used.

**Academic Integrity**
All UBC students are expected to behave as honest and responsible members of an academic community. Breach of those expectations or failure to follow the appropriate policies, principles, rules, and guidelines of the University with respect to academic honesty may result in disciplinary action. It is your responsibility to become familiar with the University of British Columbia’s Academic Honesty and Plagiarism Policies, as well as the Student Declaration and the consequences of violating these policies.

Students are responsible for submitting original work and accurately citing (referencing) the work of others within assignments. All submitted assignments become the property of the University of British Columbia and electronic copies of submitted assignments will be stored and used to check against future, present, or past cases of academic misconduct.

**COURSE TOPICS AND READINGS**
*This is a tentative course schedule and all topics and readings are subject to change. All articles can be accessed through UBC library at: [https://courses.library.ubc.ca/c.qbcPxQ](https://courses.library.ubc.ca/c.qbcPxQ) as well as the “Library Course Reserves” link on the course Canvas page ([www.canvas.ubc.ca](www.canvas.ubc.ca)).*

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<thead>
<tr>
<th>Weekly Topics</th>
<th>Readings</th>
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<tbody>
<tr>
<td><strong>Week #1: September 8</strong></td>
<td>No required readings for this class.</td>
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<tr>
<td>• Course introduction</td>
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<td>o Course overview</td>
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<td>o Course planning</td>
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<td>o Student interests</td>
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<td><strong>Week #2: September 15</strong></td>
<td><strong>Readings</strong></td>
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<tr>
<td>evidence: Towards an</td>
<td>cognitive theory and physical activity: Mechanisms of behavior change,</td>
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<tr>
<td>knowledge base</td>
<td><a href="https://doi.org/10.1016/j.psychsport.2018.11.009">https://doi.org/10.1016/j.psychsport.2018.11.009</a></td>
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<tr>
<td>• Article discussion</td>
<td>Henrich, J., Heine, S. &amp; Norenzayan, A. (2010). Most people are not</td>
</tr>
<tr>
<td>facilitator = Dr.</td>
<td>WEIRD. <em>Nature, 466, 29</em> (2010). <a href="https://doi.org/10.1038/466029a">https://doi.org/10.1038/466029a</a></td>
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<td>Beauchamp</td>
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<td><strong>Readings</strong></td>
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**Week #3: September 22**

- Group processes
- Article discussion facilitator = Dr. Beauchamp
Week #4: September 29
- Social identity
- Article discussion facilitator = Dr. Beauchamp

Readings


Week #5: October 6
- (Physical and Human) Environmental influences
- Article discussion facilitator = Dr. Beauchamp

Readings


### Week #6: October 13

- **Readings**

### Readings


### Week #7: October 20

- **Readings**


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<th>Week #8: October 29</th>
<th>Readings</th>
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<th>Week #9: November 3</th>
<th>Readings</th>
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<tr>
<td>Week #10: November 10</td>
<td>No class – Mid-term Break</td>
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<td><strong>Week #11: November 17</strong></td>
<td><strong>Readings</strong></td>
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<td>Week #12: November 24</td>
<td><strong>Readings</strong></td>
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<tr>
<td>• Attention and Cognition</td>
<td>Beilock, S.L., Carr,T.H., MacMahon, C., Starkes, J. L. (2002). When paying attention becomes counterproductive: impact of</td>
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- Two student co-facilitators of article discussion
- **Two student led presentations**

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**Week #13: December 1**

- Psychological Skills Interventions
- Two student co-facilitators of article discussion
- **Two student led presentations**
