

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



COURSE OUTLINE

**PSYC 320/HEFI 320
Psychology of Health and Fitness**

Prepared By: John T. Nixon, PhD (Psychology) and
Deborah Molnar, D.P.T. (Physical Therapy)
Updated: John T. Nixon, PhD

**SCHOOL OF BUSINESS AND LIBERAL ARTS
SCHOOL OF SCIENCE, HEALTH, AND CRIMINAL JUSTICE
Updated April 2012**

PSYC 310/HEFI 320 Psychology of Health and Fitness

- A. **TITLE:** Psychology of Health and Fitness
- B. **COURSE NUMBER:** PSYC 310/HEFI 320
- C. **CREDIT HOURS:** 3
- D. **WRITING INTENSIVE COURSE:** No
- E. **COURSE LENGTH:** 15 weeks
- F. **SEMESTER(S) OFFERED:** Spring and/or Fall
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:**
3 hours of lecture per week/
- H. **CATALOG DESCRIPTION:** This course will examine human behavior and how it relates to healthy behavior and fitness. The effects of psychological factors on health, fitness and wellness, and the effects of physical activity and sports on psychological well-being will be discussed. The concept of Positive Psychology, a strength-based, preventive approach to personal and community research and interventions will be an integral part of the course.
- I. **PRE-REQUISITES/CO-COURSES:** Pre-requisites: PSYC 225, HEFI 301, Junior level status
- J. **GOALS (STUDENT LEARNING OUTCOMES):** The student will be prepared to:

<i>Course Objective</i>	<i>Institutional SLO</i>
a. Describe the psychology and basic biological factors of health and fitness.	2. Crit. Thinking
b. Explain the relationship between personality and behavior in promoting health and fitness.	2. Crit. Thinking
c. Analyze the factors involved in nutrition, obesity and eating disorders.	2. Crit. Thinking
d. Explain how arousal, stress, and anxiety affect fitness and overall health.	2. Crit. Thinking 3. Prof. Competence
e. Explain how to promote self-awareness and self-confidence to enhance fitness and sport.	1. Communication 2. Crit. Thinking 3. Prof Competence
f. Explain how goal setting can maximize behavioral health.	2. Crit. Thinking 3. Prof. Competence
g. Discuss ways that health and fitness awareness can enhance psychological growth and development.	2. Crit. Thinking 3. Prof Competence
h. Evaluate the new science of Positive Psychology and its possible contributions to improving behavioral health and fitness.	1. Communication 2. Crit. Thinking 3. Prof Competence

K. TEXTS: Health Psychology: A Biopsychosocial Approach, Straub, R. O., Worth, 2007;
Sport Psychology, LeUnes, A. and Nation, J. R., Wadsworth, 2002;
Step up to Wellness: A Stage-Based Approach, Bishop, J. A. and Aldana, S. G.,
Allyn and Bacon, 1999.

L. REFERENCES: to be determined

M. EQUIPMENT: access to a computer

N. GRADING METHOD: Student will be assigned a letter grade A – F.

O. MEASUREMENT CRITERIA/METHODS:

Written Unit exams

Observation report

Research paper

Discussion board postings, if online

P. DETAILED COURSE OUTLINE:

I. Foundations of Health and Fitness Psychology

A. Health and Fitness related to Wellness

B. History

C. The Biopsychosocial Perspective

D. Careers in Behavioral Health

II. Research in Psychology of Health and Fitness

A. Evidence-Based Methods and Epidemiological Research

B. Personality

C. Motivation

D. Arousal, Stress, Anxiety

III. Biological Foundations

A. Nervous and Endocrine Systems

B. Cardiovascular, Digestive and Respiratory Systems

IV. Stress and Health

A. The Nature of Stress: Physiology

B. Other Models of Stress and Illness

C. Psychosocial Sources of Stress

D. Personality Types and Stress

V. Coping with Stress

A. Psychological Skills Training

B. Self-Awareness

C. Imagery

D. Self-confidence

E. Goal Setting

F. Concentration

VI. Enhancing Health and Wellbeing

A. Staying Healthy: Primary Prevention and Positive Psychology

B. Effects of Exercise on Psyche

C. Exercise Behavior and Adherence

VII. Behavior and Health

- A. Sport and Exercise Injury
- B. Burnout/Overtraining
- C. Nutrition, Obesity and Eating Disorders
- D. Substance Abuse
- E.

Q. LABORATORY OUTLINE: N/A