

KSS 4875 - Exercise Counseling and Behavioral Strategies

Fall 2026 Syllabus, Section 01, CRN 41305,

Credit hours: 4

Instructor

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Public Instructor Information

Ph. D., Health Sciences (In Progress) Youngstown State University

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Course Description

4875. Exercise Counseling and Behavioral Strategies. Exercise Counseling and Behavioral Strategies Evidence-based theories and domains geared toward fostering change, growth, and self-actualization in exercise. The scientific foundations of basic exercise counseling and behavioral strategies that enable effective wellness coaching are explored. Prereq.: Junior standing. 4 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Course Book		

Foundations of Sport and Exercise Psychology. 8th Edition. Human Kinetics, ©2024.

Articles, PDFs, and any additional reading materials will be made available on Blackboard.

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

All Discussion Initial Posts are Due Wednesday, The replies and Quizzes by the Sunday of that week.

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Chapters 1-2	Beginning Your Journey	Intro Discussion Quiz Chapters 1-2
8/31	Chapter 3	Learning About Participants	Quiz Chapter 3 Discussion Chapters 1-2
9/7	Chapters 4-5	Learning About Participants	Discussion Chapters 3-5 Quiz Chapters 4-5
9/14	Chapter 7	Understanding Sport and Exercise Environment	Discussion Chapter 7 Quiz Chapter 7
9/21	Chapter 9	Team Dynamics and Cohesion	Discussion Chapter 9 Quiz Chapter 9
9/28	Chapters 10-11	Group Processes	Discussion Chapters 10-11 Quiz Chapters 10-11
10/5	Chapter 12	Psychological Skills	Discussion Chapter 12 Quiz Chapter 12
10/12	Chapter 13	Arousal	Discussion Chapter 13 Quiz Chapter 13
10/19	Chapter 14	Imagery	Discussion Chapter 14 Quiz Chapter 14



10/26	Chapter 15	Self-Confidence	Discussion Chapter 15 Quiz Chapter 15
11/2	Chapter 16	Goal Setting	Discussion Chapter 16 Quiz Chapter 16
11/9	Chapter 17	Concentration	Discussion Chapter 17 Quiz Chapter 17
11/16	Chapter 18	Psychological Well-Being	Discussion Chapter 18 Quiz Chapter 18
11/23	Chapter 19	Exercise Behavior and Adherence	Discussion Chapter 19 Quiz Chapter 19
11/30	Chapter 22	Burnout and Overtraining	Discussion Chapter 22 Quiz Chapter 22
12/7	Final Opens December 5th	Final Closes December 10	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.