

Psyc 488 Sport Psychology

M 6:00-9:30 pm

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Office Hours: Mon 5-6pm & by appointment

Course Webpage: The Desire2Learn site (<https://elearning.lasierra.edu/>)

- I will be using the website regularly – I will post lecture notes, announcements, readings, links, and more. **Check the website often.** Also, please email me with questions, comments, concerns, etc. throughout the course. It's better to ask early than late or not at all!

Course Textbook: Weinberg, R.S., & Gould, D. (2006). *Foundations of sport and exercise psychology* (4th ed.). Champaign, IL: Human Kinetics.

- The book includes access to an online study guide. The study guide will aid your reading, and some of the weekly activities will come from this site.

Course Objectives:

This course offers a broad introduction to the field of sport and exercise psychology as an academic discipline, with a focus on using empirical evidence in an applied fashion. Through lectures, readings, in-class and out-of class activities, videos, and discussions, we will examine how psychological factors influence participation and performance in sport and exercise, the effects of exercise and sport on the psychological and physical well-being of an individual, and how we can use this information to inspire athletes and individuals toward better performance and active lifestyles. Topics will include: personality and mood; arousal, stress, and anxiety; intrinsic motivation, feedback, and reward; competition and cooperation; group and team dynamics; leadership and communication; psychological skill training in arousal regulation, goal-setting, imagery, and concentration; psychological well-being and adherence to exercise; injury, overtraining and burnout; addictive behaviors; aggression; character development; and developmental and current issues in sport and exercise psychology.

Course Requirements

The course consists of two exams, a project, weekly assignments, and in-class participation. Due to the survey nature of the course, not everything in the textbook will be discussed in class, nor will the text alone provide a complete appreciation for the breadth of the field of sports psychology. The textbook provides a context for the class lectures. We are covering a lot of material in each lecture. Each week, you should at least skim the chapter before class and complete the assignment for the week. I will highlight key parts of the book in my lectures. Videos, in-class demonstrations, and class discussions will be used to enhance your learning. Ask about things that are unclear, voice your opinion if you are in disagreement (or agreement) with what others in the room are saying. Engage with the material, maintain an open mind, and strive to learn. Your **active** participation is what will make this course a successful learning experience for you and your peers.

Grade breakdown:

Midterm exam	100
Final exam	100
Project	100
Weekly assignments (10 weeks, 10 points each)	100
In-class participation (10 weeks, 10 points each)	100
Total:	500 points

Grading Scale

93% + = A	89.5-92.9% = A-	87.0-89.4% = B+	83.0-86.9% = B
79.5-82.9% = B-	77.0-79.4% = C+	73.0-76.9% = C	69.5-72.9% = C-
67.0-69.4% = D+	60.0-66.9% = D	below 60 = F	

Exams - There will be two exams in the course (a midterm and final). Exams will cover information from the lectures, the textbook, in-class activities and discussions, and weekly assignments. Exams will consist of multiple choice and short answer questions. The final exam is not cumulative per se, but will build on topics covered in the first part of the course. A study guide will be provided before each exam to guide your thinking. You are responsible for knowing the material. There will be no notes, textbooks, cell-phones, or other materials used during the exams. Each exam is worth 100 points.

Project – In lieu of a term paper, you will apply what you learn in the class to an applied project (due on the last day of class, Nov. 30). The project will involve two parts: (a) a field observation with a 3-5 page analysis and discussion; and (b) an applied sport psych article. See *Project Guidelines* for details.

Weekly Assignments - Due to the applied nature of the field, much of the material we will be covering is best experienced outside of the classroom. Each week, at the end of class, you will receive an assignment for the week. These will take some time to complete, and are based off of the chapter readings and lecture material from the preceding week. You must complete the assignment and submit it to the digital drop box (on the D2L site) by 7pm on Sunday. Each assignment is worth 10 points.

In-class Activities - There are multiple ways of learning (auditory, visual, hands-on), and we will be incorporating these different methods into the course to aid your understanding of the material. Lecture periods will consist of a mix of lectures and in-class activities, aimed at both increasing your learning experience and keeping the course interesting. I expect you to be actively engaged in the activities. You will receive 10 points per class period (Note: you must be present on the days we do these to receive points – no make-ups are allowed).

Attendance Policy:

You are expected to attend class. If you choose not to come to a class, that is your choice; however, you will only receive points for being there and participating in the activities (NOTE: you will **NOT** be allowed to make up these points, **regardless of your reason for missing class**). Exams must be taken on the assigned day, at the assigned time. A make-up exam **may** be offered in extreme cases, such as familial death or severe personal illness; you must have valid documentation for your absence, and **contact the instructor BEFORE the exam period begins**. Weekly assignments will be docked 2 points for each day late and projects will be docked 5 points for each day late.

Academic Honesty

I expect total and complete honesty in your academic behavior in general and in pursuing this course. You are responsible for being acquainted with the Academic Dishonesty Policy published both in the Student Handbook and in the University Bulletin. In the unfortunate occurrence of academic dishonesty, I will enforce all the provisions of the policy.

Special Needs

La Sierra University complies with the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act of 1973. Any student with a documented disability (physical, learning, or psychological) needing academic accommodations should contact the Learning Support and Testing Center (LSTC) as early in the quarter as possible. All discussions will remain confidential. Please contact the LSTC (La Sierra Hall, Suite 100; ttucker@lasierra.edu; 951-785-2452) for additional information.

You are responsible for your own learning!

As your instructor, I aim to provide you with contexts and opportunities to facilitate the learning process. Please call on me to help you with this learning in whatever ways I can.

Course Schedule

Date	Topic	Readings
Week 1: Sept 21	Course Introduction Foundations of Sport Psychology	Chapter 1
Week 2: Sept 28	Personality & mood Arousal, stress, & anxiety	Chapters 2 & 4
Week 3: Oct 5	Competition & cooperation Internal & external motivation	Chapters 3, 5, 6
Week 4: Oct 12	Group dynamics & cohesion Leadership & communication	Chapters 7, 8, 9, 10
Week 5: Oct 19	Psychological skills training Arousal regulation	MIDTERM EXAM Chapters 11 & 12
Week 6: Oct 26	Imagery, self-confidence, goal-setting, & concentration	Chapters 13, 14, 15, 16
Week 7: Nov 2	Exercise & psychological well-being Adherence	Chapter 17 & 18
Week 8: Nov 9	Injury, overtraining & burnout; Addictive behaviors	Chapter 19, 20, 21
Week 9: Nov 16	Developmental issues, aggression Character development	Chapter 22, 23, 24
Break: Nov 21	No class	
Week 10: Nov 30	Special topics in current research; ethics & diversity; course wrap-up	Project due Supplemental readings (posted online)
Finals week: Dec 7		FINAL EXAM

This syllabus is a tentative schedule for the session; the instructor has the right to change it at anytime. *Last updated September 20, 2009*