

Course Syllabus

HHPS 528.01W Sport Psychology (Online)

Dr. Gwendolyn M. Weatherford, CAPE

Gwen.Weatherford@tamuc.edu

Office: FH 100C

Office & Virtual Hours: MTWR 9 – 11am or by appointment.

Phone: 903.468.8688

Class Meeting

Class Meeting: Online

Textbook

Required:

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: APA.

LeUnes, A. (2008). *Sport Psychology* (4^{sted.}) New York, NY: Psychology Press.

Schinke, R.J. & Hanrahan, S.J. (2012). *Sport for Development, Peace, and Social Justice*. Morgantown, WV: West Virginia University.

Course Description

This course will focus on the relationship of psychology to sport; topics include history of sport psychology, application of learning principles, social psychology, personality variables, psychological assessment, youth sport, women in sport, the psychology of coaching, and performance enhancements.

Grading Policy

A	89.5 - 100	(Exceptional, Mastery)
B	79.5 – 89.4	(Above Average, Good Performance & Learning)
C	69.5 – 79.4	(Average)
D	59.5 – 69.4	(Poor)
F	59.4 and below	(Failing)

10%	Reflection Briefs
10%	Blog Posts
10%	Quizzes
10%	Annotated Bibliography
20%	Professional Issues & Strategies Paper
40%	Culminating Research Paper

Late assignments will receive a grade of zero "0".

Course Objectives

Upon completion of this course, the student will:

- Have a basic understanding of the principles of sport psychology.

- Identify principles of sport psychology in sporting events, athletes, and various personalities.
- Be able to apply principles of sport psychology to their specific careers.
- Demonstrate competency in relating course topics to peer-reviewed, academic literature by generating a culminating research paper.
- Demonstrate the ability to write in accordance with the guidelines set forth by the American Psychological Association (6th ed.).

eCollege This course is an online course that will be 100% online and is located within eCollege. To log onto eCollege, visit the University's main website, then click on "My Leo." Log on using your CWID and your password, which is probably your birthday in 6 digits (e.g. May 6, 1980 would be 050680). Then click on eCollege. Select this course and use the headings on the left to navigate.

The following support options are available 24 hours a day / 7 days a week:

- **Help:** Click on the 'Help' button on the toolbar for information regarding working with eCollege (i.e. How to submit to dropbox, How to post to discussions etc...)
- **Chat Support:** Click on 'Live Support' on the tool bar within your course to chat with an eCollege Representative.
- **Phone:** 1-866-656-5511 (Toll Free) to speak with eCollege Technical Support Representative.
- **Email:** helpdesk@online.tamuc.org to initiate a support request with eCollege Technical Support Representative.
- **Contacting Your Instructor:** If you have questions pertaining to the content of this course (e.g., questions about an exam, course due dates, grades, etc.), please email me directly.

Statement of Student Behavior "All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See Student's Guide Handbook, Policies and Procedures, Conduct). Inappropriate behavior will result in a warning followed by class dismissal and a student / teacher conference. Continued inappropriate behavior will result in permanent dismissal from the course.

ADA Statement *Texas A&M University-Commerce is committed to providing access and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. Americans with Disabilities Act (ADA) accommodations will be made in accordance with the law. To request ADA accommodations, please communicate your needs (number) of days before the activity or program you plan to attend by contacting the Director of Disability Resources and Services, 903.886.5835.*

Course Policies and Procedures

1. eCollege and myLeo email will be our primary method of communication. Please refer to it regularly.
2. The due date listed for assignments are the LAST chance to submit them. Please turn in your work early. I DO NOT accept late assignments. Any student missing an exam or assignment without prior arrangement will receive a score of zero.
3. If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.
4. Academic honesty: At no time should you submit work in place of your own or utilize the words, thoughts, or phrases of other authors. You are required to abide by APA guidelines which state "researchers do not claim the words and ideas of another as their own; they give credit where credit is due (APA Ethics Code Standard 8.11, Plagiarism). Plagiarism and academic cheating is a violation of the university's student code of conduct and will be reported to the Dean of Students on all occasions. Please err on the side of caution and become very familiar with your APA Manual.

**Tentative
Course
Schedule**

Dates	Unit
Jan 13 – Feb 14	<p>Unit 1</p> <p>Reading Topics:</p> <p>Introduction to Sport Psychology (Chapters 1/2)</p> <p>Behavior & Motivation (Chapters 5, 9-10)</p> <p>Anxiety, Arousal, & Aggression (Chapters 6-8, 13-14)</p> <p>Assignments:</p> <p>Introduction Discussion</p> <p>Blog Post I</p> <p>Reflection Brief I</p> <p>Unit 1 Quiz</p> <p>Annotated Bibliography</p> <p>Due Date:</p> <p>Friday, January 17th at 11:59pm</p> <p>Friday, January 31st at 11:59pm</p> <p>Friday, February 7th at 11:59pm</p> <p>Friday, February 7th at 11:59pm</p> <p>Friday, February 14th at 11:59pm</p>
Feb 17 – March 21	<p>Unit 2</p> <p>Reading Topics:</p> <p>Assessment, Leadership, & Coaching (Chapters 15-16, 11, 25-26)</p> <p>Female Sport & Choice of: Minority, Disability, Drugs, Youth, or High Risk Sport</p> <p>Assignments:</p> <p>Blog Post II</p> <p>Reflection Brief II</p> <p>Unit 2 Quiz</p> <p>Professional Issues & Strategies Paper</p> <p>Due Date:</p> <p>Friday, February 28th at 11:59pm</p> <p>Friday, March 7th at 11:59pm</p> <p>Friday, March 7th at 11:59pm</p> <p>Friday, March 21st at 11:59pm</p>
Mar 24 – May 2	<p>Unit 3</p> <p>Reading Topics:</p> <p>Social Psychology of Sport (Chapters 1, 3, 10, 13, & 15)</p> <p>Assignments:</p> <p>Blog Post III</p> <p>Final Reflection</p> <p>Unit 3 Quiz</p> <p>Culminating Research Paper</p> <p>Due Date:</p> <p>Friday, April 4th at 11:59pm</p> <p>Friday, April 11th at 11:59pm</p> <p>Friday, April 11th at 11:59pm</p> <p>Friday, May 2nd at 11:59pm</p>