



# HHPS 528.01W Sport Psychology

## COURSE SYLLABUS: Fall 2014

**Instructor:** Dr. Corrie Reed  
**Office Location:** N/A  
**Office Hours:** Thursday 9-10 pm ONLINE  
**Office Phone:** 325-670-1470  
**University Email Address:** creed@hsutx.edu

### COURSE INFORMATION

#### Textbook(s) Required

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

LeUnes, A. (2008). *Sport Psychology* (4<sup>th</sup>ed.) New York, NY: Psychology Press.

#### 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.

#### Student Learning Outcomes

- 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 (6<sup>th</sup> ed.).

# GRADING

A	824-900 pts	(Exceptional, Mastery)
B	732-823 pts	(Above Average, Good Performance & Learning)
C	640-731 pts	(Average)
D	548-639 pts	(Poor)
F	0-547 pts	(Failing)

10%	Reflection Briefs (100 points each)
10%	Blog Posts (10 points each)
10%	Quizzes (various points)
10%	Annotated Bibliography (100 points)
20%	Professional Issues & Strategies Paper (100 pts)
40%	Culminating Research Paper (200 points)

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

## TECHNOLOGY REQUIREMENTS

- To fully participate in online courses, you will need to use a current, Flash enabled browser. For PC users, the suggested browser is Internet Explorer 9.0 or 10. For Mac users, the most current update of Firefox is suggested.
- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
  - 512 MB of RAM, 1 GB or more preferred
  - Broadband connection required courses are heavily video intensive
  - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
- You must have a:
  - sound card, which is usually integrated into your desktop or laptop computer
  - speakers or headphones.

- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. Java can be downloaded at: <http://www.java.com/en/download/manual.jsp>
- Current anti-virus software must be installed and kept up to date.
- You will need some additional free software for enhanced web browsing. Ensure that you download the free versions of the following software:
  - Adobe Reader
  - Adobe Flash Player
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.
- For additional information about system requirements, please see: <https://secure.ecollege.com/tamuc/index.learn?action=technical>

## **ACCESS AND NAVIGATION**

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.

### **Pearson LearningStudio Access and Log in Information**

This course will be facilitated using Pearson LearningStudio, the learning management system used by Texas A&M University Commerce. To get started with the course, go to: <http://www.tamuc.edu/myleo.aspx>.

**You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).**

It is strongly recommended that you perform a "Browser Test" prior to the start of your course. To launch a browser test, login to Pearson

LearningStudio, click on the 'myCourses' tab, and then select the "Browser Test" link under Support Services.

## **Pearson LearningStudio Student Technical Support**

Texas A&M University Commerce provides students technical support in the use of Pearson LearningStudio.

Technical assistance is available 24 hours a day/ 7 days a week.

If at any time you experience technical problems (e.g., you can't log in to the course, you can't see certain material, etc.) please contact the Pearson LearningStudio Help Desk, available 24 hours a day, seven days a week.

The student help desk may be reached by the following means 24 hours a day, seven days a week.

- **Chat Support:** Click on '*Live Support*' on the tool bar within your course to chat with an Pearson LearningStudio Representative.
- **Phone:** 1-866-656-5511 (Toll Free) to speak with Pearson LearningStudio Technical Support Representative.
- **Email:** [helpdesk@online.tamuc.org](mailto:helpdesk@online.tamuc.org) to initiate a support request with Pearson LearningStudio Technical Support Representative.

**Accessing Help from within Your Course:** Click on the '*Tech Support*' icon on the upper left side of the screen inside the course. You will then be able to get assistance via online chat, email or by phone by calling the Help Desk number noted below.

**Note:** Personal computer problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, Office Services such as Kinko's, an Internet cafe, or a bookstore such as Barnes & Noble, etc.

## **Policy for Reporting Problems with Pearson LearningStudio**

Should students encounter Pearson LearningStudio based problems while submitting assignments/discussions/comments/exams, the following procedure **MUST** be followed?

1. Students must report the problem to the help desk. You may reach the helpdesk at
2. [helpdesk@online.tamuc.org](mailto:helpdesk@online.tamuc.org) or 1-866-656-5511
3. Students **MUST** file their problem with the helpdesk and obtain a helpdesk ticket number
4. Once a helpdesk ticket number is in your possession, students should email me to advise me of the problem and to provide me with the helpdesk ticket number
5. At that time, I will call the helpdesk to confirm your problem and follow up with you

**PLEASE NOTE:** Your personal computer/access problems are not a legitimate excuse for filing a ticket with the help desk. You are strongly encouraged to check for compatibility of your browser **BEFORE** the course begins and to take the Pearson LearningStudio tutorial offered for students who may require some extra assistance in navigating the Pearson LearningStudio platform. **ONLY** Pearson LearningStudio based problems are legitimate.

### **Internet Access**

An Internet connection is necessary to participate in discussions and assignments, access readings, transfer course work, and receive feedback from your professor. View the requirements as outlined in Technology Requirements above for more information.

### **myLeo Support**

Your myLeo email address is required to send and receive all student correspondence. Please email [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu) or call us at 903-468-6000 with any questions about setting up your myLeo email account. You may also access information at <https://leo.tamuc.edu>.

### **Learner Support**

Go to the following link [One Stop Shop](#)- created to serve you by attempting to provide as many resources as possible in one location.

Go to the following link [Academic Success Center](#)- focused on providing academic resources to help you achieve academic success.

### **Interaction with Instructor Statement**

My primary form of communication with the class will be through Email and Announcements. Any changes to the syllabus or other important information critical to the class will be disseminated to students in this way via your official University Email address available to me through MyLeo and in Announcements. It will be your responsibility to check your University Email and Announcements regularly.

Students who Email me outside of regular office hours can expect a reply within 48 hours M-F.

### **Virtual Office**

Welcome to my office. This space is set aside for students to ask course related questions. Place any questions or concerns about the course here and they will answered within 24 hours on weekdays. (It is possible that I will answer all threads during my office hours as posted on the syllabus.) Please feel free to answer one another's questions. I will check answers (as well as questions) for correctness, but do not hesitate to respond to a posting if you feel you can answer the question thoroughly and directly.

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

1. eCollege and myLeo email will be our primary method of communication. Please refer to it regularly. Until the professor has a myLeo email account set up, please contact her directly at [creed@hsutx.edu](mailto:creed@hsutx.edu).
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 please feel free to e-mail me or call me. Remember I will be available ONLINE every Thursday from 9-10 pm.
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 the Dean of Students on all occasions. Please err of the side of caution and become very familiar with your APA Manual.

### **ADA Statement**

#### **Students with Disabilities**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

#### **Office of Student Disability Resources and Services**

Texas A&M University-Commerce  
Gee Library- Room 132  
Phone (903) 886-5150 or (903) 886-5835  
Fax (903) 468-8148  
[StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)

## Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).

## COURSE OUTLINE / CALENDAR

Dates	Unit
8/25-9/26	<p><b>Unit 1</b></p> <p><b>Reading Topics:</b></p> <ul style="list-style-type: none"> <li>Introduction to Sport Psychology (Chapters 1/2)</li> <li>Behavior &amp; Motivation (Chapters 5, 9-10)</li> <li>Anxiety, Arousal, &amp; Aggression (Chapters 6-8, 13-14)</li> </ul> <p><b>Assignments:</b></p> <ul style="list-style-type: none"> <li>Introduction Discussion</li> <li>Blog Post I</li> <li>Reflection Brief I</li> <li>Unit 1 Quiz</li> <li><b>Annotated Bibliography</b></li> </ul> <p><b>Due Date:</b></p> <ul style="list-style-type: none"> <li>Friday August 29 at 11:59pm</li> <li>Friday, September 12 at 11:59pm</li> <li>Friday, September 19 at 11:59pm</li> <li>Friday, September 19 at 11:59pm</li> <li><b>Friday, September 26 at 11:59pm</b></li> </ul>
9/29-10/31	<p><b>Unit 2</b></p> <p><b>Reading Topics:</b></p> <ul style="list-style-type: none"> <li>Assessment, Leadership, &amp; Coaching (Chapters 15-16, 11, 25-26)</li> <li>Female Sport &amp; Choice of: Minority, Disability, Drugs, Youth, or High Risk Sport</li> </ul> <p><b>Assignments:</b></p> <ul style="list-style-type: none"> <li>Blog Post II</li> <li>Reflection Brief II</li> <li>Unit 2 Quiz</li> <li><b>Professional Issues &amp; Strategies Paper</b></li> </ul> <p><b>Due Date:</b></p> <ul style="list-style-type: none"> <li>Friday, October 10 at 11:59pm</li> <li>Friday, October 17 at 11:59pm</li> <li>Friday, October 17 at 11:59pm</li> <li><b>Friday, October 31 at 11:59pm</b></li> </ul>

11/3- 12/6	<b>Unit 3</b>	
	<b>Reading Topics:</b>	
	Social Psychology of Sport (Chapters 1, 3, 10, 13, & 15)	
	<b>Assignments:</b>	<b>Due Date:</b>
	Blog Post III Final Reflection Unit 3 Quiz	Friday, November 14 at 11:59pm Friday, November 21 at 11:59pm Friday, November 21 at 11:59pm
<b>Culminating Research Paper</b>		
<b>Saturday, December 6 at 11:59pm</b>		