



HHPS 210.01W - Sport Psychology Fall 2015

COURSE INFORMATION

Instructor: Scott Mobley, MS
Office: Field House 211
Office Hours: MW 9:00 – 12:00
Office Phone: TBA
Email: scott.mobley@tamuc.edu

COURSE DESCRIPTION

An overview of the principles of psychology as applied to sport, exercise, and recreational activity for enhanced interactions and performance. This course will examine elements of sport psychology such as anxiety, self-confidence, motivation and goal setting, leadership, and group dynamics with sport and recreational activities.

COURSE MATERIALS

Textbook (Required)

Weinberg, R. S., & Gould, D. (2015). *Foundations of Sport and Exercise Psychology* (6th ed.). Champaign, IL: Human Kinetics. ISBN# 978-1-4504-6981-4

Optional

Other materials/readings as assigned will be posted in DocSharing in the Learning Studio (formerly eCollege).

COURSE OBJECTIVES

After completion of this course, the student should be able to:

1. Describe the field and history of sport psychology
2. Discuss the theoretical foundations of the psychological processes that operate in a variety of sport settings.
3. Recognize the processes of learning, anxiety, and performance enhancement.
4. Discover how participation in sport influences the psychological makeup of the individual involved.
5. Apply motivational principles to “real world” settings.
6. Identify the psychological processes for both individual and group processes.

COURSE POLICIES AND EXPECTATIONS

GRADING SCALE

90% - 100%	A
80% - 89%	B
70% - 79%	C
60% - 69%	D
0% - 59%	F

EVALUATION

Discussion (4 X 10 pts.)	40 pts.
Case Studies (3 x 20 pts.)	60 pts.
Quizzes (5 x 10 pts.)	50 pts.
Exam #1 (Midterm)	100 pts.
Exam #2 (Final)	100 pts.

TOTAL 350 pts.

DISCUSSIONS

The discussions are related directly to the assigned readings. Upon completion of the assigned readings, you are expected to engage in an ongoing discussion/debate with your classmates. Your contributions to the discussion forums will be graded for quality and a detailed analysis linking the material to a critical appraisal of theory, policy, and practice. The introduction of outside materials is not mandatory (unless otherwise noted in the discussion topic assignment), but is highly recommended. In all cases, students must cite in-text and provide a full bibliography/works cited at the end of their post for all citations mentioned within the post (See information below, including “How to Cite” factsheet, for more information on citing utilizing APA citation format).

These posts should be **the equivalent of 1 page in length or a minimum of 300 words**. The specific discussion assignment is located in each unit Week by clicking on the Discussion link.

Posts are due by **11:00PM CST on Fridays**.

CASE STUDIES

Each student will complete a reaction paper corresponding to each of the three case study readings (Rotella et al., 1998). There will be different case study readings for each assignment, and students are responsible for writing a reaction paper to one of the assigned readings. *Cases will be provided in Learning Studio.*

The paper should consist of a brief summary of the situation (no more than half of your paper), and then your own personal reaction and thoughts about the case study, relating back to material from class. *You will be graded on your ability to comprehend and summarize the case in your own words, ability to answer the questions and discuss your own personal reaction and*

thoughts about the case, and ability to relate the case to material from class and readings. Reaction papers should be approximately 2 pages, typed with a 12 pt. (Arial or Verdana) font. Depending on class size, students will either discuss their reaction paper within a small group or with the entire class. These class discussions will count towards the student's class participation grade.

The discussion posts, case studies, and papers will be written using proper English and grammar. Points will be deducted for the use of slang (unless used in direct quotations) and spelling. You are in college, at this point in life, your knowledge of the English language, spelling, and proper words should be vast. I will not accept the use of common slang or digital texting languages (omg, lol, ikr, or any other text language) in academic writings. You are receiving a college education, therefore embarking on a professional career, your language should reflect this.

Responding to Discussion Posts

While responding to another classmates discussion post, the response will remain professional and in accordance to the rules governing your own posts. Responses will be done using professional language and proper English and grammar. Violation of this policy will result in point deductions.

EXAMS AND QUIZZES

Exams and quizzes will be based on any and all information and materials utilized in class lectures, class discussions, guest speakers, videos, and the course textbook. They may include true/false, multiple-choice, matching, short answer, and essay. Quizzes will take place periodically throughout the semester, with or without notice.

Exams and quizzes can be found in the Learning Studio. All exams and quizzes will be timed and due by the 11:00PM CST on Friday during the week posted.

Students are authorized to use open books and notes during the taking of exams and quizzes. However, time will be limited, it is highly encouraged that the students study the chapters of text that are being examined.

COURSE SCHEDULE (This Schedule is Tentative.)

Week 1	What is Sport Psychology? History. (ch. 1-2)
Week 2	Understanding and Using Psychology in Sport (ch. 3)
Week 3	Personality (ch.4) Attention and Cognitive Skills (ch. 5)
Week 4	Goal Setting (ch. 5)
Week 5	Self-Perceptions (ch. 6)
Week 6	Exam #1
Week 7	Behavior and Motivation (ch. 7-9)
Week 8	Emotions and Sport: Anxiety and Stress (ch. 11)
Week 9	Coping and Stress Management (ch. 12)
Week 10	Social and Cultural Influence (ch. 13, 16)
Week 11	Social and Cultural Influence (ch. 13, 16)
Week 12	Group Dynamics and Sport (ch. 15)
Week 13	Leadership and Counseling
Week 14	Case Study Analysis
Week 15	Exam #2
Week 16	Final Exam

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 Google Chrome or Mozilla Firefox. 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.
 - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: [JAVA web site](http://www.java.com/en/download/manual.jsp)
<http://www.java.com/en/download/manual.jsp>
- Current anti-virus software must be installed and kept up to date.
- Run a browser check through the Pearson LearningStudio Technical Requirements website. [Browser Check](http://help.college.com/LS_Tech_Reg_WebHelp/en-us/#LS_Technical_Requirements.htm#Browset) http://help.college.com/LS_Tech_Reg_WebHelp/en-us/#LS_Technical_Requirements.htm#Browset

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
 - [Adobe Reader](https://get.adobe.com/reader/) <https://get.adobe.com/reader/>
 - [Adobe Flash Player](https://get.adobe.com/flashplayer/) (version 17 or later) <https://get.adobe.com/flashplayer/>
 - [Adobe Shockwave Player](https://get.adobe.com/shockwave/) <https://get.adobe.com/shockwave/>
 - [Apple Quick Time](http://www.apple.com/quicktime/download/) <http://www.apple.com/quicktime/download/>
- 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: [System Requirements for LearningStudio](https://secure.ecollege.com/tamuc/index.learn?action=technical) <https://secure.ecollege.com/tamuc/index.learn?action=technical>

ACCESS AND NAVIGATION

Pearson LearningStudio (eCollege) 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 [myLeo](http://www.tamuc.edu/myleo.aspx).
<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.

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 “My Courses” tab, and then select the “Browser Test” link under Support Services.

Pearson Learning Studio 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 a Pearson Learning Studio Representative.
- **Phone:** 1-866-656-5511 (Toll Free) to speak with Pearson Learning Studio Technical Support Representative.
- **Email:** 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 then will 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 service companies, 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 helpdesk@online.tamuc.org or 1-866-656-5511
2. Students **MUST** file their problem with the helpdesk and obtain a helpdesk ticket number
3. 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
4. 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 Pearson LearningStudio 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 or call us at 903-468-6000 with any questions about setting up your myLeo email account. You may also access information at [myLeo](https://leo.tamuc.edu). <https://leo.tamuc.edu>

Learner Support

Go to the following link [One Stop Shop](http://www.tamuc.edu/admissions/onestopshop/)- created to serve you by attempting to provide as many resources as possible in one location. <http://www.tamuc.edu/admissions/onestopshop/>

Go to the following link [Academic Success Center](http://www.tamuc.edu/campusLife/campusServices/academicSuccessCenter/)- focused on providing academic resources to help you achieve academic success. <http://www.tamuc.edu/campusLife/campusServices/academicSuccessCenter/>

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures

Academic Honesty

Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including (but not limited to) receiving a failing grade on the assignment, the possibility of failure in the course and dismissal from the University. Since dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. In **ALL** instances, incidents of academic dishonesty will be reported to the

Department Head. Please be aware that academic dishonesty includes (but is not limited to) cheating, plagiarism, and collusion.

Cheating is defined as:

- Copying another's test or assignment
- Communication with another during an exam or assignment (i.e. written, oral or otherwise)
- Giving or seeking aid from another when not permitted by the instructor
- Possessing or using unauthorized materials during the test
- Buying, using, stealing, transporting, or soliciting a test, draft of a test, or answer key

Plagiarism is defined as:

- Using someone else's work in your assignment without appropriate acknowledgement
- Making slight variations in the language and then failing to give credit to the source

Collusion is defined as:

- Collaborating with another, without authorization, when preparing an assignment
If you have any questions regarding academic dishonesty, ask. Otherwise, I will assume that you have full knowledge of the academic dishonesty policy and agree to the conditions as set forth in this syllabus.

APA Citation Format Policy

It is very important that you learn how to cite properly. In some ways, citations are more important than the actual text of your paper/assignment. Therefore, you should take this task seriously and devote some time to understanding how to cite properly. If you take the time to understand this process up front, it will save you a significant amount of time in the long run (not to mention significant deductions in points).

In the social and behavioral sciences, we use APA (American Psychological Association) format. As a rule of thumb, one cites whenever they are paraphrasing other people's words or when they quote other's words directly. You may learn to cite from a variety of different sources including the APA Tutorial and the sources listed below and in the Getting Started section of your course.

www.apastyle.org

<http://owl.english.purdue.edu/owl/resource/560/02/>

www.library.cornell.edu/resrch/citmanage/apa

It is the student's responsibility to understand and learn how to cite properly. If you have questions, feel free to ask.

Late Work

In principle, I do not accept late work and do not believe in allowing students to turn in work after the due date. My position is everyone knows the rules of engagement at the beginning of the term, and is the students' responsibility to plan accordingly to submit their assignments in a timely manner. However, I also do understand sometimes there are circumstances outside one's control that may impact timely submission of assignments. To that end, I have developed a policy on late work. Please note this policy applies **ONLY** to your discussions, paper, and PowerPoint presentations, **not** your comments, paper topic submissions, or peer evaluations.

Late assignments will be accepted after the due date and time up to 1 day (24 hours) late. Twenty (20) points will be deducted from all late assignments. Assignments turned in more than one day late **will not** be accepted/graded.

Drop Course Policy

Students should take responsibility for dropping themselves from the course according to University policy should this become necessary.

University Specific Procedures

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

Go to the following email address: Rebecca.Tuerk@tamuc.edu

Go to the following link: [Student Disability Resources & Services](#)

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*). Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<http://www.albion.com/netiquette/corerules.html>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.