COLLEGE OF EDUCATION AND HUMAN SERVICES
DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE

HHPS 528
Sport Psychology
Fall, 2015
Online Course

ON THE FIRST DAY OF CLASS (AUGUST 31) – LOG INTO eCOLLEGE AND CLICK ON THE "START HERE" LINK ON THE LEFT HAND SIDE OF YOUR SCREEN. HERE YOU WILL FIND A VIDEO WITH INSTRUCTIONS FOR NAVIGATING THE COURSE!

CATALOG 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.

INSTRUCTOR:	OFFICE HOURS:
Dr. Stacey Gaines, Ph.D.	Online by appointment.
Adjunct Faculty, Health & Human Performance	

E-Mail: stacey.gaines@tamuc.edu

IMPORTANT NOTE
Dr. Gaines is not on campus. When students have questions regarding the course, they should email her to receive a response.

I will generally respond to emails within 24 hours, except over the weekend. If you send an email after 5pm on Friday, you may not receive a reply until after 9am on Monday.

BACKGROUND INFORMATION:
B.A. (University of Northern Colorado), Kinesiology and Psychology
M.S. (University of Northern Colorado) Sport & Exercise Science – Social Psychology of Sport and Exercise
Ph.D. (Purdue University), Health & Kinesiology – Sport and Exercise Psychology
Research Interests: Character development in sport, Social relationships in sport, Motivation

REQUIRED TEXTBOOK / MATERIALS:
1. Williams, J.M. & Krane, V. (2014). *Applied Sport Psychology: From Personal Growth to Peak Performance* (7th ed.). McGraw-Hill.
    YOU WILL NEED ACCESS TO THE COURSE TEXTBOOK BEFORE THE FIRST DAY OF CLASS!
2. Additional readings will be made available throughout the semester.
3. Students will need to have access to and knowledge of use of TAMUK's Blackboard.
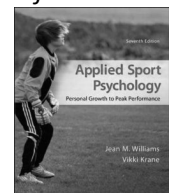
COURSE FORMAT:
This course will be offered fully online. Methods of instruction will include class discussion, facilitative inquiry, practical application, case studies, and assignments. Online courses are designed to be more convenient, not easier. As such, self-motivation is required on behalf of students to successfully navigate course responsibilities.

STUDENT LEARNING OUTCOMES

Over the course of the semester, the students will:

1. Discuss the focus and scope of sport and exercise psychology within the context of kinesiology.
2. Demonstrate an understanding of the principles of sport psychology through application of course concepts to students' careers.
3. Identify principles of sport psychology in sporting events, athletes, and various personalities.
4. Demonstrate competency in relating course concepts to peer-reviewed, empirical literature.
5. Demonstrate an understanding of the use of psychological methods in enhancing personal development and human performance in sport and physical activity.
6. Discuss the development and implementation of a psychological skills training program within a variety of sport and physical activity settings.

Students may vary in their competency levels on these abilities. Students can expect to acquire these abilities *only if* they honor all course policies, attend class regularly, complete all assigned work on time and in good faith, and meet all other course requirements and expectations. In other words, **you are in control of your education!

COURSE DELIVERY

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, then click on eCollege. Select this course and use the heading on the left of the screen to navigate the course, beginning with START HERE.

The following support options are available from an eCollege representative 24 hours a day/7 days a week:

- Chat Support: Click on *Live Support* on the tool bar within your course to chat with an eCollege Representative.
- Phone: Dial 1-866-656-5511 (Toll Free) to speak with an eCollege Representative.
- Email: helpdesk@online.tamuc.org to send a message to an eCollege Representative

If you have questions pertaining to the <u>content of the course</u> (i.e., questions about an exam, course due dates, grades, etc.), please email Dr. Gaines directly. You are encouraged to utilize the FAQ Board for the course (click on the link located in the Course Menu) to ask and answer questions.

METHODS OF EVALUATION AND GRADING PROCEDURES:

Performance Evaluation
Student performance (i.e., the degree to which the student achieves the aforementioned SLOs) will be evaluated via the following:

NOTE: FOR ALL DUE DATES LISTED BELOW, THE CUT OFF TIME FOR SUBMISSION IS 11:59PM CST ON THE DATE LISTED. There will be NO exceptions to this policy, so plan accordingly. Technical problems on your end are not an excuse for a late submission. You should plan to complete assignments early to avoid any problems!

- *Exams* (300 points, 150 points each)
  One midterm and one final exam will be given. These exams will be short and long essay in nature. The midterm exam will cover material covered up to that point in the course. The final exam will focus primarily (at least 80%) on topics covered since the midterm. Exams will be located in

- *Discussion Question Responses* (250 points, 50 points each)
  The discussion portion of this course is critical to learning and is meant to model the face-to-face discussion that takes place in an on campus classroom. To best facilitate learning, students will be divided into smaller groups for this discussion. For each week a question is due (see schedule later in this syllabus), students will be given 2-3 discussion questions related to the assigned readings, current events, and/or relevant issues in sport. Each student must post at least one answer to each question. Then, each student may return to the discussion thread and respond to classmates' discussion posts. In other words, each student will reply to EACH question at least ONE TIME throughout the week, however a second post may be considered as extra credit. In all cases, posts must be completed by the due date indicated. It is recommended that students' post their first response no later than Wednesday of the week to allow for sufficient discussion. Students who abide by this recommendation will be eligible for extra credit points at the end of the semester, should the need arise. Additional information on the Discussion Board is provided in the Discussion Board Guidelines (located under the "Doc Sharing" link in the Course Menu).

- *Mental Skills Training Program* (150 points)
  Throughout the course of the semester, students will work to develop a mental skills training program. This program will be designed for a team/group of the student's choice, and students are encouraged to use a team familiar to them when possible. Additional information on this program is provided in the Mental Skills Training Program Guidelines (located under the "Doc Sharing" link in the Course Menu).

- *Journal Posts* (100 points, 25 points each)
  To facilitate the completion of the Mental Skills Training Program assignment, students will complete four scheduled journal posts. These posts are meant to assist students in designing the Mental Skills Training Program by encouraging feedback from both classmates and Dr. Gaines. Additional information on these journal posts is provided in the Mental Skills Training Program Guidelines (located under the "Doc Sharing" link in the Course Menu).

- *Journal Article Summaries* (200 points, 40 points each)
  Five article summaries will be completed throughout the semester. These article summaries are short (1-2 pages, single-spaced) designed to familiarize students will finding research articles online, summarizing research, and critically evaluating the research. You will be assigned one article per week based on course topics. Article assignments will be posted under the "Journal Article Summary" link (located under the "Assignments" link in the Course Menu) no later than the second week of class. Each summary should briefly, and *in your own words*, state the purpose of the study, methods the researcher(s) used, study findings, study conclusions, and your perceptions of the research. Additional information on these journal article summaries is provided in the Journal Article Summaries Guidelines (located under the "Doc Sharing" link in the Course Menu).

The final course grade will be based on the following examination weights and criteria:

Exams (2 x 150 points each)	300 points	A = 900 to 1000 points
Discussion Question Responses (5 x 50 points each)	250 points	B = 800 to 899 points
Mental Skills Training Program	150 points	C = 700 to 799 points
MST Program Blog Posts (4 x 25 points each)	100 points	D = 600 to 699 points
Journal Article Summaries (5 x 50 points each)	250 points	F = 599 points and below
Journal Article Summary Responses (Extra Credit)	** points	
Total	1000 points	

In general terms, these are what I am considering when thinking of letter grades:
> A = not only a complete grasp, but a fluency with the course concepts including independent thought
>   beyond the bounds of the coursework
> B = a good grasp of the concepts and an ability to apply them
> C = a middling grasp of the course material demonstrated by an ability to repeat the material, as by rote
> D = an incomplete or tenuous understanding of the course material

Grades will be posted weekly on Blackboard.   While the entire grade will not be calculated, the points earned for assignments up to that point will be posted. Students should periodically check Blackboard and report any grades they feel to be in error to Dr. Gaines prior to **Wednesday, December 16th**.

Examination/Assignment Grade Appeal
Once exams/assignments have been graded and returned to the students, any appeal of any exam/assignment item must be made within one week for it to be considered by the instructor.

COURSE POLICIES
- This course is offered fully online. As such, attendance will be marked by the submission of assignments.
- eCollege and email will be our primary method of communication. Please refer to it regularly.

Submission of Assignments
- Assignments will be turned in NO later than the assigned date and time! Technical problems will not be an acceptable excuse for late assignments. Students should work well in advance of due dates/times to be sure assignments are submitted on time!
- Students should ONLY use eCollege to turn in assignments. Assignments that are emailed to Dr. Gaines directly will <u>not</u> be accepted for credit. Students must use the appropriate assignment DropBox to submit assignments correctly.
- **Students should be aware that every assignment submitted in eCollege is also processed through a plagiarism detection service.**

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:
  - o 512 MB of RAM, 1 GB or more preferred
  - o Broadband connection required courses are heavily video intensive
  - o Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
- You must have a:
  - o Sound card, which is usually integrated into your desktop or laptop computer
  - o Speakers or headphones.
  - o *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
- 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.ecollege.com/LS_Tech_Req_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:
  - o Adobe Reader https://get.adobe.com/reader/
  - o Adobe Flash Player *(version 17 or later)* https://get.adobe.com/flashplayer/
  - o Adobe Shockwave Player https://get.adobe.com/shockwave/
  - o Apple Quick Time 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

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
- ▪ **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 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 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 you experience LearningStudio (eCollege) technical problems, contact the LearningStudio helpdesk at 1-866-656-5511 (toll free) or visit Pearson 24/7 Customer Support Site   http://247support.custhelp.com/
  - o 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 LearningStudio Representative.
  - o **Phone:** 1-866-656-5511 (Toll Free) to speak 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 or by phone.
- **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 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.

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

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. http://www.tamuc.edu/admissions/onestopshop/

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

FREE Mobile Apps
- The Courses apps for phones have been adapted to support the tasks students can easily complete on a smaller device. Due to the smaller screen size course content is not presented.
- The Courses app is free of charge. The mobile Courses Apps are designed and adapted for different devices.

PEARSON COURSES	**App Title:**	**iPhone – Pearson LearningStudio Courses for iPhone** **Android – LearningStudio Courses - Phone**
	Operating System:	**iPhone** - OS 6 and above **Android** – Jelly Bean, Kitkat, and Lollipop OS
	iPhone App URL:	https://itunes.apple.com/us/app/pearson-learningstudio-courses/id977280011?mt=8
	Android App URL:	https://play.google.com/store/apps/details?id=com.pearson.lsphone

- Once downloaded, search for Texas A&M University-Commerce, and it should appear on the list. Then you will need to sign into the myLeo Mobile portal.
- The Courses App for Android and iPhone contain the following feature set: View titles/code/instructor of all courses enrolled in online; view and respond to all discussions in individual Courses; view Instructor Announcements in individual Courses; view Graded items, Grades and comments in individual Courses; view grade to Date; view Events (assignments) and Calendar in individual Courses; view Activity Feed for all courses; view course filters on activities; view link to Privacy Policy; ability to Sign out; ability to send Feedback

LearningStudio Notifications
- Students can be alerted to course activities via text on their mobile phones or up to two email addresses.
- Based on their preferences, students can automatically receive a push notification with every new: course announcement, threaded discussion post, grade, and/or assignment without having to login to the course. Enrolled students will automatically receive email notifications for announcements and can opt out of this feature. To receive text notifications, students must opt in.
- To begin setting up notifications, go into your course in LearningStudio and click on the bell-shaped Notifications icon on the main menu ribbon.
- By default the student's university email address will appear. This cannot be changed in LearningStudio. Additional email addresses may be added by clicking the Add button. After all of the other selections are completed be sure to click the Save and Finish button.

STATEMENT OF STUDENT BEHAVIOR *(See Student's Guide Handbook, Policies and Procedures, Conduct)*
All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. Inappropriate behavior will result in disciplinary action including, but not limited to, a deduction in points or failure of the course.

ACADEMIC HONESTY
At no time should you submit work in place of your own or utilize the words, thoughts, or phrases of other authors without proper citation. You are required to abide by the APA guidelines which state, "researchers do not claim the words or ideas of another as their own; they give credit where credit is due (APA Ethics Code, Standard 8.11, Plagiarism). Plagiarism, self-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 the APA guidelines. A link in the Course Menu introduces you to APA citations and the avoidance of plagiarism. Even when you are citing a source, you may not utilize another author's words unless their words are in direct quotations and the source is cited properly, including page numbers. You may not utilize your previous work in this course. If you wish to use the thoughts, ideas, concepts, or conclusions from your previous works, however you may not simply copy and paste those works. You must rephrase these concepts at all times. When graded, the authenticity of your work is evaluated. When issues of authenticity arise, they will be reported to the Dean of Students and you will, at a minimum, receive a zero for the assignment. **It is the student's responsibility to become familiar with the rules and procedures for plagiarism and authenticity, not the professor.** An excuse of "I didn't know I was plagiarizing" will never be warranted.

ADA STATEMENT
Texas A&M University-Commerce is committed to providing access and reasonable accommodation in it's services, programs, activities, education, and employment for individuals with disabilities. Accommodations in accordance with the Americans with Disabilities Act (ADA) accommodations will be made. To request ADA accomodations, please communicate your needs one week before the activity or program you plan to attend by contacting the Director of Disability Resources and Services (903-886-5835).

NON-DISCRIMINATION
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.

TENTATIVE COURSE SCHEDULE

DATE:	TOPICS:	READINGS	DUE DATES
Week of August 31 *Due Date: September 6*	Introduction to the Course Introduction to Sport Psychology	Chapter 1	
Week of September 7 *Due Date: September 13*	Positive Approach	Chapter 3	
Week of September 14 *Due Date: September 20*	Self-Fulfilling Prophecy	Chapter 5	Discussion Board 1 Journal Summary 1
Week of September 21 *Due Date: September 27*	Leadership Effectiveness & Decision Making Sport Team as a Group	Chapter 6 Chapter 7	MST Journal Post 1
Week of September 28 *Due Date: October 4*	Communicating Effectively Motivational Processes	Chapter 8 Chapter 4	Discussion Board 2 Journal Summary 2
Week of October 5 *Due Date: October 11*	Psychological Characteristics of Peak Performance Increasing Awareness for Sport Performance	Chapter 9 Chapter 10	MST Journal Post 2
Week of October 12 *Due Date: October 18*	Goal Setting for Peak Performance Arousal Performance Relationship	Chapter 11 Chapter 12	Discussion Board 3 Journal Summary 3
Week of October 19 *Due Date: October 25*	Midterm Exam		Midterm Exam
Week of October 26 *Due Date: November 1*	Mental Skills Training Project		MST Journal Post 3
Week of November 2 *Due Date: November 8*	Relaxation Techniques Imagery	Chapter 13 Chapter 14	
Week of November 9 *Due Date: November 15*	Enhancing Confidence Concentration and Attentional Focus Implementing a PST	Chapter 15 Chapter 16 Chapter 17	Journal Summary 4 Discussion Board 4
Week of November 16 *Due Date: November 22*	Referring Athletes Drug Abuse in Sport	Chapter 20 Chapter 21	MST Journal Post 4
Week of November 23 *Due Date: November 29*	Mental Skills Training Project		
Week of November 30 *Due Date: December 6*	Burnout in Sport Psychological Response to Injury	Chapter 22 Chapter 23	Discussion Board 5 Journal Summary 5
Week of December 7 *Due Date: December 10*	Final Exam		Final Exam
Finals Week *Due Date: December 16*	Mental Skills Training Project		Mental Skills Training Project

This schedule is tentative! When necessary, all schedule changes will be posted in the Course Announcements.

ASSIGNMENT CHECK LIST
You are encouraged to print this page off to keep track of your course progress and assignment due dates!

DUE SEPTEMBER 6 (11:59pm CST)

NO ASSIGNMENTS DUE

DUE SEPTEMBER 13 (11:59pm CST)

NO ASSIGNMENTS DUE

DUE SEPTEMBER 20 (11:59pm CST)
- ❑ Discussion Board 1
- ❑ Journal Summary 1

DUE SEPTEMBER 27 (11:59pm CST)
- ❑ Mental Skills Training Project Journal 1

DUE OCTOBER 4 (11:59pm CST)
- ❑ Discussion Board 2
- ❑ Journal Summary 2

DUE OCTOBER 11 (11:59pm CST)
- ❑ Mental Skills Training Project Journal 2

DUE OCTOBER 18 (11:59pm CST)
- ❑ Discussion Board 3
- ❑ Journal Summary 3

DUE OCTOBER 25 (11:59pm CST)
- ❑ Midterm Exam

DUE NOVEMBER 1 (11:59pm CST)
- ❑ Mental Skills Training Project Journal 3

DUE NOVEMBER 8 (11:59pm CST)

NO ASSIGNMENTS DUE

DUE NOVEMBER 15 (11:59pm CST)
- ❑ Discussion Board 4
- ❑ Journal Summary 4

DUE NOVEMBER 22 (11:59pm CST)
- ❑ Mental Skills Training Project Journal 4

DUE NOVEMBER 29 (11:59pm CST)

NO ASSIGNMENTS DUE

DUE DECEMBER 6 (11:59pm CST)
- ❑ Discussion Board 5
- ❑ Journal Summary 5

DUE DECEMBER 10 (11:59pm CST)
- ❑ Final Exam

DUE DECEMBER 16 (11:59pm CST)
- ❑ Final Mental Skills Training Project