

## Graduate SPORT Psychology

Fall 2016

(An online course)

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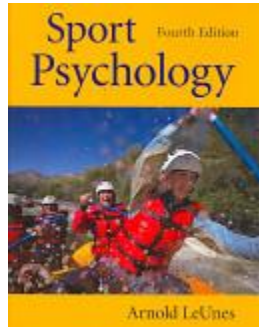
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Since this is an online course and most of you are not on campus, please use email as the primary method of reaching me initially.

**Textbook (required):** Sport Psychology (4th ed.), by LeUnes



**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.

### **Course Objectives**

Specific course objectives and topics are identified on the course schedule.

Generally, upon completion of the course, the student should...

- have a basic understanding of the principles of sport psychology
- identify principles of sport psychology in sporting events and personalities
- be able to apply principles of sport psychology to their specific career goals

### **Grading Scale**

90– 100 %	A (exceptional, excellent, mastery)
80– 89%	B (above average, good performance and learning)
70– 79%	C (average)
60-69%	D (below average)
0-59%	F (failing)

### **Evaluation:**

<b>Section 1 Quizzes and Participation</b>	<b>15%</b>
<b>Section 2 Quizzes and Participation</b>	<b>15%</b>
<b>Section 3 Quizzes and Participation</b>	<b>15%</b>
<b>Section 4 Quizzes and Participation</b>	<b>15%</b>
<b>Section 5 Quizzes and Participation</b>	<b>15%</b>
<b>Oral Final Examination</b>	<b>25%</b>

### **Section Quizzes and Participation**

Each section will contain several lectures. At the end of each lecture, you will be directed to do some laboratory/research-type work and then participate in a discussion, take a quiz, and/or complete an assignment. ALL portions of each section MUST be completed by that section's "end date." You MUST do the 5 sections in order.

Assignments, quizzes, etc, not submitted by the due date will receive a grade of zero.

Do not wait until the last minute. The total point value for each section will be 100. For

example, section 3 may break down in this way:

Quizzes 4@ 10 pts each	40
Discussions 1@15 pts	15

Assignments 3@15 points each 45

So if your grades were as follows:

Quiz 1	8
Quiz 2	7
Quiz 3	10
Quiz 4	10
Discussion	13
Assignment 1	13
Assignment 2	13
Assignment 3	15
89=TOTAL for Section 3	

### **Oral Final Examination**

It is extremely important that you are LEARNING the information that is being covered in the lectures and the text. At the end of the semester (or when YOU complete all sections), I will send you an e-mail asking you to schedule a time when I will call you on the phone and ask you questions that cover the course material. You will be at the phone at your selected time. Questions may cover any of the course content. No two oral exams will be identical. If you do not follow the instructions for signing up, do not answer the phone, or do not take the final exam, you will receive a zero on the test.

### **Course Policies**

1. Because this is an online course, you may never meet me or your other classmates face-to-face. That means that written communication must be clear in all circumstances.
2. While completing assignments, chatting, etc within the e-college environment (within this class), be professional. In other words, quality matters. Write clearly with correct spelling, punctuation, and grammar. Actively prepare by reading the assigned materials. Share your thoughts (ask and answer questions). Have course materials with you when you are online (you can use materials during quizzes, etc). Please refrain from anything that is not class-related while "in" this course. Unless you are quoting someone else directly, language should be "G-rated."
3. END DATES: The "end dates" listed for sections are the LAST chance to submit them. Please submit your work early. I DO NOT accept late assignments.
4. If you have a question or concern, e-mail me. Please include in the subject of the e-mail YOUR CLASS (Sport Psyc) and the subject of the message. I will respond promptly during the week. If you want me to take a look at assignments before you submit them, you may ask me to do so through e-mail. I will not fully grade assignments ahead of time, but I will give you general feedback about how your work looks. I am here to help. You are also welcome to call or come by my office for assistance.
5. Use the following e-mail address for me: sandy.kimbrough@tamuc.edu

### **Nondiscrimination notice:**

A&M-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

### **Student and Instructor Expectations:**

Expectations are high for both of us. I strive to be the best teacher possible. I expect you to perform to the best of your ability. Making an "A" in this class is quite an accomplishment, and will be earned only by those who are willing to put forth the necessary effort. There is no grading curve - you will get the grade you earn!!!!

### **PLAGIARISM**

The handouts used in this course are copyrighted. By "handouts," I mean all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it is as your own, even if you should have the permission of that person. Plagiarism is one of the worst academic sins, for the plagiarist destroys the trust among colleagues without which research cannot be safely communicated.

If you have any questions regarding plagiarism, please consult me. If you plagiarize in my class, you will automatically receive a grade of “F” and disciplinary action will be sought.

### **BASIC COURSE SCHEDULE**

<b>Section</b>	<b>Lecture Titles</b>	<b>Accompanying textbook info</b>	
1	Intro to class	Syllabus	
1	What is Sport Psychology?	Pages 1-8 “What is sport psyc?”	
1	History/organizations	Pages 9-14 “Organizations”	
1	Goal-setting	Pages 170-173	
1	Group dynamics/cohesion/team building	Pages 189-201	
1	Leadership	Pages 177-189	
1	Communication	Pages 491-492	Section 1 end date: September 14
2	Youth sport	Pages 443-456, 459-479	
2/	Females in sport	Pages 399-440	
2	High-risk sport participant	Pages 335-355	
2	Pro and college athletics		
2	Sport and ethnicity	Pages 311-332	Section 2 end date: October 3
3	Learning	Pages 66-85	
3	Anxiety and arousal	Pages 87-103	
3	Choking		
3	Intervention	Pages 105-113, 115-132	Section 3 end date: October 19
4	Aggression	Pages 219-244	
4	Gambling	Go to dontbetonit.org; watch videos and read	
4	Psychological assessment	Pages 291-309	Section 4 end date: November 9
5	Motivation	Pages 135-175	
5	Audience Effects	Pages 203-216	
5	Exercise Adherence	Pages 519-539	
5	Effects of Exercise	Pages 519-539	
5	Running/endurance sports	Pages 541-551	
5	Officiating	Pages 261-263, 267-269	
5	Coaching	Pages 481-517	Section 5 end date: November 29

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### **Statement on 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).

### **ADA statement**

Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, Gee Library, (903) 886-5835.

### **Campus Concealed Carry**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to

(<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>) and/or consult your event organizer). Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

#### Summary of Assignments for Section 1 (point total=100)

Topic	Quiz Pts	Discussion Pts	Assignment Pts
Intro to class	10		
What is Sport Psychology?	10	5	
History/organizations	10	5	
Goal-setting	10		10
Group dynamics/cohesion/team building	10	5	4
Leadership	10		6
Communication			5
TOTAL PTS	60	15	25

#### Summary of Assignments for Section 2 (point total=100)

Topic	Quiz Pts	Discussion Pts	Assignment Pts
Youth sport	10		10
Females in sport	10	10	
High-risk sport participant	10		10
Pro and college athletics	10		10
Sport and ethnicity	10	10	
TOTAL PTS	50	20	30

#### Summary of Assignments for Section 3 (point total=100)

Topic	Quiz Pts	Discussion Pts	Assignment Pts
Learning	20		
Anxiety and arousal	15	10	
Choking	15		10

Intervention	15	10	5
TOTAL PTS	65	20	15

Summary of Assignments for Section 4 (point total=100)

Topic	Quiz Pts	Discussion Pts	Assignment Pts
Aggression	20	10	10
Gambling	20	10	
Psychological assessment	20		10
TOTAL PTS	60	20	20

Summary of Assignments for Section 5 (point total=100)

Topic	Quiz Pts	Discussion Pts	Assignment Pts
Motivation	10	10	
Audience Effects	5		10
Exercise Adherence	5	10	
Effects of Exercise	5		
Running/endurance sports	5		10
Officiating	5		10
Coaching	5	10	
TOTAL PTS	40	30	30