

HHPS 210-1W: Sport Psychology

COURSE SYLLABUS Spring 2019

On-Line

Instructor: Dr. Clay Bolton, Assistant Professor for Sport and Recreation Management

Office Location: 100D Fieldhouse

Office Hours: M/W 1:30 -3:30 pm, T/TH 1:00-3:30 pm and by appointment

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Preferred Form of Communication: email

Communication Response Time: I will always try to respond the same day if possible, excluding weekends and holidays!

Course Description

Course Catalog HHPS 210: 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 Objectives/Learning Outcomes

This course examines psychological theories and research related to sport and exercise behavior. The course is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area. The course objectives are as follows:

- * To increase your understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education settings
- * To increase your understanding of how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved
- * To help you acquire skills and knowledge about sport and exercise psychology that you can apply as a coach, teacher, athletic trainer, or exercise leader
- * Describe the field and history of sport psychology
- * Discuss the theoretical foundations of the psychological processes that operate in a variety of sport settings.
- * Recognize the processes of learning, anxiety, and performance enhancement.
- * Discover how participation in sport influences the psychological makeup of the individual involved.
- * Apply motivational principles to real world settings.
- * Identify the psychological processes for both individual and group processes.

Textbook

Textbook (Required) *Be sure and use the 6th edition!

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

*Ebook version of this is fine and much cheaper

Optional

Other materials/readings as assigned will be posted in MyLeo Online

Assessment and Grading

3 Tests (100 points each)	300 Points total
2 Journal Article Reviews (50 points each)	100 Points total
Main Writing Piece	100 Points total
Quizzes and Assignments (10 @ 30 points each)	300 Points total
Discussions (10 @ 20 points each)	<u>200 Points total</u>
	1000 Total Available Points

A = 900+ points

B = 800-899 points

C = 700-799 points

D = 600-699 points

F= 599- points

***THERE IS NO EXTRA CREDIT IN THIS COURSE!**

3 Tests (each worth 100 points, total of 300)

Test #1 Chapters 1,2,3,4

Test #2 Chapters 7,8,9,10

Test #3 – Final Exam – (11-18)

Tests will consists of multiple choice and true/false items, see schedule for dates, and please note that the schedule is tentative and may change during the semester.

Two Journal Article Reviews (50 points each, total of 100 Points)

Students will complete and submit two journal article reviews during the semester. This assignment will require referenced sources and research on a specific topic that you choose. One easy method to decide on a specific idea would be to simply select a chapter topic; such as “motivation, team or

group cohesion, rehabilitating an injury, etc.” Additionally, a rubric will be provided for this assignment in class and in the documents section of on-line.

Students should note:

1. A list of acceptable journals can be found on page 7 of your textbook and include, but are not limited to:

International Journal of Sport Psychology
Journal of Sport and Exercise Psychology
The Sport Psychologist
Sport and Exercise Psychology Review

2. The two reviews must be out of different journals.
3. You should be able to find these journals online and in hard copy through the TAMUC library.
4. For each summary include a title page (1 point), plus:
 - a. the theme of the article (2 points)
 - b. strengths and weaknesses (10 points)
 - c. personal reflection about the article (10 points)
 - d. properly cite the article in APA format (2 points)
5. Each summary should be 3 pages in length, single sided, and double spaced.
6. Journal reviews are due on the dates indicated in the *Calendar and Schedule Section at the end of this syllabus*.
7. Journal Reviews will not be presented in class they simply need to be submitted using the proper folder in the D2L MyLeo-Online system.

*APA style and format only! It should be submitted via the submission folder in D2L My Leo-Online. Please see the schedule and calendar at the end of this syllabus for the due date for this assignment. *A Rubric for this assignment will be made available on-line in the documents section on My Leo-Online.

Main Writing Paper (100 Points total)

Students will chose a topic in Sport Psychology (each chapter would be a good starting point for ideas), such as team dynamics, leadership, overcoming injury, etc. and will write a 7 page paper (1 cover page, 1 properly formatted APA Reference page and 5 pages of content)* A rubric will be provided in the Document Sharing Section of the class in eCollege. Students can chose to write a position paper on a subject, such as “The dangers of punishment and burnout in youth baseball players” or you may chose to write a critical review of a documentary or a major motion picture film that pertain to sport psychology, such as Remember the Titans! Either choice requires the same length of paper, etc. The due date for this assignment can be found in the schedule section of the syllabus.

Quizzes and Assignments *Found in Red on the schedule (10 at 30 points each, total of 300 points)

Several weeks in the semester contain Quizzes (are a tab by themselves and are multiple choice or t/f and are timed) and Assignments (various topics and lengths), those need to be turned in via submission folders in MyLeo or emailed to Dr. Bolton as an attachment in word. There are no extensions for these Quizzes and Assignments. See the Schedule for due dates, etc.

Discussions found in blue on the schedule (10 @ 20 points each, total of 200 points)

There are discussions in several weeks throughout the semester and these will need to be done by the assigned due date for the end of that week, no exceptions, see the schedule if you are confused.

***PLEASE NOTE THAT THIS CLASS WILL FOLLOW A WEEKLY FORMAT, MEANING WE START EACH WEEK on a Monday at 12:01 am and end each week on 11:30 pm of that Sunday) so our weeks run Monday morning at 12:01 am until the following Sunday at 11:30 pm. Please pay close attention to due dates, etc.**

There are 15 modules (one for each week in the class) and you should click on the module each week and consult the schedule for what is due each week. If you have any questions regarding a module or specific assignments or quizzes, etc., please do not hesitate to email me.

***PLEASE NOTE THAT ONCE A MODULE CLOSES IT WILL NOT BE REOPENED. IT IS YOUR RESPONSIBILITY TO KEEP UP EACH WEEK IN THIS CLASS!**

Schedule and/or Due Dates (SUBJECT to CHANGE)

Week 1	Module 1, Intro, Chapter 1, Discussions , Quiz on Chapter 1 (1/14-1/20 11:30 pm)
Week 2	Module 2, Chapter 2, Personality and Sport, Discussion , Assignment , and Quiz (1/21-1/27 11:30 pm)
Week 3	Module 3, Chapter 3, Motivation, Chapter 4, Arousal, Stress and Anxiety Discussion (1/28-2/3 11:30 pm)
Week 4	Module 4, Chapter 5 Competition and Cooperation, Discussion , Test #1 (chapters 1-5) (2/4-2/10 11:30 pm)
Week 5	Module 5, Chapter 6, Feedback, Reinforcement, and Intrinsic Motivation Class Discussion and Assignment (2/11-2/17 11:30 pm)
Week 6	Module 6, *Journal Article Review #1 due by 11:30 pm on February 24th ! (2/18-2/24)
Week 7	Module 7, Chapter 7, Group and Team Dynamics, Discussion , quiz and Assignment (2/25-3/3 11:30 pm)
Week 8	Module 8, Chapter 8, Group Cohesion, Discussion (3/4-3/10 11:30 pm)
Week 9	Module 9, Chapter 9, Leadership, Chapter 10 Communication, Discussion and Assignment (3/11-3/17 11:30 pm)
Week 10	Module 10, Chapter 11, Intro to Psychological Skills Training, Chapter 12, Arousal Regulation TEST #2 over (Chapters 6,7,8,9,10) (3/18-3/24 11:30 pm)

Week 11	Module 11, Chapter 13, Imagery, Quiz for chapter 11 , Quiz for chapter 12 , and Quiz for chapter 13 (3/25-3/31 11:30 pm)
Week 12	Module 12, Chapter 15, Goal Setting* Journal Article Review #2 due by 11:30 pm on April 7th! (4/1-4/7 11:30 pm)
Week 13	Module 13, Chapter 16 Concentration, and Chapters 19, 21, 23 and 24, Discussion (4/8-will remain open until May 5th)
Week 14	Module 14, Chapter 17, Exercise and Psychological Well-Being Chapter 18, Exercise Behavior and Adherence, Discussion and Assignment *Main Writing Paper due at 11:30 pm on the 21st! (4/15-4/21)
Week 15	FINAL EXAM – over chapters 11-18 (Will be open from 4/22-5/5) must be completed by 11:30 pm on the 5th, no Exceptions!

TECHNOLOGY REQUIREMENTS

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple

Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest
Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or point release of that major version) and the previous major version of iOS (the latest minor or point release of that major version). For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

- 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
- **For YouSeeU Sync Meeting sessions 8 Mbps is required.** Additional system requirements found here: <https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>
- 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.

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.

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection 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, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

Brightspace Support

Need Help?

Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words “[click here](#)” to submit an issue via email.



System Maintenance

Please note that on the 4th Sunday of each month there will be System Maintenance which means the system will not be available 12 pm-6 am CST.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures:

You are responsible for completing all weekly modules, quizzes, current topic discussion threads, papers, tests and exams prior to the scheduled deadlines. **This course is schedule and deadline intensive and is designed with rigor as well as some flexibility for all students in the class.**

Additionally, no late work or extra credit is available for this course. Students must meet deadlines!

If an emergency occurs you must contact me immediately. Examples of an emergency would include a severe illness, hospitalization of a family member, loss of a loved one. Each case of an emergency must be brought to the attention of the professor. Any grace or make up period will be determined by the professor and on a case by case basis only!

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

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 current Student Guidebook).

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: [Netiquette](http://www.albion.com/netiquette/corerules.html)
<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.

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.

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.ed

