HHPS 210, 1W, Sport Psychology
Summer I 2024

Instructor: Dean Culpepper, Ph.D
Office Location: Nursing & Health Sciences #115
Office Hours: Virtual
Office Phone: (903) 886-5549
Office Fax: (903) 886-5365
University Email Address: dean.culpepper@tamuc.edu
Preferred Form of Communication: Email
Communication Response Time: 24-48 hours

Required Textbook
Weinberg, R. S., & Gould, D. (2019). Foundations of Sport and Exercise Psychology (8th ed.). Champaign, IL: Human Kinetics. ISBN# 978-1-4504-6981-4
Optional
Other materials/readings as assigned will be posted in D2L under weekly content.
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.
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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.

Course Evaluation
Scale
90% - 100% A
80% - 89% B
70% - 79% C
60% - 69% D
0% - 59% F
Chapter Quizzes
Discussion/Topic Debate

Chapter Quizzes – You will have a set amount
of time depending on the total number of
questions assigned.

Discussion- You must post to each discussion
question assigned and respond to either the
instructor or classmate one time for each
discussion.

TENTATIVE COURSE SCHEDULE DATE:

Please see D2L BrightSpace for the specific information required for assignments.
Tentative Schedule and/or Due Dates—TENTATIVE ONLY

Weekly Schedule is posted in D2L

Course Policies
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 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

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/

UNIVERSITY PROCEDURES/POLICIES

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 of 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.

Drop Course Policy

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

University Specific Procedures

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, the 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.

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/34S afetyOfEmployeesAndStudents/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.

I.   Courses with travel

"There is some travel required in this class. You will need to provide your own transportation. The University will not provide transportation and faculty may not transport students. If there is an issue, please discuss this with your professor or instructor."

II.   Concealed carry

Campus Concealed Carry Statement

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 the Carrying Concealed Handguns On Campus document and/or consult your event organizer.

Web url:
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf

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.

III.   Support services

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 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: Office of Student Disability Resources and Services
http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/

IV.   D2L

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

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
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, D2Lsupports 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

- 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

- 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/
  - Adobe Flash Player *(version 17 or later)* https://get.adobe.com/flashplayer/
  - Adobe Shockwave Player https://get.adobe.com/shockwave/
  - 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.

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

D2L runs monthly updates during the last week of the month, usually on Wednesday. The system should remain up during this time unless otherwise specified in an announcement. You may experience minimal impacts to performance and/or look and feel of the environment.

V.   COVID-19 statement
COVID-19 Statement & Use of Face Masks/Shields

A&M-Commerce requires the use of face-coverings in all instructional and research classrooms/laboratories. Exceptions may be made by faculty where warranted. Faculty have management over their classrooms. Students not using face-coverings can be required to leave class. Repetitive refusal to comply can be reported to the Office of Students' Rights and Responsibilities as a violation of the student Code of Conduct.

Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student getting access to missed content or completing missed assignments.

Course Schedule

Please note this schedule represents a MWF course for 50 minutes. You should plan on the summer course of one week per day. For example three class days (one week) in a long semester equates to one day in the summer.

(Three 50-minute classes per week)
- Class 1 Introduction
- Class 2 Chapter 1: Welcome to Sport and Exercise Psychology
- Class 3 Chapter 2: Personality and Sport
- Class 4 Chapter 2: Personality and Sport
- Class 5 Chapter 3: Motivation
- Class 6 Chapter 3: Motivation
- Class 7 Chapter 3: Motivation
- Class 8 Chapter 4: Arousal, Stress, and Anxiety
- Class 9 Chapter 4: Arousal, Stress, and Anxiety

- Class 10 Chapter 5: Competition and Cooperation
- Class 11 Chapter 6: Feedback, Reinforcement, and Intrinsic Motivation
- Class 12 Catch-up/Class project presentations/Review
- Class 13 Exam I (chapters 1–6)
- Class 14 Chapter 7: Group and Team Dynamics
- Class 15 Chapter 7: Group and Team Dynamics
- Class 16 Chapter 8: Group Cohesion
- Class 17 Chapter 9: Leadership
- Class 18 Chapter 9: Leadership
- Class 19 Chapter 10: Communication
- Class 20 Chapter 10: Communication
- Class 21 Chapter 11: Introduction to Psychological Skills Training
- Class 22 Chapter 12: Arousal Regulation
- Class 23 Catch-up
- Class 24 Exam II (chapters 7–12)
- Class 25 Chapter 13: Imagery
- Class 26 Chapter 14: Self-Confidence
- Class 27 Chapter 15: Goal Setting
- Class 28 Chapter 15: Goal Setting
- Class 29 Chapter 16: Concentration
- Class 30 Chapter 17: Exercise and Psychological Well-Being
- Class 31 Chapter 17: Exercise and Psychological Well-Being
- Class 32 Chapter 18: Exercise Behavior and Adherence
- Class 33 Chapter 18: Exercise Behavior and Adherence
- Class 34 Catch-up/Class project presentations/Review
- Class 35 Exam III (chapters 13–18)
- Class 36 Chapter 19: Athletic Injuries and Psychology
- Class 37 Chapter 19: Athletic Injuries and Psychology
- Class 38 Chapter 20: Addictive and Unhealthy Behaviors
- Class 39 Chapter 21: Burnout and Overtraining
- Class 40 Chapter 22: Children and Sport Psychology
- Class 41 Chapter 22: Children and Sport Psychology
- Class 42 Chapter 23: Aggression in Sport
- Class 43 Chapter 23: Aggression in Sport
- Class 44 Chapter 24: Character Development and Good Sporting Behavior
        Class 45 Catch-up/Class project

- Final exam (chapters 19–24)