



## **HHPS 210.01W, SPORT PSYCHOLOGY**

### **COURSE SYLLABUS: SPRING 2025**

#### **INSTRUCTOR INFORMATION**

<b>Instructor:</b>	Silvia Salinas, EdD
<b>Office Location:</b>	Virtual
<b>Office Hours:</b>	Virtual
<b>Office Phone:</b>	886-649-4914
<b>Email Address:</b>	silvia.salinas@tamuc.edu
<b>Preferred Form of Communication:</b>	Email
<b>Communication Response Time:</b>	24-48 hours

#### **Required Textbook**

Weinberg, R. S., & Gould, D. (2019). Foundations of Sport and Exercise Psychology (8<sup>th</sup> 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 sports psychology such as anxiety, self-confidence, motivation and goal setting, leadership, and group dynamics with sports and recreational activities.

#### **Course Objectives/Learning Outcomes**

This course examines psychological theories and research related to sports 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 sports, 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**

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

Twelve (12) out of 15 Quizzes will be used toward your final grade. Each quiz is worth 50 points. If you take all 15 quizzes, the three lowest-scoring quizzes will be dropped from the final grade calculation.

The introduction discussion is worth 10 points, while the rest of your discussions are worth 10 points.

<b>Assignment</b>	<b>Points</b>
Quizzes (12 x 50)	600 points
Introduction Discussion (1 x 10)	10 points
Other Discussions (8 x 20)	160 points
<b>Total Points:</b>	<b>770 points</b>

Please refer to your D2L/Brightspace Course for the detailed schedule of your modules, discussion posts, and quizzes. D2L/Brightspace due dates are listed in the calendar.

## TECHNOLOGY REQUIREMENTS

### LMS

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

Zoom Virtual Classroom Requirements:

<https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>

## 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](mailto: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 ETAMU campus open computer lab, etc.

## COMMUNICATION AND 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. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

### **Interaction with Instructor Statement**

Communication and interaction with the instructor will be requested, scheduled by email, and held virtually as requested.

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

Students will follow the readings and assignments described in the syllabus. They must complete all discussion posts and assignments for each module by the deadline indicated for each module.

### **Syllabus Change Policy**

The syllabus is a guide. During the semester, circumstances and events, such as student progress, may require the instructor to modify it. Any changes 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. The Code of Student Conduct is described in detail in the [Student Guidebook](#)

<https://inside.tamuc.edu/admissions/registrar/documents/studentGuidebook.pdf>.

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

<https://www.britannica.com/topic/netiquette>

#### **ETAMU Attendance**

For more information about the attendance policy, please visit the webpages below.

[Attendance.](#)

<https://inside.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

## **Academic Integrity**

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty, see the following procedures:

### **Undergraduate Students Academic Integrity Policy and Form**

#### [Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

#### [Undergraduate Student Academic Dishonesty Form](#)

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

### **Graduate Students Academic Integrity Policy and Form**

#### [Graduate Student Academic Dishonesty](#)

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10.pdf>

#### [Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

## **Students with Disabilities-- ADA Statement**

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 Services  
Velma K. Waters Library- Room 162  
**Phone (903) 886-5930**  
Fax (903) 468-8148

Email: [StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)

Website: <https://www.tamuc.edu/student-disability-services/>

### **Nondiscrimination Notice**

East Texas A&M University 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 Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University 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 ETAMU 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 East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

## **East Texas A&M University Supports Students' Mental Health**

### **Counseling Center Services**

The Counseling Center at ETAMU, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

## **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



## **COURSE OUTLINE / CALENDAR**

### **TENTATIVE COURSE SCHEDULE:**

**Each module's discussion questions and quizzes must be completed by the listed deadline.**

	<b>Start Date</b>	<b>End Date (Deadline)</b>
Module 1	01/13/2025	02/09/2025
Module 2	02/09/2025	03/16/2025
Module 3	03/16/2025	04/13/2025
Module 4	04/13/2025	05/09/2025

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