



EAST TEXAS A&M
— UNIVERSITY —

HHPK 528-01W: Sport Psychology

COURSE SYLLABUS: Spring 2026

INSTRUCTOR INFORMATION

Professor: Dr. Steve Prewitt, Associate Professor

Office Location: NHS 138

Office Hours: Zoom/by appointment

University Email Address: steve.prewitt@tamuc.edu

Preferred Form of Communication: email

Communication Response Time: 24 hours during week. Emails received during the weekend may not be returned until Monday.

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required:

REQUIRED TEXT: This course uses IA access. There is nothing you need to do. On the first day of class, please log into D2L and register. This is an enhanced e-Book. Please see D2L for instructions.

ISBN: 9781259314711

Title: Connect Access Card for Applied Sport Psychology

Author: Williams

Publisher: McGraw-Hill

Usage: Required

The syllabus/schedule are subject to change.

Software Required: Basic word processing,
Optional Texts and/or Materials: as assigned. Posted online

Course 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.

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.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

- Ability to utilize MyLeo online; Microsoft Office; Google apps; basic computer skills
- Ability to record and upload videos into YouTube.

Instructional Methods

This course uses a predominately self-directed approach to instruction.

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Student Responsibilities or Tips for Success in the Course

To be successful in this course, it is recommended that the student access MyLeo Online regularly. Assignments have specific due dates. It is your responsibility to know when these are. Do not procrastinate.

METHODS OF EVALUATION AND GRADING PROCEDURES:

This course utilizes three methods for evaluation of your grade.

1. Readings/Concepts: You will be assigned chapters from the enhanced textbook to read and take quizzes on. You have an unlimited number of attempts to earn the grade you are satisfied with. Some weeks you will be reading intensive while others will be more writing intensive.
2. Case Studies/Research Articles: Please see D2L for the rubrics and examples for these assignments.

Summary

<i>Modules:</i>	<i>50 * 3 = 150 pts</i>
<i>3 Module Assignments</i>	<i>3 * 25 = 75 pts</i>
<i>Final Assignment</i>	<u><i>75 pts</i></u>
<i>Total</i>	<i>300 points</i>

A = 90% or higher; B = 89-80%, C = 79-70%, D = 69-60%, F = 59 &

below

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:

The syllabus/schedule are subject to change.

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

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

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

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>

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Interaction with Instructor Statement

Email is usually the best way to communicate with me. I will usually answer within 24 hours during the week. If you email me on the Weekend, I most likely won't get back to you until Monday.

Communication is crucial during this time. I understand that life can sneak up on us, but you will need to communicate as soon as you can. I will not look kindly on emails received at the end of the semester asking for an extension after I haven't heard from you.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Course Policies

- 1 Students are expected to submit materials on time.
- 2 Any student missing an exam or assignment without prior arrangement will receive a score of zero.
- 3 D2L will be used extensively in this web-enhanced class. Get familiar with it immediately.
- 4 You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (leo account)
- 5 DUE DATES: The due dates listed for assignments are the LAST chance to submit them. Please turn in your work early.
- 6 If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me. Please do not contact me at home or send me any forwarded e-mails (jokes, stories, etc). Thanks!

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.

The syllabus/schedule are subject to change.

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](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

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>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce 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 Academic Dishonesty 13.99.99.R0.03](#)
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

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

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.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 Resources and Services

Texas A&M University-Commerce

Velma K. Waters Library Rm 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/)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

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 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.

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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.

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.



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COURSE OUTLINE / CALENDAR

Week	Date	Chapter	Topics
1	Jan 29		Course Introduction
2	Feb 2	2	Motor Skill Learning
3	Feb 9	3 & 5	Coaching Effectiveness/Expectations
4	Feb 16	4	Motivational Climate
5	Feb 23	6	Leadership in Sport
6	Mar 2	7	Effective Groups
SPRING BREAK – NO CLASS SCHEDULED Mar 9 – 15			
7	Mar 16	9 & 10	Characteristics/Increasing Awareness
8	Mar 23	12	Managing Stress in Sports
9	Mar 30	13	Mental Imagery
10	Apr 6	14 & 15	Confidence/Concentration
11	Apr 13	19	Gender, Diversity & Culture
12	Apr 20	22	Athlete Burnout
13	Apr 27	17	Implementing a Psychological Skills Program
FINALS WEEK May 4 - 8			

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