Instructor:       Adam Parker, PhD
Office:          CHP 103
Office Hours:    As posted on office door
Phone:           486-6172
E-Mail:          adam.parker@angelo.edu

Required Text:   None

Course Description:
The purpose of this course is to introduce the student to the field of sport and exercise psychology. An emphasis will be placed on the application of psychological theories and training techniques specifically for improved sports performance and coaching effectiveness. The psychological effects of aerobic and resistance exercise on health and wellness will also be studied.

Student Learning Objectives:
- Understand how psychological factors influence involvement and performance in sport, exercise, and physical education settings.
- Understand how participation in sport and exercise influences the psychological makeup of the individuals involved.
- Acquire skills and knowledge about sport and exercise psychology that can be applied as an exercise professional

IV. EVALUATION:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage of grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class Participation</td>
<td>10%</td>
</tr>
<tr>
<td>Exams (5 x 100 pts)</td>
<td>70%</td>
</tr>
<tr>
<td>Class Presentation</td>
<td>20%</td>
</tr>
<tr>
<td>Total Points</td>
<td>100%</td>
</tr>
</tbody>
</table>

Grades will be based on the following distribution:

- A 100-90%
- B 89-80%
- C 79-70%
- D 69-60%
- F 59.9% or below
V. ATTENDANCE:
Students are expected to attend all scheduled class meetings. Chronic failure to attend class will affect your final grade in this class.

VI. STUDENT RESPONSIBILITIES:
A. All assignments are due at the beginning of the class on the due date. For students not turning in an assignment a grade of zero (0) will be recorded.
B. Prior arrangements must be made with the instructor if an absence from an exam is unavoidable. In the event that an exam is missed, an alternate form of the test will be given to the student. The student has **one week** from the original test date to contact the instructor to arrange a makeup test. If no contact is made by the student within one week, the grade will be recorded as a zero (0).
C. The student is responsible for all work and is encouraged to have a contact within the class. Students are encouraged to set up an appointment to meet with the instructor for additional information as needed.
D. I do not give extra credit in this class, don’t ask me at the end of the semester for extra credit or to raise your grade, just do well from the beginning and that won’t be an issue.
E. Use of cell phones during class is prohibited. Upon entering class room turn all cell phones and other handheld electronic devices off to prevent distractions affecting other student’s learning opportunities.
F. **Students with Disabilities:**
   Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.
   Students with disabilities who request reasonable accommodations must meet with the Course Coordinator within the first week of classes. Reasonable accommodations will be provided as authorized by the Office of Student Life as long as course requirements are not compromised.
   Faculty will provide no accommodations without authorization from the Office of Student Life.
   It is the student’s responsibility to be a self-advocate when requesting accommodations.
G. **The Angelo State University Honor Code:** “Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.”

**This syllabus is not intended to be all inclusive and may be changed as circumstances dictate.**

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**TENTATIVE COURSE OUTLINE**

7/10 – Introduction, Syllabus, Form Teams
7/11 – Ch. 2 Personality and Sport
7/12 – Ch. 3 Motivation
7/13 - Ch. 4 Arousal, Stress, and Anxiety

7/16 – Ch. 5 Competition and Cooperation
7/17 – Ch. 6 Feedback, Reinforcement, and Intrinsic Motivation / Exam I Review
7/18 – Discuss and Assign Team Projects / Exam I (Ch. 2-6)
7/19 – Ch. 7 Group and Team Dynamics
7/20 – Ch. 8 Group Cohesion

7/23– Ch. 9 Leadership / Exam II Review
7/24 – Exam II (Ch. 7-9)
7/25 – Ch. 11 Introduction to Psychological Skills Training
7/26 – Ch. 17 Exercise and Psychological Well Being / Ch. 18 Exercise Adherence
7/27 – Work on Team Projects

7/30 – Team 1 – Arousal Regulation
7/31 – Team 2 - Imagery
8/1 – Team 3 – Self Confidence
8/2 – Team 4 – Goal Setting
8/3 – Team 5 - Concentration

8/6 – Exam III (Group Presentations) /
8/7 – Ch. 23 Aggression in Sport
8/8 – Final Exam