Angelo State University
KIN 4361-010 – Psychological Aspects of Sport and Exercise

Instructor:  Dr. Jordan Daniel
Meeting:  CHP 205 MWF 9-9:50
Office:  CHP 110
Office Hours:  MWF 10am-Noon; 1-3pm by appointment
Phone:  325-942-2173
E-Mail:  Jordan.Daniel@angelo.edu

Note: My office hours are as posted but I may not be in my office when you come by as I serve on University committees or may be in a different building. I encourage students to make an appointment to meet so that I can make sure I am in my office.

Suggested Text:  (not mandatory)
Champaign, IL: Human Kinetics.

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. In doing so the student will gain a holistic understanding of the psychological aspects of sport and exercise.

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.

• Take theoretical knowledge and attempt to engage community members/agencies in the attempt to draw linkages between the two.
IV. EVALUATION:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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<tbody>
<tr>
<td>Exams (3 tests @ 200 points a piece)</td>
<td>600</td>
</tr>
<tr>
<td>Paper</td>
<td>150</td>
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<tr>
<td>Research Presentation</td>
<td>150</td>
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<tr>
<td>(Proposal 50 pts)</td>
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<tr>
<td>(Mid-semester check 50 pts)</td>
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<tr>
<td>(Presentation 50 pts)</td>
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<tr>
<td>Participation</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total Points</strong></td>
<td>1000</td>
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Grades will be based on the following distribution:

- **A** 1000-900
- **B** 899-800
- **C** 799-700
- **D** 699-600
- **F** 599 or below

**EXAMS**

Exams are worth 60% of your grade. If it is in the slides, articles, book and/or lectures/class you can expect it to be on the test. The more we discuss and idea is positively correlated with the probability that it will be on the test.

**PAPER**

The paper is a reflection paper based on a movie we watch in class. You will relate 2 concepts from class to the movie and reflect on how it was portrayed. The paper is 4 pages of written text + a cover page and reference page. A paper template will be provided.

**PARTICIPATION**

*What you put into this class is what you get out of it. If you decide to put in the minimal effort you will get the minimal benefits. Coming to every class does not warrant participation. Things that will assist you in participation: speaking when asked a question; lively discussion in group discussions; and an overall willingness to go above and beyond. The participation grade is under the sole discretion of the instructor.*

**RESEARCH PRESENTATION**

You will conduct a sport psychology research study from start to finish. We will learn research methods in class.

- (Proposal- a 500 word proposal outlining what you plan to do and how you plan to do it with a timeline.)
- (Mid-semester check- progress report based on timeline)
- (Presentation-You will conduct a poster presentation that catalogs and presents your study)
Rules that Guide Class Discussion: To create an environment that fosters open examination of ideas, we must be well-prepared for class, express ourselves effectively, respect and listen to everyone’s ideas, challenge each other to think critically, and correct mistakes or misunderstandings in a positive and encouraging manner. With that in mind, here are some guidelines for class discussion:

1. *No question or opinion is “stupid.”* We must start where we are at, and undoubtedly each person in this room is “at” a different point in their understandings and experience.

2. *We will listen to each other with respect.* The proper response to comments you do not understand or agree with is to ask the speaker to explain and to probe for deeper understanding.

3. *We not only accept, we encourage diverse viewpoints and opinions.* Critical thinking comes from examining many different dimensions of any topic. Students are encouraged to raise points and examine positions that they do not agree with, in attempt to foster a tradition of critical thinking.

4. *There is no room for anger when discussing academic ideas and issues.* When you feel an emotional response to an issue, step back and examine the values or beliefs inside you that were validated or threatened by someone else’s comment. Use those points of emotion as a window to better understand the cultural factors that are embedded deep within yourself.

**ATTENDANCE**

You are expected to attend each class and to be on time for the beginning of class. Students are responsible for anything that happens in class during their absence. Notify the instructor at least one week in advance if you have a scheduling conflict that will cause you to miss class. You are responsible for asking the instructor about your attendance record so that you do not go over the allowed 4 absences and tardies. (2 tardies = 1 absence).

- 4 absences = minus a letter grade.
- 5 absences = minus another letter grade.
- 6 absences = minus another letter grade.
- 7 absences will result in failing the course.

- ✔ Officially sanctioned college activities (athletics and competing academic duties) may be considered permissible absences if the student shows official documentation to the instructor a class period in advance of the absence.
- ✔ Observance of a religious holy day may be considered permissible absences pending verification.

**STUDENT RESPONSIBILITIES:**

A. All assignments are due at the beginning of the class on the due date. Students not turning in an assignment will be recorded as a grade of zero (0)
B. Prior arrangements must be made with the instructor if an absence from an exam is unavoidable and is university excused.

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. IF YOU WISH TO CONTEST A GRADE ON A TEST OR ASSIGNMENT: THERE IS A 24 HOUR WAITING PERIOD BEFORE I WILL DISCUSS THE ISSUE. THE PROTOCOL IS: YOU WILL SEND A PROFESSIONAL EMAIL THAT REQUESTS A MEETING TO DISCUSS THE ISSUE; WE WILL SET UP A MEETING; THE ISSUE WILL BE DISCUSSED; A RESOLUTION WILL BE MADE.

D. Upon entering class room turn all cell phones and other handheld electronic devices off to prevent distractions affecting other student’s learning opportunities. If you need to take notes with a laptop, be expected to show the notes you have taken.

E. **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.

F. **Rams & Rambelles do not lie, steal or cheat or tolerate those who do.**
   “Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Student Handbook.”

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

*TENTATIVE COURSE OUTLINE

*****Due to the nature of this class we will not always be able to cover the subject materiel in the time allotted. The instructor reserves the right to change the schedule.*****

I do not give grades. Students earn them. Do not complain to me about your grade because you earned it. A bad grade does not mean you are a bad person. A good grade does not mean you are a good person. Some people have ample free time to study while others may have to work or have other obligations. This means that not everyone will make the same grade. You get out of the class what you put into it.