KIN 4361.D10
Psychological Aspects of Sport & Exercise
Spring 2019
Dr. Doyle D. Carter
COURSE NUMBER  
KIN 4361.D10

COURSE TITLE  
Psychological Aspects of Sport & Exercise

CREDITS  
Three Semester Credit Hours (3-0-0)

PREREQUISITE COURSES  
None

CO-REQUISITES  
None

PREREQUISITE SKILLS  
Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the program. Computer access requirements are further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort.

COURSE DELIVERY  
This is an online course offering. The course will be delivered via the Blackboard Learning Management System. The course site can be accessed at http://blackboard.angelo.edu

BROWSER COMPATIBILITY CHECK  
It is the student’s responsibility to ensure that the browser used to access course material on his/her computer is compatible with ASU’s Blackboard Learning System. The professor reserves the right to deny additional access to course assignments lost due to compatibility issues. Students are responsible for reviewing the guidelines posted in this course regarding accessing Blackboard assignments. Problems in this area need to be discussed with the professor at the time of occurrence, either via a phone call (preferred) during posted acceptable hours for calling, or via email notification during times outside those posted for calls.

Be sure to perform a browser test. Select the “Support” tab from the Blackboard homepage (http://www.blackboard.angelo.edu) Select “Test your Browser” option.

FACULTY  
Dr. Doyle D. Carter, Professor of Kinesiology  
Office:  Porter Henderson Library, Room 203C  
Phone:  (325) 486-6333;  
Email:  doyle.carter@angelo.edu

OFFICE HOURS  
TR: 9:30-12:30  
W: 11:00-12:00; 2:00-5:00

COURSE DESCRIPTION  
The purpose of this course is to introduce the student to the fields of sport and exercise psychology. An emphasis will be placed on the application of psychological theories and training techniques specifically to coaching athletes. The expanding field of exercise psychology will also
be studied with emphasis on the psychological effects of sustained exercise on health well-being.

**KINESIOLOGY PROGRAM OUTCOMES**

Upon completion of this program of study, a Kinesiology graduate will be able to demonstrate:

1. Skills, knowledge, and professional behavior in the area of physical activity as it relates to health, wellness, and quality of life.
2. Skills, knowledge, and professional behavior as it relates to the scientific foundation of physical activity.
3. Skills, knowledge and professional behavior as it relates to the cultural, historical, and philosophical context of physical activity.
4. An appreciation and commitment to physical activity practice.

**STUDENT LEARNING OUTCOMES SPECIFIC TO THIS COURSE**

<table>
<thead>
<tr>
<th>Student Learning Outcomes</th>
<th>Assignment(s) or activity(ies) validating outcome achievement:</th>
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</thead>
<tbody>
<tr>
<td>By successfully completing all course requirements, students will be able to demonstrate competency associated with:</td>
<td>Module 1 Assignments: Chapter 1 &amp; 2 Quizzes and Learning Activities; Module 1 Group Discussion, CONNECT! Activity Proposal; Exam 1</td>
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<tr>
<td>1. Scholarly, scientific, and profession practices in sport &amp; exercise psychology</td>
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<td>2. Psychological aspects of the participants and their sport &amp; exercise environments</td>
<td>Module 2 Assignments: Chapter 3, 4, 5, 6, &amp; 7 Quizzes and Learning Activities; Module 2 Group Discussion; Exam 1</td>
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<td>3. Group processes</td>
<td>Module 3 Assignments: Chapter 9, 10 &amp; 11 Quizzes and Learning Activities; Module 3 Group Discussion; Exam 2</td>
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<tr>
<td>4. Improving performance</td>
<td>Module 4, Assignments: Chapter 15, 16 &amp; 17 Quizzes and Learning Activities; Module 4 Group Discussion; Exam 2</td>
</tr>
<tr>
<td>5. Enhancing health and well-being</td>
<td>Module 5 Assignments: Chapter 18 &amp; 19 Quizzes and Learning Activities; Module 5 Group Discussion; CONNECT! Reflection; Exam 2</td>
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**REQUIRED TEXT**


**TESTING VIA Respondus™ Lockdown Browser and Monitor**

Chapter tests will be administered through Respondus™ Lockdown Browser. Exams will also be video recorded via Respondus™ Monitor [See Other Required Materials for a list of needed equipment]. Use of another electronic device is prohibited.

There are two required practice tests: a) a Webcam test and b) a 10-question practice quiz over course policies posted in the syllabus. These tests will be available throughout the semester to the student to assure internet accessibility. Students are highly encouraged to go through these practice tests in advance of taking a graded test. This process will allow you to become familiar
with the technology associated with testing and improve the testing environment. These tests, instructional videos, and more information regarding Respondus Monitor can be found under the Respondus Monitor Help tab in your Blackboard course.

OTHER REQUIRED MATERIALS
- Computer with MAC or Windows Operating System
- High Speed Internet Access
- Webcam (Logitech highly recommended)
- Ethernet Cable (highly recommended for taking chapter tests and exams)
- Logitech USB microphone headset
- Refer to Angelo State University’s Distance Education website for further technology requirements: [http://www.angelo.edu/distance_education/](http://www.angelo.edu/distance_education/)

GRADING SYSTEM
Course grades will be dependent upon completing course requirements and meeting the student learning outcomes. The following grading scale is used for this course:

- A = 720-800 points
- B = 640-719 points
- C = 560-639 points
- D = 480-559 points
- F = 0-479 points

ASSESSMENTS AND POINT VALUES
Graded assignments, activities, and the point value of each:
- Practice Quiz: 10 points
- Webcam Check: 10 points
- Beginning-of-Semester Office Visit: 10 points
- Chapter Quizzes (15 quizzes @ 10 points each): 150 points
- Learning Activities (30 learning activities @ 10 points each): 300 points
- Discussion Boards (5 module discussions @ 20 points each): 100 points
- CONNECT! Project (Proposal, Progress Report & Reflection Paper): 100 points
- Exams (2 exams @ 60 points each): 120 points

TEACHING STRATEGIES
Students are expected to be “active learners.” It is a basic assumption of the professor that students will be involved in discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and personal experiences with their peers.
ASSIGNMENT/ACTIVITY DESCRIPTIONS

*Please note: More detailed instructions of these assignments and activities are posted with each one in Blackboard. Rubrics for the group discussions and CONNECT! Reflection Paper are posted with these assignments in Blackboard.

- **Practice Quiz and Webcam Check:** These assignments help prepare students for taking online quizzes and exams. Both are open throughout the semester, can be completed multiple times, but are only graded once (highest grade is recorded).

- **Beginning-of-Semester Office Visit:** Students are expected to visit the professor’s office during office hours within the first two weeks of the semester. Students unable to do so must email the professor within the first week of the semester for other available times and options. Subsequent visits are welcome.

- **Chapter Quizzes:** Fifteen quizzes (one for each assigned chapter of the required text) are intended to provide the student with formative feedback regarding their respective level of comprehension of the required reading. These tests are posted in sequential order for a period not to exceed 36 hours. Students have 30 minutes to complete each individual chapter test.

- **Learning Activities:** 30 required learning activities (two per chapter) provide students with opportunities to delve deeper into the course content and therefore express deeper learning. All learning activities are posted in Blackboard.

- **Group Discussion Boards:** Discussion Boards (one discussion per module) are provided to help students analyze, synthesize, apply, and evaluate course content, express thoughts, and engage others’ opinions and ideas in a healthy and productive learning environment. Students are expected to respond to the professor’s prompts and participate in the student discussions that ensue. A minimum of 5 responses to classmate posts are required for each discussion.

- **CONNECT! Project:** This project provides students an opportunity to “CONNECT!” learning that takes place during their personal and, therefore co-curricular physical activity with the content of this course. By the end of Module 1, students will submit a proposed physical activity program (a program he/she is committed to participating in this semester). At the end of Module 2, students will submit a progress report. After participating in the activity for the remainder of the semester, the students will submit a reflection paper at the end of Module 5. Instructions and other materials are posted in Blackboard.

- **Exams:** Through two exams, students have the opportunity to demonstrate their ability to comprehend, analyze, synthesis, apply, and evaluate the major concepts, principles, theories, and professional practices associated with human motor development. These exams are posted in Blackboard at the conclusion of Module 2 and Module 5 for 2 hours. Students have 90 minutes to complete and submit each exam.

GENERAL POLICIES RELATED TO THIS COURSE

All students are required to follow the policies and procedures presented in the following documents:

- ASU Undergraduate Catalog located on the ASU website
IMPORTANT UNIVERSITY DATES
January 14  First Day of Class  
March 28  Last day to drop a class or withdraw from the University for this Semester  
May 6-10  Final Exams  

STUDENT EXPECTATIONS BASED ON COURSE DELIVERY AND SEQUENCE
For planning purposes, this course will require a minimum of 6-9 study hours per week on average. This class is delivered online and therefore asynchronously, meaning students are not required to be on-line at a certain time. However, the course content is delivered in a sequential order, meaning students must complete each component (module) of the course in a timely manner. To complete this course successfully, students are expected to complete all reading assignments, view all posted videos, complete all tests and exams, and actively engage in all discussion boards and projects. Students are expected to make substantive contributions to the learning environment through their individual integration of assigned reading materials and videos, outside readings (research assignment), and their personal experiences, as appropriate.

The course content is organized into seven modules and student must complete one module before progressing to the next. Each module has a due date for the completion of all assignments. Within each module there are readings and other activities that students will need to complete in order to successfully complete the chapter tests and participate in the discussion board for that module.

COMMUNICATION
The professor will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via Blackboard: Students are expected to use formal writing skills and give appropriate credit to the source for his/her ideas. Written work should conform to the APA (2010) 6th edition (2nd Printing or higher only) guidelines for referencing.

Written communication via email: All private communication will be done exclusively through students’ ASU email address. Check frequently for announcements and policy changes.

Face-to-face and Virtual face-to-face communication: Office hours and/or advising may be done face-to-face or with the assistance of the telephone or Blackboard Collaborate.

Use Good "Netiquette":
- Check the discussion frequently and respond appropriately and on subject.
- Focus on one subject per message and use pertinent subject titles.
- Capitalize words only to highlight a point or for titles. Otherwise, capitalizing is generally
viewed as SHOUTING!

- Be professional and careful with your online interaction. Proper address for faculty is by formal title such as Dr. or Ms./Mr. Jones unless invited by faculty to use a less formal approach.
- Cite all quotes, references, and sources.
- When posting a long message, it is generally considered courteous to warn readers at the beginning of the message that it is a lengthy post.
- It is extremely rude to forward someone else's messages without their permission.
- It is fine to use humor, but use it carefully. The absence of face-to-face cues can cause humor to be misinterpreted as criticism or flaming (angry, antagonistic criticism). Feel free to use emoticons such as 😂 or :) to let others know you are being humorous.

(The "netiquette" guidelines were adapted from Arlene H. Rinaldi's article, The Net User Guidelines and Netiquette, Florida Atlantic University, 1994, available from Netcom.)

ASSIGNMENT SUBMISSION
All assignments are to be submitted in the Blackboard course site. This is for grading purposes. Technology interruptions and other issues arise from time to time. If a technology issue does occur regarding an assignment submission, email the professor at doyle.carter@angelo.edu and attach a copy of the assignment. This lets the professor know that the assignment was completed on time and there are problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

LATE WORK POLICY
Prompt, timely completion of assignments is a scholarly and professional expectation. All students are expected to complete and submit each assignment by the posted due date and time. Assignment due dates and times are expressed in the course schedule (pdf document), which is posted in the “Course Schedule and Syllabus” tab in Blackboard. Late assignments are not accepted or awarded a grade without prior written approval of the professor. Students are encouraged to submit their work well in advance of the due date or contact the professor well in advance of a due date (48 hours) if requesting an extension. The professor reserves the right to deduct points for late assignments that are accepted past the original due date and time.

ACADEMIC HONESTY
Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity in their online experiences. Any student found guilty of any form of dishonesty in academic work is subject to disciplinary action and possible expulsion from ASU.

The Kinesiology Department adheres to the academic honesty statement as set forth in the Angelo State University Student Handbook http://www.angelo.edu/content/files/17358-university-honor-code. The University "faculty expects all students to engage in all academic
pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experience both in and out of the classroom setting and may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials."

**PLAGIARISM**
Plagiarism at ASU is a serious topic. The Angelo State University’s Honor Code gives specific details on plagiarism and what it encompasses. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word for word without quotation marks and the source of the quotation. We use the *APA Style Manual of the American Psychological Association* as a guide for all writing assignments. Quotes should be used sparingly. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality via Bb Safe Assignment or Turnitin. Resources to help you understand this policy better are available at the ASU Writing Center [http://www.angelo.edu/dept/writing_center/academic_honesty.php](http://www.angelo.edu/dept/writing_center/academic_honesty.php).

**STUDENTS WITH DISABILITIES**
1. “Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), and subsequent legislation."

2. The Office of Student Affairs is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student’s responsibility to initiate such a request by contacting the Office of Student Affairs, University Center, Room 112 at (325) 942-2047 or (325) 942-2211 (TDD/FAX) or by e-mail at studentservices@angelo.edu to begin the process. The Office of Student Affairs will establish the particular documentation requirements necessary for the various types of disabilities.

Reasonable accommodations will be made for students determined to be disabled or who have documented disabilities.

**INCOMPLETE GRADE POLICY** *(OP 10.11 Grading Procedures)*
Incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required.
STUDENT ABSENCE FOR OBSERVANCE OF RELIGIOUS HOLY DAYS
“A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.” Please see ASU Operating Policy 10.19.

COPYRIGHT POLICY
Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

SYLLABUS CHANGES
The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

COURSE EVALUATION
Students are provided the opportunity, and are strongly encouraged to participate in a course evaluation at the end of the semester. Areas on the IDEA evaluation emphasized in the course include:
1. Gaining factual knowledge (terminology, classifications, methods, trends)
2. Learning fundamental principles, generalizations, or theories
3. Developing skill in expressing oneself orally or in writing

End of syllabus.