Sport Psychology

Watch a movie & find the Sport Psychology Happening

SUPER Students #1

Creativity, Design & Perform Your original rescue

16 Weeks of ACTION

Choose Your ADVENTURE!

Over 80 topics

You Decide!

Motivation
Team work
Group Dynamics
Anxiety
Stress
Athletic Injury
Track Plays

Personality
Trasnsl Talk
I can't be Kicker
PEO's
Leadership
Goal Setting

Application of ALL

More

Team Building
Communication
Attention
Concentration
Effects of Music
Fear of Failure
Fatigue
Angelo State University
KIN 4361-010 – Psychological Aspects of Sport and Exercise

Instructor: Dr. Jordan Daniel
Meeting: CHP 203 MWF 9-9:50am
Office: CHP 110
Office Hours: by appointment
Phone: 325-942-2173
E-Mail: Jordan.Daniel@angelo.edu

Text: (non- required)

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.

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>Points</th>
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<tbody>
<tr>
<td>Exams (3 tests @ 200 points a piece)</td>
<td>600</td>
</tr>
<tr>
<td>Research Presentation (Proposal 50 pts)</td>
<td>200</td>
</tr>
<tr>
<td>(Mid-semester check 75 pts)</td>
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</tr>
<tr>
<td>(Presentation 75 pts)</td>
<td></td>
</tr>
<tr>
<td>1 Paper</td>
<td>100</td>
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<tr>
<td>Class Participation* (instructor discretion)</td>
<td>100</td>
</tr>
<tr>
<td>Total Points</td>
<td>1000</td>
</tr>
</tbody>
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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

All non-exam assignments will have rubrics provided on Blackboard

EXAMS
3 exams worth 200 points each. Exams are worth 60% of your grade.

RESEARCH PRESENTATION
20% of your grade. You will conduct a sport psychology research study from start to finish. We will learn research methods in class.
(Proposal- a 2 page 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)

PAPER
The paper is a reflection paper based on a movie we watch in class. You will relate 5 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.

ATTENDANCE
You are allowed 3 absences and tardies (e.g. showing up late). (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 (they do not count against you).
✓ Observance of a religious holy day may be considered permissible absences.

STUDENT RESPONSIBILITIES:
A. Students with Disabilities:
Persons with disabilities which may warrant academic accommodations must contact Dallas Swafford, in 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.

B. The Angelo State University Honor Code:
“Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits.”

*TENTATIVE COURSE OUTLINE
TBA
Students get to vote on course content on the first day of class. After that I will make a schedule based on what you as a student want to learn.