SuperStudents #1

Sport Psychology

Choose your ADVENTURE!

Teamwork, Hands in!

All in CHP $ HH5

8 Weeks of ACTION

You Decide!

Motivation
Teamwork
Group Dynamics
Anxiety
Stress
Athletic Injury
Trick Plays

Personality
Trash Talk
I-ding the Leader
PED's
Leadership
Goal Setting

Application of ALL

Team Building
Communication
Attention
Concentration
Effects of Music
Fat of Failure
Fatigue

More
Angelo State University
GS 1181.F63 Sport Psychology

Instructor: Dr. Jordan Daniel
Meeting: HHS 110 MW 12-12:50pm
Office: CHP 110
Office Hours: MWF 8-9am; 11am-Noon; TTH 10-11am or by appointment
Phone: 325-942-2173
E-Mail: Jordan.Daniel@angelo.edu

Text:

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:
- Learning to analyze and critically evaluate ideas, arguments, and points of view
- Developing skill in expressing oneself orally or in writing
- Learning how to find, evaluate, and use resources to explore a topic in depth

IV. EVALUATION:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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<tbody>
<tr>
<td>Exams (2 tests @ 150 points each)</td>
<td>300</td>
</tr>
<tr>
<td>Strengths Finder Test</td>
<td>100</td>
</tr>
<tr>
<td>Blackboard Literacy</td>
<td>100</td>
</tr>
<tr>
<td>Events (2 ASU events (25 pts) + tailgate (50pts)</td>
<td>100</td>
</tr>
<tr>
<td>Research Project: You call it</td>
<td>100</td>
</tr>
<tr>
<td>Participation</td>
<td>75</td>
</tr>
<tr>
<td>Advising Meeting</td>
<td>50</td>
</tr>
<tr>
<td>Paper (Summary with reflection; 2 submission/edits)</td>
<td>125</td>
</tr>
<tr>
<td>Majors &amp; Minors Fair (September 9+)</td>
<td>50</td>
</tr>
<tr>
<td>Total Points</td>
<td>1000</td>
</tr>
</tbody>
</table>

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 30% of your grade.

STRENGTHS FINDER 2.0
Buy the book new and take the test using the passcode.

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.

BLACKBOARD LITERACY
There will be modules and quizzes on blackboard.

EVENTS
You will go to 2 ASU events & the Sept 5th tailgate.

RESEARCH PROJECT YOU CALL IT
You will propose a project and complete it. Pending instructor approval.

PAPER
2 pages of text minimum. Format: APA 6th. If there is something you do not understand please ask. “Not knowing” will not be accepted as an excuse. Plagiarism is unacceptable. We will go over this extensively in class.
You will submit Summary with a reflection; receive feedback; rewrite with original stapled to the back.

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 2 absences and tardies. (2 tardies = 1 absence).

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

✓ Officialsy 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.**

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.”

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**Academic Support Services**

- [Academic Support Services](https://www.angelo.edu/dept/freshman-college/academic-tutoring.php)

**Academic Tutor Center**

- [Academic Tutor Center](https://www.angelo.edu/dept/freshman-college/academic-tutoring.php)

**Writing Center**

- [Writing Center](https://www.angelo.edu/dept/writing_center/)

**Math Lab**

- [Math Lab](https://www.angelo.edu/dept/freshman-college/math-lab.php)

**Supplemental Instruction**

- [Supplemental Instruction](https://www.angelo.edu/dept/freshman-college/supplemental-instruction.php)

**Upswing**

- [Upswing](https://angelo.upswing.io/)
**This syllabus is not intended to be all inclusive and may be changed as circumstances dictate.**

*TENTATIVE COURSE OUTLINE*

1A: The mental is to the physical as 3 is to 1 . . .

1B:

2A:
2B: Strengths Finder Test

3A: Majors & Minors Fair/ BlackBoard Literacy Due

3B:

4A: Exam 1

4B:

5A: Paper submission 1 due

5B:

6A:

6B:

7A: Exam 2

7B: Paper submission #2 due

8A: Research Project Presentation

8B: Wrap Up & Advising Documentation Due/ Event Documentation Due

participation is calculated weekly.

*****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.