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Texts:  
1.) Sport Psychology: The Basics by David Tod  
   Routledge(Taylor & Francis Group)  
   isbn# 978-0-415-83450-6  


Course Description: An overview of the principles and foundations of psychological factors related to the coaching profession will be provided. Emphasis will be on the importance for coaches to understand and utilize sport psychology concepts in an effort to enhance athletic and peak performances. Also addressed will be the need of sport psychology knowledge by coaches for proper collaborative efforts with professional sport psychologists to enhance their team’s performances.

Course Content:  
Students will increase an understanding of how:  
1. Motor learning concepts intertwined with Psychological concepts can be incorporated into coaching philosophies and techniques.  
2. Principles of reinforcement can enhance performance.  
3. Psychological characteristics affect peak performance.  
4. Goal setting can increase peak performance.  
5. Arousal and performance interrelate.  
6. Relaxation techniques regulate arousal.  
7. Imagery can affect sport performance.  
8. To prevent staleness and burnout.  
9. Aggression in society impacts sports.  
10. The role of the sport psychologist, in relation to athlete, affects performance.  
11. Various testing formats and training programs can be used  
12. Coaches’ roles in relation to psychological training programs and techniques are important.  
13. Psychological aspects, of skill performance in relation to sport, exercise, and recreational pursuits enhance performance levels.
Student Learning Objectives:

1) Students will learn fundamental principles, generalizations and theories related to coaching psychology.
2) Students will gain a factual knowledge of methodologies and trends needed to understand the effects of various psychological components on performance.
3) Students will develop specific skills, competencies, and alternative points of view needed by professionals in the field.
4) Students will improve their critical thinking, problem solving, and decision making skills.

Evaluation includes (but is not limited to):

- Tests (multiple think and essay)
- Topical Professional Paper
- Research Abstracts
- All Readings for a Resource Manual development
- Professional Power Point Presentation(s)
- Topical Laboratories/Field Experiences
- Active participation in class discussions and labs

11% Rule: All graduate students in the CSRF Program are required to participate in one Professional Development event (this could be an online webinar, featured speaker, workshop, conference, or) symposium; and one Community Service Volunteer program each semester. This 11% of your overall final course evaluation for your grade is **ALL or NOTHING**. Failure to fulfill this requirement will result in the loss of one full letter in the course. Remember the CSRF Graduate Program is an Academic/Professional designed degree program, and as a member you are responsible to participate and develop yourself to the fullest degree.

All assignments are due when scheduled. As young professionals and graduate students you are expected to be and act professional. This includes being punctual and prepared at all times. **Assignments not turned in on time result in a zero grade. Assignments not turned in at all constitute a double zero.** If for some reason you cannot attend class make sure that the assignment gets turned in or you will be subject to the above penalties.

Class participation is crucial to your success in this class. Investing yourself in this class will improve the quality for all. Discovery and participatory learning is essential to become a student of the profession. As NIKE says: ”Just do it”!
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 Department of Kinesiology adheres to the academic honesty statement as set forth in the Angelo State University Student Handbook (2011-2012) 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."

STUDENTS WITH DISABILITIES

“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.”

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.

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.”