Angelo State University
GS 1181.F20 Sport Psychology

Instructor: Dr. Jordan Daniel
Meeting: HHS 104 MW 12-12:50pm
Office: CHP 110
Office Hours: MWF 8-9am; 11am-Noon; TTH 11am-Noon or by appointment
Phone: 325-942-2173
E-Mail: Jordan.Daniel@angelo.edu

Text:
No Required Texts

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>
</tr>
</thead>
<tbody>
<tr>
<td>Exams (2 tests @ 200 points each)</td>
<td>400</td>
</tr>
<tr>
<td>Meetings with Dr. Daniel (50 pts)</td>
<td>50</td>
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<tr>
<td>Blackboard Literacy</td>
<td>100</td>
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<tr>
<td>Events (2 ASU events (50 pts each))</td>
<td>100</td>
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<tr>
<td>Sport Psych Presentation</td>
<td>100</td>
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<tr>
<td>Participation</td>
<td>100</td>
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<tr>
<td>Advising Meeting</td>
<td>50</td>
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<tr>
<td>Paper (Summary with reflection)</td>
<td>100</td>
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<tr>
<td>Total Points</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 40% of your grade.

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

SPORT PSYCH PRESENTATION
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.

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.

☑ 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.
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.”

Academic Support Services
   https://www.angelo.edu/dept/freshman-college/academic-tutoring.php
Academic Tutor Center
   https://www.angelo.edu/dept/freshman-college/academic-tutoring.php
Writing Center
   https://www.angelo.edu/dept/writing_center/
Math Lab
   https://www.angelo.edu/dept/freshman-college/math-lab.php
Supplemental Instruction
   https://www.angelo.edu/dept/freshman-college-supplemental-instruction.php
Upswing
   https://angelo.upswing.io/

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. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

Title IX at Angelo State University
Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex. You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form
   Face to face: Mayer Administration Building, Room 210 Phone: 325-942-2022
   Email:michelle.boone@angelo.edu
   Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6349), or the University Health Clinic (325-942-2171). For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: www.angelo.edu/title-ix.
**This syllabus is not intended to be all inclusive and may be changed as circumstances dictate.

*TENTATIVE COURSE OUTLINE

1A: Welcome
1B: The mental is to the physical as 3 is to 1 . . . & Personality

2A: Motivation
2B: Motivation

3A: BlackBoard Literacy Due & Anxiety
3B: Anxiety

4A: Trick plays
4B: Exam 1 Paper submission 1 due & Q&A Day

5A: Girls vs Guys
5B: Mental Illness in Sport

6A: Trash Talk
6B: Drugs

7A: Exam 2/Paper submission 2 due & ANXIETY AGAIN!!!!
7B: Presentation Prep Day

8A: Sport Psych Presentation & Event Documentation Due
8B: Sport Psych Presentation & Wrap Up & Advising 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.