Angelo State University  
KIN 4361-010 – Psychological Aspects of Sport and Exercise

Instructor: Dr. Jordan Daniel  
Meeting: CHP 203 TTH 9:30-10:45am  
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>
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<tr>
<td>Research Project (Proposal 100 pts)</td>
<td>300</td>
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<tr>
<td>Research Project (Methods 100 pts)</td>
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<tr>
<td>Research Project (Presentation 100 pts)</td>
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<tr>
<td>Class Participation* (instructor discretion)</td>
<td>100</td>
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Total Points 1000

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 in class or Blackboard.

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

RESEARCH PROJECT  
30% 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.)
METHODS
How will you gather data; what will you do with it.

PRESENTATION
You will conduct a poster presentation that catalogs and presents your study.

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:
ASU 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 of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website. The employee charged with the responsibility of reviewing and authorizing accommodation requests is: Dallas Swafford Director of Student Disability Services; Office of Student Affairs; 325-942-2047 dallas.swafford@angelo.edu; Houston Harte University Center, Room 112

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

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 (325-486-6345), 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.

*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.