

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

Instructor: Dr. Jordan Daniel
Meeting: Online-Asynchronous
Office: CHP 110
Office Hours: by appointment
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Suggested Text: (not mandatory, all readings, videos and chapter slides will be provided)
 Weinberg, R.S., and Gould, D. (2011) Foundations of Sport and Exercise Psychology 6th ed.
 Champaign, IL: Human Kinetics.

Course Description:

The purpose of this course is to introduce the student to the field of sport psychology. An emphasis will be placed on psychological theories and training techniques specifically for improved sports performance and coaching effectiveness. In doing so the student will gain a holistic understanding of the psychological aspects of sport and exercise.

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

IV. EVALUATION:

Assignment	Points
Tests (4 tests @ 125 points each)	500
FlipGrip Video Responses (8 @ 50 pts each)	400
Most Impactful Video	50
<u>Welcome Video</u>	<u>50</u>
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

Tests

Tests are worth 500 points of your grade.

If it is in the slides, articles, videos and/or lectures you can expect to be on the test.

FlipGrid Video Responses

This is worth 400 points of your grade. 8 separate responses @ 50 points each due on T/TH by the end of the day (midnight).

Videos Length needs to be over 9 minutes & 50 seconds. Videos under 9:50 will be given a score of 0.

Video response must be of you clearly responding into the camera, no backgrounds or pictures in place of you.

Your video responses should demonstrate reflection, critical thinking and contemplation of the material, not summarization. Everything that is assigned for the video must be commented on and/or discussed in a substantive manner.

Welcome Video

You will make a 5-minute welcome video:

1. Introducing yourself to the class.
 - a. Name
 - b. Where are you from
 - c. What do you want to be and why
2. Discussing the Schwartz article and what stood out to you about it and how you will use that information to do the rest of the class.

Points to remember:

- 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. 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.

D. Accommodations for 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

E. 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."

****This syllabus may be changed as circumstances dictate.**