

Angelo State University
KIN 4361-020 – Psychological Aspects of Sport and Exercise

Instructor: Dr. Jordan Daniel
Meeting: Online/Asynchronous
Office: CHP 110
Office Hours: by appointment
Phone: 325-942-2173
E-Mail: Jordan.Daniel@angelo.edu

Text: (non- required)

Any and all readings will be supplied will be provided on BlackBoard
Need Access to Netflix

Tests will be on Blackboard using Respondus Lockdown Browser+Monitor. Make sure you have the appropriate access to appropriate technology to complete the course.

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:

Assignment	Points
4 exams @ 125 points each	500
Welcome Video	25
6 FlipGrid Videos Reflections @ 50 each	300
5 Worksheets @ 25 each	125
Most Impactful	50
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

EXAMS

Worth 500 points of your grade. 4 tests + 1 final.

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

Welcome Video

You will make a no less than 6-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.

FlipGrid Video Responses

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.

Worksheets

Worksheets will available on BlackBoard and will be submit thru BlackBoard.

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.

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.

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 (325-486-6345), 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.