

Angelo State University
GS 1181.F44 Sport Psychology

Instructor: Dr. Jordan Daniel
Meeting: MCS 215 MW 12-12:50pm
Office: CHP 110
Office Hours: MWF 8-9am; 11am-Noon; by appointment
Phone: 325-942-2173
E-Mail: Jordan.Daniel@angelo.edu

Text:

Rath (2007). Strengths Finder 2.0. ISBN: 9781595620156

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:

- 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:

Assignment	Points
Exams (2 tests @ 150 points each)	300
Strengths Finder Test + Reflection	75
YouScience + Reflection	75
Blackboard Literacy	100
Worksheet (2)	50
FlipGrid Video Response (2)	100
Project: You call it	100
Advising Meeting	50
Paper (1 draft; 1 rewrite)	100
<u>Meeting with Dr. D</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

EXAMS

Exams are worth 30% of your grade.

STRENGTHS FINDER 2.0

Buy the book new and take the test using the passcode.

FLIPGRID VIDEO RESPONSES

2 separate responses @ 50 points.

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.

BLACKBOARD LITERACY

There will be modules and quizzes on blackboard.

EVENTS

You will go to 1 ASU events

PROJECT YOU CALL IT

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; rewrite with original stapled to the back.

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.

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.

**This syllabus is not intended to be all inclusive and may be changed as circumstances dictate.

*TENTATIVE COURSE OUTLINE

- 1A: The mental is to the physical as 3 is to 1 . . .
 1B: Motivation Ch 3 & 15(Goal Setting worksheet due Monday)
- 2A: PED's / Break into You call it groups
 2B: Trash Talk & Burnout
 Strengths Finder Test Results due + Reflection
- 3A: Labor Day
 3B: Q&A DAY
 BlackBoard Literacy due
- 4A: College Student 101
 Exam 1
 Paper submission 1 due
 4B: Anxiety and Reduction
 Arousal Reduction Worksheet due on Monday
 FlipGrid Video 1
- 5A: Athletic Injury
 You Science Due + Reflection
- 5B: Coaching: What is it?
- 6A: Scientific Literacy
 Paper Rewrite Due
 6B: AMA Day
- 7A: You call it workshop
 7B: You call it workshop & Advising Documentation
 FlipGrid Video 2
- 8A: You Call it Presentation
 Exam 2
 8B: You Call it Presentation

*****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.*****