Psychological Aspects of Sport and Exercise

Spring 2022

Professor: Dr. Doyle Carter

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Phone: 325-486-6410
Virtual Office Hours: Mondays, Tuesdays, Thursdays- 7:00-9:30pm
Face-to-Face Office Hours: Wednesdays- 2:00-4:30pm

Course Information

Course Description

The purpose of this course is to introduce the student to the fields of sport and exercise psychology. An emphasis will be placed on the application of psychological theories and training techniques specifically to coaching athletes. The expanding field of exercise psychology will also be studied with emphasis on the psychological effects of sustained exercise on health well-being.

Course Credits

Three Semester Credit Hours (3-0-0)

Prerequisite and Co-requisite Courses

None

Prerequisite Skills

Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the program. Computer access requirements are further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort.

Program Outcomes

Upon completion of this program of study, a Kinesiology graduate will be able to demonstrate:
   1. Skills, knowledge, and professional behavior in the area of physical activity as it relates to health, wellness, and quality of life.

2. Skills, knowledge, and professional behavior as it relates to the scientific foundation of physical activity.
3. Skills, knowledge and professional behavior as it relates to the cultural, historical, and philosophical context of physical activity.
4. An appreciation and commitment to physical activity practice.

Student Learning Outcomes Specific to this course

Student Learning Outcomes By successfully completing all course requirements, students will be able to demonstrate appropriate competency associated with:	Assignment(s) or activity(ies) validating outcome achievement:
1. Scholarly, scientific, and profession practices in sport & exercise psychology	Module 1 Assignments: Chapter 1 & 2 Quizzes and Learning Activities; Module 1 Group Discussion, CONNECT! Activity Proposal; Exam 1
2. Psychological aspects of the participants and their sport & exercise environments	Module 2 Assignments: Chapter 3, 4, 5, 6, & 7 Quizzes and Learning Activities; Module 2 Group Discussion; Exam 1
3. Group processes	Module 3 Assignments: Chapter 9, 10 & 11 Quizzes and Learning Activities; Module 3 Group Discussion; Exam 2
4. Improving performance	Module 4, Assignments: Chapter 15, 16 & 17 Quizzes and Learning Activities; Module 4 Group Discussion; Exam 2
5. Enhancing health and well-being	Module 5 Assignments: Chapter 18 & 19 Quizzes and Learning Activities; Module 5 Group Discussion; CONNECT! Reflection; Exam 2

Course Delivery

This is an online course offering. The course will be delivered via the Blackboard Learning Management System. The course site can be accessed at ASU's Blackboard Learning Management System

Required Texts and Materials

Weinberg, R. S. & Gould, D. (2019). *Foundations of Sport and Exercise Psychology*, 7th Ed. Champaign, IL: Human Kinetics.

Technology Requirements

To participate in one of ASU's distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later

- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Topic Outline

This course consists of the following learning modules:
- Module 0: Orientation
- Module 1: Scholarly, scientific, and professional practices in sport and exercise psychology
- Module 2: Group processes
- Module 4: Improving performance
- Module 5: Enhancing health and well-being

Communication

Include your course policy regarding communication timeframes and preferred method. Here are some examples:

The professor will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

Virtual communication: Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Skype, etc.

Use Good "Netiquette":
- Check the discussion frequently and respond appropriately and on subject.
- Focus on one subject per message and use pertinent subject titles.
- Capitalize words only to highlight a point or for titles. Otherwise, capitalizing is generally viewed as SHOUTING!
- Be professional and careful with your online interaction. Proper address for faculty is by formal title such as Dr. or Ms./Mr. Jones unless invited by faculty to use a less formal approach.
- Cite all quotes, references, and sources.

- When posting a long message, it is generally considered courteous to warn readers at the beginning of the message that it is a lengthy post.
- It is extremely rude to forward someone else's messages without their permission.
- It is fine to use humor, but use it carefully. The absence of face-to-face cues can cause humor to be misinterpreted as criticism or flaming (angry, antagonistic criticism). Feel free to use emoticons such as J or :) to let others know you are being humorous.

(The "netiquette" guidelines were adapted from Arlene H. Rinald's article, The Net User Guidelines and Netiquette, Florida Atlantic University, 1994, available from Netcom.)

Grading

Evaluation and Grades
Course grades will be determined as indicated in the table below.

Assessment	Percent/Points of Total Grade
Self-introduction Video	10
Practice Test	10
Webcam Check	10
Chapter Quizzes (15 quizzes @ 10 points each)	150
Learning Activities (30 learning activities @ 10 points each)	300
Discussion Boards (5 module discussions @ 20 points each)	100
Exams (2 exams @ 60 points each)	120

Grading System
Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

    A = 630 or more points
    B = 560-629 points
    C = 490-559 points
    D = 420-489 points
    F = 0-419 points

Teaching Strategies

Students are expected to be "active learners." It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions

Blackboard. Rubrics for the group discussions are posted with these assignments in Blackboard.

- **Self-Introduction Video:** Student create and submit a video introduction to get acquainted with classmates. The technology used for this assignment is also used for a later video project, so this assignment also serves as practice for that project.
- **Practice Quiz and Webcam Check:** These assignments help prepare student for taking online quizzes and exams. Both are open throughout the semester, can be completed multiple times, but are only graded once (highest grade is recorded).
- **Chapter Quizzes:** Fifteen quizzes (one for each assigned chapter of the required text) are intended to provide the student with formative feedback regarding their respective level of comprehension of the required reading. These tests are posted in sequential order for a period not to exceed 36 hours. Students have 30 minutes to complete each individual chapter test.
- **Learning Activities:** 30 required learning activities (two per chapter) provide students with opportunities to delve deeper into the course content and therefore express deeper learning. All learning activities are posted in Blackboard.
- **Group Discussion Boards:** Discussion Boards (one discussion per module) are provided to help students analyze, synthesize, apply, and evaluate course content, express thoughts, and engage others' opinions and ideas in a healthy and productive learning environment. Students are expected to respond to the professor's prompts and participate in the student discussions that ensue. A minimum of 5 responses to classmate posts are required for each discussion.
- **Exams:** Through two exams, students have the opportunity to demonstrate their ability to comprehend, analyze, synthesis, apply, and evaluate the major concepts, principles, theories, and professional practices associated with human motor development. These exams are posted in Blackboard at the conclusion of Module 2 and Module 5 for 2 hours. Students have 90 minutes to complete and submit each exam.

Assignment Submission

All assignments MUST be submitted through the appropriate link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email the professor doyle.carter@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty know you completed the assignment on time and are

just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

Late Work or Missed Assignments Policy

As stated previously, this course is organized into modules. Students but complete all assignments associated with each module before progressing to the next. Assignment due dates are expressed in the document title: *Course Schedule*, which is posted in Blackboard. Late assignments are not accepted without prior approval of the professor. In other words, students must communicate with the professor before a due date if there is a foreseeable problem completing an assignment on time. Since all due dates are posted at the beginning of the semester and sufficient time is provided to complete all assignments, prior approval to submit a late assignment is rare. Furthermore, the professor reserves the right to deduct points for late assignments that are accepted past the original due date.

General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)[1]
- [Angelo State University Catalog](#)[2]

Student Responsibility and Attendance

This class is asynchronous, meaning you do not have to be on-line at a certain time. There are readings which you will have to complete to be able to adequately participate in individual and group assignments. In order to complete this course successfully, you do have to participate in all course activities i.e. discussion boards, course projects, reflective logs, etc. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 6-9 study hours per week on average.

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity.](#)[3]

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.[4] 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

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 Grading Procedures[5] for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's Academic Integrity policy[6] in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the ASU Writing Center.[7]

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[8] for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

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.

Grading Rubrics

To view the grading rubric for the Group Discussion, please go to the "My Grades" link Blackboard and select "View Rubric under the graded item.

Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.
Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

The following student learning outcomes expressed in the IDEA are emphasized in this course:

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Developing knowledge and understanding of diverse perspectives, global awareness, or other cultures
3. Learning to apply course material (to improve thinking, problem solving, and decisions)
4. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.

End of Syllabus

[1] https://www.angelo.edu/student-handbook/

[2] https://www.angelo.edu/catalogs/

[3] https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php

[4] https://www.angelo.edu/services/disability-services/

[5] https://www.angelo.edu/content/files/14197-op-1011-grading-procedures

[6] https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php

[7] https://www.angelo.edu/dept/writing_center/academic_honesty.php

[8] https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of