

Sport Psychology

PSY 6340

Spring 2022



Instructor: Dr. Brittany Draper

Email: brittany.draper@angelo.edu

Phone: 325-486-6123

Office: Academic 201E

Office Hours: 11:00 a.m. – 1:00 p.m., Tuesday & Thursday (virtual)
10:00 a.m. – 1:00 p.m., Monday & Wednesday (virtual)
Not on campus Monday, Wednesday, or Friday
No office hours on Friday

Course Information

Course Description

A study of the psychological factors that influence athletes in individual and team sports, with an applied focus and an emphasis on achieving optimal levels of performance. Topics are divided into three sections: techniques for enhancing individual performance, interventions that reduce the athletes' inhibitions, and strategies for improving the performance of teams. Representative topics include:

- Motivation
- Perfectionism
- Anxiety and Arousal
- Goals and self-regulation

Course Credits

This course is worth 3 credit hours (3-0).

Prerequisite and Co-requisite Courses

None

Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of completing Sport Psychology successfully.

Program Outcomes

Upon completion of the program of study for the Master's degree in Applied Psychology, the graduate will be prepared to:

Master Psychological Knowledge and Skills

Apply Concepts and Research

Master Psychological Ethics

Student Learning Outcomes

Student Learning Outcome By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:	Mapping to Program Outcomes
Be able to think critically about sport psychology	Chapter Readings Application Exercises Discussions Exams Quizzes	Psychological Knowledge and Skills, Psychological Ethics
Understand major theories within sport psychology	Chapter Readings Application Project	Apply Concepts and Research
Communicate information and ideas effectively	Application Exercises Discussions Application Project	Apply Concepts and Research, Psychological Ethics
Be familiar with different domains of sport psychology	Exams Quizzes	Psychological Knowledge and Skills

Course Delivery

This is an online course offering. This course will be delivered online via [Blackboard¹](#) and the course can be accessed using [ASU's Blackboard Learning Management System](#). All of the online portions of this course are important to your success as a student in this class in helping you achieve the student learning outcomes and a successful grade in this course.

Required Texts and Materials

Sport Psychology: Performance Enhancement, Performance Inhibition, Individuals, and Teams (2nd Ed.) (Gallucci, 2014)

Technology Requirements

Testing via Respondus™ Monitor: Access to the exams will be through Respondus™ Lockdown Browser and will be video recorded via Respondus™ Monitor [See technology required materials for a list of needed equipment]. Use of another electronic device is prohibited.

There is one practice quiz: a short 10 question practice quiz over ASU trivia that is not graded. This quiz will be available to the student to assure accessibility. Students are highly encouraged to go through this practice quiz in advance of taking a graded quiz. This process will allow you to become familiar with the technology associated with testing and improve the testing environment.

Instructional videos and more information regarding Respondus Monitor can be found under the Respondus Monitor Help tab in your Blackboard course.

Testing with LockDown Browser: In order to complete the exams and quizzes, you must have the Lockdown Browser on your computer. Go to blackboard to the “support” tab and follow the instructions to download the browser. Once it’s downloaded onto your computer, double-click on the icon to connect to blackboard. Login to Blackboard and click on a quiz or exam to complete. Select “no” for the password (note: if you can’t get past this point, something is wrong – the quizzes/exams are password protected, but you will NOT be given the password). Once you select no you should be able to proceed with the quizzes/exams.

****If you have any problems downloading lockdown browser, please contact IT (942-2911) as soon as possible to resolve technological issues so you do not miss the deadlines for these assignments. Not having a webcam for Respondus Monitor or the Lockdown browser downloaded in time to complete assignments will result in zeros for any assignments not completed in time.**

To successfully complete this course, students need to have access to the following materials and resources:

- 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

Week 1	Course Overview, Syllabus, Course Expectations Chapter 1 (Introduction to Sport Psychology) Chapter 2 (Motivation for Sport and Achievement)
Week 2	Chapter 4 (Optimal Levels of Anxiety, Intensity, or Arousal) Chapter 5 (Preperformance Routines)
Week 3	Chapter 6 (Mental Imagery, Self-Talk, and Concentration) Chapter 7 (Relaxation Training: Calming the Physiology)
Week 4	Chapter 8 (Goals and Self-Regulation)

Week 5	Chapter 10 (Self-Efficacy, Sport Self-Confidence, and Mental Toughness) Chapter 11 (Choking Under Pressure and Performance Anxiety) Chapter 12 (Self-Handicapping)
Week 6	Chapter 22 (Leadership and Coaching) Chapter 23 (Team Cohesion, Efficacy, and Goals)
Week 7	Research Article (Perfectionism)
Week 8	Application Project

Communication

I will do my best to 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 me, 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.

Grading

Evaluation and Grades

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

Assessment	Percent/Points of Total Grade
Exams (6 exams @ 90 points each)	540 points
Article Quiz	45 points
Application Exercises (4 @ 45 points each)	180 points
Discussions (3 @ 45 points each)	135 points
Application Project	100 points
Total	1000 points

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 = 900 – 1000 points

B = 800 – 899 points

C = 700 – 799 points

D = 600 – 699 points

F = 0 – 599 points (Grades are not rounded up)

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

***Please note: Rubrics for all assignments and activities are located in your blackboard course.**

Exams: There will be 6 examinations each worth 90 points (540 points total, 54% of total grade). The dates of the examinations, and the material covered by each examination, are listed on the Course Schedule. Each exam will have 30 multiple choice questions worth 3 points per question. Each exam will have a timer set for 45 minutes. You will be allowed 3 attempts at each examination, and I will take the highest of the 3 grades. Each attempt will be force completion, so if you start an attempt, you must finish it. You MAY use your book and/or notes on these exams.

Article Quiz: There is one article quiz worth 45 points each (45 points total, 4% of total grade). The quiz covers the assigned reading article on perfectionism. The quiz has 15 multiple choice questions worth 3 points per question. The quiz may be taken 3 times and I’ll take the highest of the 3 grades. The due date for the quiz is listed on the Course Schedule. The quiz will have a timer set for 20 minutes. The quiz will be force completion, so if you start an attempt, you must finish it. You MAY access the article in order to take the quiz. Note – the quiz questions are derived from the research article’s “learning objectives” presented in the Learning Module folder.

Application Exercises: There are four application exercises that are worth 45 points apiece. See the Application Exercises folder for due dates and instructions on how to complete these assignments and how to submit them in blackboard. (180 points total, 18% of total grade).

Discussion Board Activities: You will be required to participate in three (3) discussions (135 points total, 14% of the grade). Your first discussion board assignment is your self-introduction. The other 2 discussions will be about content from the course and chapters applying the concepts to different situations. To receive full credit on the discussions, you must create your posts answering all parts of the thread and respond to the required number of participants per discussion.

NOTE: For responses to other classmates, responses like “great post” will NOT be accepted. Discussions are intended to be discussions that are thoughtful and spark interest in other students. You should ask other students questions and/or provide additional outside sources and research to keep the discussions interesting.

Application Project: This project requires you to integrate material from different areas of psychology and apply it to solving problems people face in sports. It is worth 100 points (10% of total grade). The instructions and the link to submit it are in the Application Project folder. It is desirable to work on this project weekly, as you come across relevant material in the weekly assignments.

Assignment Submission

All assignments MUST be submitted through the Assignments 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 me at brittany.draper@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

No late work is accepted. Any points lost for missed assignments can be made up by completing extra credit. Missed assignments may only be made up due to school-related absences.

General Policies Related to This Course

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

- [Angelo State University Student Handbook²](#)
- [Angelo State University Catalog³](#)

Student Responsibility and Attendance

Online: 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](#).⁴

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](#).⁵ 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](#)⁶ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁷ 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](#).⁸

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](#)⁹ 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.

Course Schedule

Week/Date	Topic/Assignments/Assessments DUE
WEEK 1 3/21/22 – 3/27/22	Discussion #1 Introduction and responses due Sunday by 11:59 pm Exam #1 covering chapters 1 & 2 due Sunday by 11:59 pm
WEEK 2 3/28/22 – 4/3/22	Exam #2 covering chapters 4 & 5 due by Sunday at 11:59 pm Application Exercise #1 due by Sunday at 11:59 pm
WEEK 3 4/4/22 – 4/10/22	Exam #3 covering chapters 6 & 7 due by Sunday at 11:59 pm Application Exercise #2 due by Sunday at 11:59 pm
WEEK 4 4/11/22 – 4/17/22	Exam #4 covering chapters 8 & 10 due by Sunday at 11:59 pm Application Exercise #3 due by Sunday at 11:59 pm

Week/Date	Topic/Assignments/Assessments DUE
WEEK 5 4/18/22 – 4/24/22	Exam #5 covering chapters 11 & 12 due by Sunday at 11:59 pm Discussion #2 and responses due by Sunday at 11:59 pm
WEEK 6 4/25/22 – 5/1/22	Exam #6 covering chapters 22 & 23 due by Sunday at 11:59 pm Application Exercise #4 due by Sunday at 11:59 pm
WEEK 7 5/2/22 – 5/8/22	Article Quiz covering perfectionism article due by Sunday at 11:59 pm Discussion #3 and responses due by Sunday at 11:59 pm
WEEK 8 5/9/22 – 5/13/22	Application Project due Monday by 11:59 pm

* All due times are 11:59 pm CST, unless otherwise specified

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.

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://blackboard.angelo.edu>

² <https://www.angelo.edu/student-handbook/>

³ <https://www.angelo.edu/catalogs/>

⁴ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁵ <https://www.angelo.edu/services/disability-services/>

⁶ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁷ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁸ https://www.angelo.edu/dept/writing_center/academic_honesty.php

⁹ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>