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Kinesiology 4000---Psychology of Sport
Department of Kinesiology, Health Promotion, and Recreation
Fall 2013

Instructor: Doryce Judd, M.S.

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Office Hours: Tuesday & Thursday 9:30 am - 12:30 pm

Communication:

I will be using blackboard Learn as the format for class announcements, assignments, and calendar notes. Please use the email Doryce.judd@unt.edu to correspond with me electronically. Of course, I am available during office hours or before and after class for any face to face communication.

Purposes/Objectives of the course

The purpose of this course is to provide students interested in sport and exercise psychology with an overview of the theories and principles that explain factors which influence human behavior in sport and physical activity. The American Psychological Association (Division 47) defines sport and exercise psychology as the scientific study of the psychological factors associated with participation and performance in sport, exercise, and other types of physical activity.

Upon completion of this course, students will be able

1. To develop an understanding of sociological and psychological factors related to human movement and behavior in sport and physical activity.
2. To read, synthesize, and critique existing scientific literature; and to discuss the status and ramifications for future research related to sport and physical activity.
3. To become acquainted with contemporary theory, research design, methodology and analytical techniques appropriate to sport and exercise psychology research.
4. To demonstrate an ability to incorporate sport and exercise psychology theory covered in class by completing a research project in the field.
5. To demonstrate effective interventions and strategies for improving human performance and effectiveness in sport and physical activity.

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Required Texts:

Weinberg, R. S., & Gould, D. (2011). *Foundations of sport and exercise psychology* (5th ed.). Champaign, IL: Human Kinetics.

Recommended Book:

American Psychological Association. (2010). *Publication manual of the American psychological association* (6th ed.). Washington, DC: American Psychological Association.

Acceptable Student Behavior:

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at www.deanofstudents.unt.edu

American Disabilities Act:

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at [940.565.4323](tel:940.565.4323).

The designated liaison for the Department of Kinesiology, Health Promotion and Recreation is Ms. Doryce Judd (Doryce.Judd@unt.edu). For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at 940.565.4323.

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Student Responsibilities:

It is your responsibility to come to class prepared, which includes completing all online learning modules, assignments, and readings. If you have questions or need help with content of the course, it is your responsibility to seek help and guidance. I am willing to help in any way within my limits as an instructor. Additionally, it is your responsibility to be respectful of the learning environment. Any behavior that is disruptive will not be tolerated.

Cell phones/pagers/other electronic devices

Please make sure cell phones, pagers and any other devices that could distract other students or the instructor are turned off prior to class. The use of electronic devices other than a calculator and a laptop is prohibited during lectures. The use of personal electronic devices is prohibited during Exams.

Academic Integrity

Academic integrity emanates from a culture that embraces the core values of trust and honesty necessary for full learning to occur. As a student-centered public research university, the University of North Texas promotes the integrity of the learning process by establishing and enforcing academic standards. Academic dishonesty breaches the mutual trust necessary in an academic environment and undermines all scholarship.

The Student Standards of Academic Integrity are based on educational principles and procedures that protect the rights of all participants in the educational process and validate the legitimacy of degrees awarded by the University. In the investigation and resolution of all allegations of student academic dishonesty, the University's actions are intended be corrective, educationally sound, fundamentally fair, and based on reliable evidence. Publication of academic standards is an essential feature of the University's efforts to advance academic ideals and to protect the rights of the University community.

Course Evaluation

CBAS = 50 points

Group Research Project = 150 points

Exam 1 = 100 points

Exam 2 = 100 points

Exam 3 = 100 points

= 500 points

Grading Scale

Points earned: 450 - 500 = A

Points earned: 400 - 449 = B

Points earned: 350 - 399 = C

Points earned: 300 - 349 = D

Points earned: 000 - 299 = F

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TENTATIVE SCHEDULE

This schedule is tentative because we have guest speakers throughout the semester. At this time, I cannot predict the date and time of a guest speaker. Changes to this will be posted in the blackboard calendar. “Flexible as needed” does not mean class is canceled.

Week 1 - 8/28	Introduction to the course	http://www.coe.unt.edu/khpr syllabus and course expectations
Week 2 - 9/2	No Classes	Labor day
9/4	Chapter 1	Welcome to Sport and Exercise Psychology
Week 3 – 9/9	Chapter 2	Personality and Sport
9/11	Chapter 3	Motivation
Week 4 –9/16	Activity	Activity
9/18	Chapter 4	Arousal, Stress, and Anxiety Group Article Critique is DUE
Week 5– 9/23	Review	Chapters 1-4
9/25	Exam 1	Chapters 1-4
Week 6 –9/30	Chapter 5	Competition and Cooperation
10/2	Chapter 6	Feedback, Reinforcement, and Intrinsic Motivation
Week 7 – 10/7	Online activity	Activity
10/9	In class activity	Activity
Week 8 – 10/14	Chapter 8	Group Cohesion
10/16	Chapter 9	Leadership Group Interview is DUE
Week 9 –10/21	Chapter 10	Communication
10/23	Chapter 11	Introduction to Psychological Skills Training
Week 10 – 10/28	Review	Chapters 5,6, 8-11
10/30	Exam 2	Chapters 5,6, 8-11
Week 11 – 11/4	Chapter 12	Arousal Regulation
11/6	Chapter 13	Imagery
Week 12 – 11/11	Activity	Activity
11/13	Chapter 14	Self-Confidence
Week 13 – 11/18	Chapter 15	Goal Setting
11/20	Presentations	Group Presentations
Week 14 – 11/25	Presentations	Group Presentations

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11/27	Presentations	Group Presentations
Week 15 –12/2	Review	Chapters 12-17
12/4	Exam 3	Chapters 12-17