

University of North Texas
Department of Kinesiology, Health Promotion, and Recreation
KINE/PSYC 6125: Sport and Exercise Psychology
Fall, 2020
UNT Canvas

Instructor Information

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Graduate Textbook

Williams, J. M., & Krane, V. (Eds.). (2021). *Applied sport psychology: Personal growth to peak performance*. (8th ed.). Mountain View, CA: Mayfield.

American Psychological Association. (2020). *Publication manual of the American Psychological Association*. (7th ed.). Washington: American Psychological Association.

Note. Additional readings will be available in Canvas (Suggested book titles for enhanced knowledge are provided in the Canvas Introduction module and research articles are provided in each chapter module).

Course Description

3 Credit Hours: This course provides doctoral level students with an in-depth study of primary theories and tenants of sport and exercise psychology. Emphasis is placed on developing written and oral presentation skills to explain sport and exercise psychology concepts to individuals not as familiar with sport and exercise psychology terminology, such as applied practitioners in the fields of education and coaching.

Purpose

The purpose of this course is to provide doctoral level students with an opportunity to acquire in-depth understanding of theoretical and applied aspects of sport and exercise psychology through developing course and intervention ancillaries and facilitating (via online activities such as presentations, videos, surveys, blogs, etc.) associated with social and psychological aspects in sport and physical activity environments.

Course Delivery

Online (Canvas) platform will be used to delivery of this course. A description of class assignments, reading materials, and additional resources are provided in Canvas. Slide presentations, chapter outlines and lecture notes, videos, chapter self-tests, project information, and exam review materials will also be found in Canvas. Information about this course and updates to assignments will be available via Canvas.

Course Objectives

1. To acquire an understanding of the major issues and concepts pertaining to the psychology of sport and exercise.
2. To read, synthesize, and critique existing scientific literature; and to discuss the status and ramifications for future research.
3. To develop sophisticated insight into significant contemporary issues in the social psychological and psychological explanations of human performance.
4. To become acquainted with procedures, designs, methods, and analytical techniques appropriate to the sport and exercise psychology field.
5. To be able to take sport and exercise psychology theory into practice as a researcher, consultant, coach, and/or teacher in the field.
6. To develop an ability to communicate through discussion and writing, the terminology, concepts, and the connection between research and phenomena.
7. To develop course and intervention ancillaries and materials associated with sport and exercise psychology.
8. To learn effective methods for communicating and discussing sport and exercise psychology materials.

Course Etiquette

This course involves chapter lectures and activities completed via Canvas and Zoom. Student behavior that interferes with an instructor's ability to conduct discussions is unacceptable, disruptive, and will not be tolerated in any instructional forum at UNT. Students are expected to be respectful to the instructor and other students. Please plan to:

- Be ready to complete daily activities as scheduled (Canvas and Zoom).
- Doing multiple activities or viewing several devices at the same time can hinder learning, may distract you and others from content being presented (Sana, Weston, Cepeda, 2013).
- Only topics related to the course content should be discussed during course discussions.

Failure to follow these guidelines will result in you:

- Being asked to leave the course discussion group,
- Receiving a "zero" on the activity (quiz, test, etc.) of the day, and
- Possibly being referred to the Center for Student Rights and Responsibilities to consider whether your conduct violated the Code of Student Conduct, which can be found online.

Course Email Requirements and Etiquette

Information about this course and updates to the assignments will be posted as announcements on Canvas and sent via email to your EagleConnect account. If you do not use your EagleConnect account on a regular basis, then please forward your UNT e-mail messages to an account that you check on a regular basis.

Please send emails to my Scott.Martin@unt.edu address. Students are expected to carefully and thoughtfully write professional emails. For example, please use a meaningful subject line (e.g., KINE/PSYC 6125: Project 1 Question), a greeting (e.g., Hello Dr. Martin), and a signature with your name at the end. Writing professional emails is an important skill for all students so please avoid using abbreviations, all lower case, or all upper-case lettering, and please proofread emails before sending them. Due to the large number of emails that I receive each day, please include "KINE/PSYC 6125" in your subject title if you want me to receive the email sooner.

Academic Dishonesty

Cheating or plagiarism will not be tolerated. Students caught cheating during an examination or quiz or plagiarizing a written assignment will be charged under the University's Code of Student Conduct. Among other punishments, students found guilty run the risk of having their score changed to a zero, receiving a grade of F for the course, and/or dismissal from the University. Students should be familiar with the academic dishonesty policy at UNT. Please review the student rights and responsibilities information online.

American with Disabilities Compliance

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.* 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.

Family Educational Rights and Privacy Act (FERPA) Information

Students have the right to expect their grades will be kept confidential. There are a few things, because of the size and/or nature of this class, the instructor must advise you of regarding collection and distribution of test results, quiz scores, homework assignments, roll sheets, projects, etc. During this class it may be necessary for you to pass your assignments forward to the instructor or it may be necessary for the instructor to call your name and then return your completed assignment to you by passing it across the room. The instructor, under the reasonable assumption guidelines, assumes students are collecting only their own materials. Every attempt will be made to keep your information confidential. Neither your course grades nor grades for any assignment will be posted in a way that could result in you being identified by other students or faculty members.

Canvas Course Requirement

All students are required to become familiar with their UNT Canvas account. Information about this course and updates to assignments will be uploaded via Canvas. Students must check the Canvas site regularly to keep up with course requirements. Specifically, students will be able to find the following resources: chapter presentations, chapter videos, lecture outlines and notes, chapter self-tests, project information, exam review materials, and grades and general feedback.



Canvas

Follow these instructions to setup Canvas to receive notifications and emails:

- Log into Canvas
- Select “Account” on the left under your profile
- Select “Notifications”
- Select and personalize what you want to be notified of, via email (e.g., selecting “Announcements” will send you an email with the announcement).
- For easy access to Canvas materials, download the Canvas Student app for your phone.

Zoom

Zoom is integrated into Canvas (see navigation menu on the left toward the bottom). Use the following steps to prepare for Zoom sessions on your computer:

- Go to unt.zoom.us
- Log-in with UNT credentials
- Select the “Resources” at top right of page and select “Download Zoom Client”
- Select the first download available to download the zoom app onto your computer
- Once the app is downloaded, a camcorder icon in a blue box will appear
- Select log-in and at the sign in screen select to "sign in as SSO" (SSO is “unt”)
- A zoom webpage will pop-up and then populate back in your UNT zoom app.

Course Evaluation

The projects and grading criteria below are subject to change based on the needs and interests of the students involved.

ACTIVITY	PERCENT (%)	POINTS	YOUR POINTS
Project 1 Exam Question Preparation and Review for Exam 1 (1, 4-5, 9-16) and Exam 2 (3, 6, 17-18, 20-25)	20	50	
Project 2 KINE 5125 Student Paper and Presentation Evaluations	20	50	
Project 3 Lead Discussant	20	50	
Project 4 Interactive Chapter Presentation and Intervention	20	50	
Project 5	20	50	

Sport and Exercise Psychology Intervention			
TOTALS	100	250	

Projects

Five projects will be assigned and represent 100% of your final grade. Actively involving yourself in class discussions and activities can help improve your understanding of the topics covered and your grade. It is **YOUR RESPONSIBILITY** to see the instructor well in advance of due dates should you have any questions regarding course requirements. Projects 3 (Lead Discussant), 4 (Interactive Chapter Presentation), and 5 (Sport and Exercise Psychology Intervention) will be scheduled based on presenter availability. *Note.* Projects 3, 4, and 5 can be associated with one another or be on separate topics.

Project 1: KINE 5125 Exam 1 and 2 Question Preparation and Review

Each KINE/PSYC 6125 student will develop 10 multiple choice questions for each chapter and facilitate the exam 1 and 2 reviews. Exam 1 multiple choice questions for chapters 1, 4-5, and 9-16 will be due one week prior to exam review, September 28th. Exam 2 multiple choice questions for chapters 3, 6, 17-18, and 20-25 will be due one week prior to exam review, November 23rd. The multiple-choice questions will be used by the doctoral students to lead review sessions prior to each exam (e.g., Jeopardy game activity).

Evaluation Criteria

This project is worth 20% of your overall grade and will be evaluated according to the following criteria:

CRITERIA WEIGHT	POINTS	YOUR POINTS
Accurate information provided in the exam questions	10	
Scope of chapters addressed in sufficient detail	10	
Clarity and quality of questions developed	10	
Exam review questions and presentation to students	10	
Exam review presentation feedback form	10	
TOTALS	50	

Note. Upload Exam 1 and Exam 2 questions to Canvas as a pdf, as well as review materials (e.g., slides, etc.). Remember to name the file correctly (e.g., "Last-Name_Project1_MM-DD-YY.pdf"). Two and a half points will be deducted for each class day this assignment is late!

Project 2: KINE 5125 Project Evaluations

Each KINE/PSYC 6125 student will evaluate KINE 5125 student project papers and presentations. KINE 5125 student papers for Project 1 Part 1 will be available to review September 15th and evaluations will be due one week following the KINE 5125 project paper due dates September 21st. Presentations for Project 1 Part 2 will be available to review September 29th and evaluations will be due one week following the KINE 5125 project presentation due dates September October 5th. Project 2 Part 1 presentations will be available to review October 27th and evaluations will be due one week following the KINE 5125 project presentation due dates November 2nd. Project 2 Part 2 papers will be available to review November 24th and evaluations will be due one week following the KINE 5125 project presentation due dates November 30th.

Evaluation Criteria

This project is worth 20% of your overall grade and will be evaluated according to the following criteria:

CRITERIA WEIGHT	POINTS	YOUR POINTS
Scope of feedback provided on KINE 5125 Project 1 Part 2 presentations	10	
Clarity and quality of feedback provide on KINE 5125 Project 1 Part 1 papers	15	
Scope of feedback provided on KINE 5125 Project 2 Part 1 presentations	10	
Clarity and quality of feedback provide on KINE 5125 Project 2 Part 2 papers	15	
TOTALS	50	

Note. Upload paper evaluations to Canvas as PDFs. Remember to name the file correctly (e.g., "Students-Last-Name_Project#Part#Eval_MM-DD-YY_Your-Name_Project2.pdf"). Two and a half points will be deducted for each class day these evaluations are late!

Project 3: Lead Discussant

During the first half of the semester (prior to KINE 5125 Exam 1 (October 12th), each student will serve as the lead discussant for one chapter of their choice. The lead discussant is responsible for providing an overview of their selected topic and is due prior to week 3 class meeting, September 7th. A number of possible points to be covered by the lead discussant are as follows:

- Plan the chapter discussion (Voice-over PowerPoint presentation, questions, etc.)
- Coordinate and lead sessions to facilitate discussion of the chapter
- Summarize the most important points of the chapter
- Identify the contribution of the chapter to the literature
- Indicate problems or flaws of past research
- Describe future research directions
- Compile 3 to 5 bulleted highlights from the discussion.

The main objective of having a lead discussant is to bring everybody in class up to speed and identify the most discussion-worthy parts of the chapter. The responsibility of the class discussant is an important one. Depending on the effectiveness and effort of the day's discussant, the 45 minutes devoted to the chapter discussion can either be enlightening or agonizingly slow. Below are some tips to help ensure that the discussions you lead do not fall into the latter category.

1. *Comment on the chapter.* This is an essential responsibility of the discussant. The discussion should therefore revolve around the chapter, although it need not concentrate solely on the chapter.
2. *Avoid summarizing the chapter outlines.* The chapter outlines and MS PowerPoint slides are designed to describe the chapter; there is no need to duplicate this task.
3. *Have a plan.* Know what you plan to say in advance, and organize your comments into coherent parts so that they are easy to follow.
4. *Compare.* Note the linkages between past and current research issues. Did the insights from the chapter help you understand a current research article?
5. *Evaluate.* What puzzles are identified by the authors of the chapter, and are they important? Did the authors overlook an important issue that you think should have been addressed?
6. *Critique.* What problems did you have with the authors' approach to the topic, or with their chapter conclusions? How could the chapter have been improved?
7. *Recommend.* What directions does the chapter suggest for future research? Where would you like to see the research go next? What do you wish the authors had told you more (or less) about?

8. *Ask questions.* This is perhaps the most important element of the discussant’s job. You need to ask questions to get the discussion started. Don’t just ask “what do you think?” Instead, be more specific. Identify puzzles in the chapter or articles that you have read and ask other students to offer their own explanations. Make an argument and challenge the class to evaluate it. Or, locate issues that you don’t understand or know very little about and ask others to help you grasp them.

Evaluation Criteria

This course activity, act as a lead discussant for one chapter, is worth 20% or 50 points of your grade and will be evaluated according to the following criteria:

CRITERIA WEIGHT	POINTS	YOUR POINTS
Demonstrates strong understanding of the discussion material	5	
Indicates how the perspective differs from or is similar to other perspectives discussed	5	
Indicates whether the material is based on applications or theoretical constructs	5	
Provides insights gained from reading the material	5	
Provides appropriate examples and samples of material from the chapter during the discussion	5	
Slides (main points covered, organization, spelling, etc.)	10	
Discussion and timing is appropriate	5	
Includes a self-evaluation of the assignment.	10	
TOTALS	50	

Note. Upload lead discussant presentation slides to Canvas. Remember to name the file correctly (e.g., “Last-Name_Project3_MM-DD-YY.pdf”). Two and a half points will be deducted for each class day this assignment is late!

Project 4: Interactive Chapter Presentation

With Instructor’s approval, students will create an interactive presentation of one of the chapters covered in the second half of the course (after KINE 5125 Exam 1, October 12th, but prior to KINE 5125 Exam 2, December 7th). Chapter selection must be made by October 12th.

1. Students will present the information to KINE 5125 students via Voice-over PowerPoint, Keynote, or Articulate Storyline.
2. The stand-alone presentation portion of this project is due (to the instructor as an Articulate Storyline, MS PowerPoint, etc. document) prior to week 10 class meeting, October 26th.

Evaluation Criteria

This project is worth 20% of your overall grade and will be evaluated according to the following criteria:

CRITERIA WEIGHT	POINTS	YOUR POINTS
Interactive nature of presentation	10	
Articulation of the material (presentation style, mannerisms, etc.)	10	
Appropriateness of material (text, slides, video, etc.)	10	
Attire, organization, and time management	10	
Stand-alone MS PowerPoint presentation, outline, and references	10	
TOTALS	50	

Note. Upload slides and accompanying materials to Canvas. Remember to name the file correctly (e.g., “Last-Name_Project4_MM-DD-YY”). Two and a half points will be deducted for each class day this assignment is late!

Project 5: Sport and Exercise Psychology Intervention

Each student will select a problem, situation or psychological training skill related to a chapter OR something observed in a physical activity setting that can be prevented or improved upon by using the principles you have learned in sport and exercise psychology. For example, students may consider situations that may be encountered by as a sport psychology consultant, coach, physical educator, athletic trainer, physical therapist fitness professional, etc.

1. Students will design a program/intervention to prevent or improve the situation. The performance issue/personal concern (e.g., arousal control, burnout, concentration, emotional management, exercise adherence, injury prevention, etc.) and situation should be clearly defined and discussed.
2. Be specific! In the event that someone encounters this type of situation in the real world, (s)he should be able to use the materials developed for this project "as is" (i.e., stand-alone presentation using Articulate Storyline, MS PowerPoint with voice-over, etc.).
3. DO NOT regurgitate the assigned textbook or information from the lecture slides or outline notes. Presentations that include "tell me," "show me," and "let me try it out" activities tend to be the best.
4. Students are responsible for being familiar with the material relevant to the course content when designing the program/intervention. If equipment (computer software, golf ball and putter, etc.) is needed for the presentation, it should be requested a class period prior to the presentation. All materials are prior to week 11 class meeting, November 2nd.

Evaluation Criteria

This project is worth 20% of your overall grade and will be evaluated according to the following criteria:

CRITERIA WEIGHT	POINTS	YOUR POINTS
Interactive nature of presentation	10	
Articulation of the material (presentation style, mannerisms, etc.)	10	
Appropriateness of material (text, slides, video, etc.)	10	
Attire, organization, and time management	10	
Stand-alone MS PowerPoint presentation, outline, and references	10	
TOTALS	50	

Note. Upload slides and accompanying materials Canvas. Remember to name the file correctly (e.g., "Last-Name_Project5_MM-DD-YY.pdf"). Two and a half points will be deducted for each class day this assignment is late!

KINE/PSYC 6125: Advanced Sport and Exercise Psychology
 Fall Semester – 2020
 “Tentative” Schedule

Date	Week	Topic
24-Aug	1	Overview of the Course & Syllabus Chapter 1: Sport Psychology: Past, Present, and Future
31-Aug	2	Chapter 9: Psychological Characteristics of Peak Performance Chapter 10: Increasing Awareness for Sport Performance
7-Sep	3	Chapter 4: Motivation Climate, Motivation, and Implications for Empowering Athletes Chapter 5: Self-fulfilling Prophecy Theory: When Coaches Expectations Become Reality Chapter 11: Goal Setting for Peak Performance Project 3 (Lead Discussant topic selection) Due
14-Sep	4	Chapter 12: Understanding and Managing Stress in Sport Chapter 13: Using Imagery as a Mental Tool in Sport <i>KINE 5125 Project 1 Part 1: Comparison/Contrast Papers Due</i>
21-Sep	5	Chapter 14: Cognitive Techniques for Building Confidence and Enhancing Performance Chapter 15: Concentration and Strategies for Controlling It Project 2 Due (Project 1 Part 1)
28-Sep	6	Chapter 16: Mindfulness in Sport <i>KINE 5125 Project 1 Part 2: Comparison/Contrast Presentations Due</i> Project 1 Due (Exam 1 Questions) Project 3 Due (will be due on date of chapter selected)
5-Oct	7	<i>KINE 5125 Exam 1 Review</i> Project 2 Due (Project 1 Part 2)
12-Oct	8	<i>KINE 5125 Exam 1 (Chapters 1, 4-5, 9-16)</i> Project 4 Due (Chapter selection)
19-Oct	9	<i>KINE 5125 Return Exam 1</i> <i>KINE 5125 Project 2 NIH Training (https://www.citiprogram.org)</i>
26-Oct	10	Chapter 17: Integrating and Implementing a Psychological Skills Training Program <i>KINE 5125 Project 2 Part 1: Applied Sport or Exercise Psychology Presentations Due</i> Project 4 Due
2-Nov	11	Chapter 3: Positive Approach to Coaching Effectiveness and Performance Enhancement Chapter 6: Leadership in Sport: The Critical Importance of Coach and Athlete Leadership Chapter 18: Social-Cognitive Approach to Conducting Evidence-Based Coach-Training Project 2 Due (Project 2 Part 1) Project 5 Due
9-Nov	12	Chapter 20: When to Refer Athletes for Counseling or Psychotherapy Chapter 21: Doping in Sport: Causes and Cures
16-Nov	13	Chapter 22: Athlete Burnout: An Individual and Organizational Phenomenon Chapter 23: Injury Risk and Rehabilitation: Psychological Considerations
23-Nov	14	Chapter 24: Athletes' Careers and Transitions <i>KINE 5125 Project 2 Part 2: Applied Sport or Exercise Psychology Papers Due</i> Project 1 Due (Exam 2 Questions)
30-Nov	15	Chapter 25: Exercise and Physical Activity Participation: An Identity Approach <i>KINE 5125 Exam 2 Review</i> Project 2 Due (Project 2 Part 1)
7-Dec	16	<i>KINE 5125 Exam 2 (Chapters 3, 6, 17-18, 20-25)</i>

Note. Schedule is tentative and may change. It is your responsibility to adhere to any changes.