

ESCI 3310A Sport and Exercise Psychology - 3 semester hours

Meeting: 9:30-10:45 am, MW, CFH, Room 233

Instructor: Dr. Chip Darracott
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Description:

This course examines psychological theories and research related to sport and exercise behavior. It is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area.

Objectives:

1. To facilitate your understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education settings.
2. To facilitate your understanding of how participation in sport, exercise, and physical education influences the psychological make-up of those individuals involved.
3. To acquire skills and knowledge about sport and exercise psychology that you can apply as a coach, teacher and/or exercise leader.

Text: Weinberg, R. S., & Gould, D. (2003). *Foundations of Sport and Exercise Psychology, 3rd Edition*, Champaign, IL: Human Kinetics.

Description: Class meetings will include lecture, group discussion, small group discussion and other activities. Student attendance and active participation in class is very important. Outside of class projects will be assigned.

Class Procedures:

This class will be taught utilizing two instructional approaches. Approximately 65% of the class time will be spent in a lecture format, while the remaining 35% of the time will be devoted to a seminar format, where discussions will be held, videos viewed, and laboratories conducted.

Assignments:

Reading. Because a seminar format will be used for a large portion of the class, IT IS ABSOLUTELY NECESSARY THAT CLASS READINGS BE READ AND READ ON TIME. In addition, any outside assignments that will be discussed in class must be completed at the scheduled time.

Projects. To be announced.

Lab-Observations-Journal A number of observations, written analyses, and take home projects will be assigned through the semester. Some will be graded and others will be Pass or Fail. All must be completed with a pass grade to successfully fulfill the course requirements.

Examinations:

Four exams will be scheduled during the semester. Each exam will consist of both objective (true-false, multiple choice, matching) and short essay questions. The first three exams will be scheduled during the semester and the fourth exam will be scheduled during the final exam period.

Class Participation:

For this class to be successful, everyone involved must contribute. This includes preparing for class by completing the reading materials on time, attending class, coming to class on time, participating in class discussions and participating in all laboratories. Students may be called on to explain graphs, tables, diagrams, key terms and procedures to the class. Four absences are allowed without penalty. Each subsequent absence will incur a one point deduction from the final grade. Absences excused only for official university business.

Evaluation:	Exam One	15%
	Exam Two	20%
	Exam Three	20%
	Exam Four	20%
	Project 1	10%
	Labs-Observations*	15% Pass
	TOTAL	100%

***WHILE NOT ALL LABS AND OBSERVATIONS WILL BE GRADED FOR POINTS, ALL MUST BE COMPLETED WITH A PASS GRADE BY THE FINAL DAY OF CLASS.**

IMPORTANT: No Make-Up Work Are Given In This Course! Extra Credit Assignments may not be offered or offered only on a minimal basis.

Other important information:

Disability Accommodations: If you need disability accommodations in this class, please see instructor as soon as possible. Information regarding disabilities is confidential.

Academic Dishonesty: Unfortunately, there have been occasions in the past where students have engaged in various forms of academic dishonesty (e.g., copying other student's work, cheating on tests, plagiarism). There is a "zero tolerance" approach to academic dishonesty in this class and violations will be dealt with according to the University guidelines. For the definitions of academic honesty, plagiarism, collusion, etc., please see the college catalog under "Academic Honesty". Any student found cheating will receive a WF for the course or a "0" for that assignment (upon discretion of the instructor). The student may also be reported to the Vice President for Academic Affairs. Plagiarism and cheating on examinations will not be tolerated. If you have questions about what constitutes plagiarism see the catalog or talk with the instructor. Although a duplication of assignments for separate classes does not come under the definitions or examples of academic dishonesty, department policy dictates that this practice is unprofessional and unethical. Students who turn in work done previously in another class may receive a "0" for that assignment.

Assignment Expectations: Written assignments must be typed, double-spaced, and turned in on the assigned dates. It is expected that assignments will be completed with proper grammar/spelling, appropriate presentation, and clear expression of ideas.

Sport Psych Class Schedule Spring 2005

Date	Topic	Chapter Reading Assignment
1/10	Introduction	
1/12	Welcome, Personality	1, 2
1/17	NO CLASS - MLK Holiday	1, 2
1/19	Personality	2
1/24	Motivation	3
1/26	Motivation, Arousal, Stress, & Anxiety	3, 4
1/31	Arousal, Stress, & Anxiety	4
2/2	Test #1 on Chapters 1-4	
2/7	Competition & Cooperation	5
2/9	Feedback, Reinforcement, & Intrinsic Motivation	6
2/14	Group & Team Dynamics	7
2/16	Group Cohesion	8
2/21	Leadership	9
2/23	Communication	10
2/28	To be announced	
3/2	Test #2 on Chapters 5-10	
3/7	NO CLASS - Holiday	
3/9	Intro to PST	11
3/14	Arousal Regulation <i>Project 1: Behavioral Observation Due</i>	12
3/16	Imagery	13
3/21	Self-Confidence	14
3/23	Goal Setting	15
3/28	Concentration	16
3/30	Test # 3 on Chapters 11-16	
4/4	SPRING BREAK	
4/6	SPRING BREAK	
4/11	Exercise & Psychological Well-Being	17
4/13	Exercise Behavior & Adherence	18
4/18	Athletic Injuries & Psychology	19
4/20	Addictive & Unhealthy Behaviors	20
4/25	Burnout & Overtraining	21
4/27	Youth Sport	22
5/2	Aggression in Sport	23
5/4	Character Development	24
5/9	Test # 4 on Chapters 17-24	