



**Course Outline**

**UNIVERSITY STUDIES**

**PEDS303A  
Psychology of Sport and Physical Activity  
Winter, 2014**

**3 CREDITS  
3 HOURS PER WEEK**

**INSTRUCTOR: M. A. Smith**

**INSTRUCTOR:** M. A. Smith  
**PHONE NUMBER:** 780-791-8964  
**E-MAIL:** michael.smith@keyano.ca

**OFFICE NUMBER:** S213B

**OFFICE HOURS:** Monday 2:00 PM – 3:00 PM  
Wednesday 11:00 AM – 1:00 PM  
Thursday 11:00 AM – 1:00 PM

**HOURS OF INSTRUCTION:** Tuesday 2:00-2:50 PM Room S110  
Wednesday 2:00-2:50 PM **Room S216**  
Thursday 2:00-2:50 PM Room S110

### **COURSE 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 and assist you in applying the concepts and theories to your everyday life.

This course will mainly consist of lectures, but *your participation is important!* By actively participating in this class, you will enhance your learning, gain a deeper understanding of the material and have more fun! We will engage in activities designed to enhance your learning and increase your knowledge of the material. I may also introduce interesting supplementary material, research studies, and other information that is not found within the textbook, but that is exciting and relevant to the course. We may also view videos that will expand on the textbook material.

### **CALENDAR DESCRIPTION:**

This course introduces the student to select psychological theory as it relates to sport and physical activity. Psychological constructs along with their theoretical perspectives will be viewed within a cognitive, emotional, and behavioral framework. An analytical approach is encouraged.

### **PRE-REQUISITE(S):**

There are no pre-requisites for this course.

### **COURSE OUTCOMES:**

The student will be able to:

- Increase their understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education settings
- Increase their understanding of how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved

- Acquire skills and knowledge about sport and exercise psychology that they can apply as a coach, teacher, athletic trainer, or exercise leader

**REQUIRED RESOURCES:**

Weinberg, R.S., Gould, D. (2011). *Foundations of sport and exercise psychology* (5<sup>th</sup> ed.). Windsor, ON: Human Kinetics.

**TOPICS TO BE COVERED:**

**Proposed Lecture Schedule** (The actual schedule may change as class requirements unfold).

<b>Week</b>	<b>Date</b>	<b>Topic</b>	<b>Chapters</b>
1	1-7	Introduction to the course / Sport and Exercise Psychology	<b>1</b>
	1-8	Personality and Sport	<b>2</b>
	1-9	“	“
2	1-14	Motivation	<b>3</b>
	1-15	“	“
	1-16	“	“
3	1-21	“	“
	1-22	Arousal, Stress, and Anxiety	<b>4</b>
	1-23	“	“
4	1-28	“	“
	1-29	“	“
	1-30	Competition and Cooperation	<b>5</b>
5	2-4	“	“
	2-5	Review	—
	<b>2-6</b>	<b><i>Term Test 1</i></b>	<b><i>Ch. 1-5</i></b>
6	2-11	Feedback, Reinforcement and Intrinsic Motivation	<b>6</b>
	1-12	“	“
	2-13	“	“
7	2-18	Group Dynamics	<b>7</b>
	2-19	“	“
	2-20	Group Cohesion	<b>8</b>
8	<b>2-25</b>	<b><i>Reading Week</i></b>	—
	<b>2-26</b>	<b><i>Reading Week</i></b>	—
	<b>2-27</b>	<b><i>Reading Week</i></b>	—
9	3-4	Group Cohesion	<b>8</b>
	3-5	Leadership	<b>9</b>
	3-6	Review	—
10	<b>3-11</b>	<b><i>Term Test</i></b>	<b><i>Ch. 6-9</i></b>
	3-12	Communication	<b>10</b>
	3-13	Exercise and Psychological Wellbeing	<b>17</b>
11	3-18	“	“
	3-19	Exercise and Behavior Adherence	<b>18</b>
	3-20	“	“
12	3-25	Psychological Skills Training	<b>11</b>
	3-26	“	“
	3-27	“	“
13	4-1	Arousal Regulation	<b>12</b>
	4-2	“	“

	4-3	Review	—
<b>14</b>	<b>4-8</b>	<b>Term Test 3</b>	<b>Ch. 10,17,18</b>
	4-9	Arousal Regulation	<b>12</b>
	4-10	Imagery	<b>13</b>
<b>15</b>	<b>4-15</b>	<b>“ / Flow Analysis Due</b>	<b>“</b>
	4-16	Self-Confidence	<b>14</b>
	4-17	Review	<b>“</b>
	<b>TBA</b>	<b>Final Exam</b>	

## MOODLE

Go to <http://ilearn.keyano.ca/>

A Moodle website has been created to accompany this course. Login information will be provided by your instructor. For further instructions please see the Moodle handout. Assignments, power point slides, readings and handouts will be posted on Moodle. Note, however, that the purpose of the posted power point slides is *not to replace class attendance* – they are simply a guideline of each lecture. You **will not** attain a full grasp of the material if you use only these notes – it is absolutely necessary to supplement them with your own notes taken during class. It is also your responsibility to check Moodle for any announcements.

## EVALUATION:

Assignment	Percentage	Due Date
<b>Course Log</b>	<b>15%</b>	<b>Weekly</b>
<b>Flow Analysis</b>	<b>15%</b>	<b>04-15-14</b>
<b>Term Test 1</b>	<b>10%</b>	<b>02-06-14</b>
<b>Term Test 2</b>	<b>15%</b>	<b>03-11-14</b>
<b>Term Test 3</b>	<b>15%</b>	<b>04-08-14</b>
<b>Final Exam</b>	<b>30%</b>	<b>TBA</b>

*Note that the following descriptions are brief explanations only - you will receive more detailed information closer to the test/assignment due date.*

**Course Log:** You will be asked to complete a course log. The log will be handed in on the last class of each week and will consist of your reflections on the content of each chapter.

**Flow analysis:** A qualitative analysis of the concept of flow derived from interviews which you will conduct with current/former athletes.

**Term Tests 1, 2, 3:** Term tests will cover textbook chapters, lecture material, and may contain questions pertaining to supplementary material. Tests will be written during class time.

**Final Exam:** Will be scheduled by the Registrar’s Office and will be held during the final exam period. The test will cover textbook chapters, lecture material, and may contain questions pertaining to supplementary material.

**You must write the final exam during the final exam period. Do not make any holiday plans until you know the dates of your final exams.**

Students who miss the final exam due to exceptional circumstances may apply for a deferred examination by contacting the University Studies Chairperson, Louis Dingley, within 48 hours after the scheduled exam to request a deferred final exam. A medical certificate or other appropriate documentation may be required to legitimize the absence.

### GRADING SYSTEM:

Letter Grade	Description	Grade Points
A+		4
A	Excellent	4
A-		3.7
B+		3.3
B	Good	3
B-		2.7
C+		2.3
C	Satisfactory	2
C-		1.7
D+		1.3
D	Minimal Pass	1
F	Failure	0

Students intending to transfer to other institutions should strive for a 'C-' as a minimum. Transfer information on each course is available at the [Alberta Council on Admission and Transfers](#).

Students who do not complete all the required work should not expect to pass the course.

*Students should consult:*

<http://www.keyano.ca/Academics/Examinations>

### IMPORTANT DATES:

January 17	Courses dropped after this date will be designated "W". (A withdrawal (W) is not reflected in your GPA)
February 17	Family Day: No Classes
February 21 to 25	Reading Week: No Classes
March 7	Courses dropped after this date will be designated "WF". (A withdrawal-failure (WF) counts as a 0 in your GPA)
April 17	Last day of classes
April 22 to 30	Final Exams

## COURSE POLICIES

### Policy Regarding Assignments

1. It is the student's responsibility to ensure assignments are handed in on time.
2. Assignments are due *during class time* on the dates specified.
3. Late assignments will lose 10% of their total grade per day. I will consider such an assignment late up until the time that *I receive it*.
4. Please note that it is strongly encouraged that students complete and submit all assignments. Failure to submit any assignment may result in a final course letter grade of "F".

### Policy Regarding Missed Term Tests

The only valid reasons for missing a term test are: 1. Serious illness or injury requiring hospitalization, 2. Bereavement owing to the death of a close loved one, 3. Documented trauma. One of these types of events must have occurred within 48 hours prior to the test day and time.

Documentation must be provided to support the claim. Moreover, to qualify for a make-up test, any student who misses a term test under these conditions, must contact the instructor, by email, before the end of the business day (i.e., by 4:30 PM) when the missed test was scheduled.

*If you miss a Term Test you or fail to take advantage of a makeup test (if one is permitted) you will receive 0 for that component of the course.*

## COLLEGE POLICIES

### Equality, Equity and Respect

Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which students' experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

*Students should consult:*

<http://www.keyano.ca/StudentLife/StudentConduct/IndividualRightsPolicy>

## **Plagiarism and Cheating**

Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.

## **Student Rights & Responsibilities**

Students should consult the Keyano College Credit Calendar or online at:

<http://www.keyano.ca/Academics/CreditCalendar>

## **Specialized Supports and Duty to Accommodate**

### *Disability Support Services: Learner Assistance Program*

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

### *Specialized Supports and Duty to Accommodate*

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.

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