

## **PEDS303A – Psychology of Sport and Physical Activity**

*3 credits, 14 weeks, 3 hours/week*

### **Official course 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.

### **Instructor**

Kaylin Kainulainen  
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780-791-4813  
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### **Office Hours**

Tuesday	2:00-3:50 pm
Wednesday	1:00-2:50 pm
Thursday	10:00-10:50 am

### **Hours of Instruction**

Tuesday	11:00 AM - 11:50 am	CC215
Wednesday	4:00 PM - 4:50 pm	CC237
Thursday	4:00 PM - 4:50 pm	CC237

### **Required Resources**

**Foundations of sport and exercise psychology (2015)**, Weinberg, R.S., and Gould, D., 6<sup>th</sup> edition, ISBN – 978-1-4504-6981-4

### **Course Outcomes**

The student will be able to:

1. Increase their understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education settings
2. Increase their understanding of how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved
3. Acquire skills and knowledge about sport and exercise psychology that they can apply as a coach, teacher, athletic trainer, or exercise leader

**Evaluation**

Assignment #1	10%
Assignment #2	15%
Assignment #3	15%
In-Class Work	10%
Midterm	20%
Final Exam	30%
Total	100%

*A grade of C- is required for progression or transfer.*

**Grading System**

Descriptor	Alpha Grade	4.0 Scale	Percent	Rubric for Letter Grades
Excellent	A+	4.0	> 92.9	Work shows in-depth and critical analysis, well developed ideas, creativity, excellent writing, clarity and proper format.
	A	4.0	85 – 92.9	
	A-	3.7	80 – 84.9	
Good	B+	3.3	77 – 79.9	Work is generally of high quality, well developed, well written, has clarity, and uses proper format.
	B	3.0	74 – 76.9	
	B-	2.7	70 – 73.9	
Satisfactory <b>Progression</b>	C+	2.3	67 – 69.9	Work has some developed ideas but needs more attention to clarity, style and formatting.
	C	2.0	64 – 66.9	
	C-	1.7	60 – 63.9	
Poor <b>Minimum Pass</b>	D+	1.3	55 – 59.9	Work is completed in a general way with minimal support, or is poorly written or did not use proper format.
	D	1.0	50 – 54.9	
Failure	F	0.0	< 50	Responses fail to demonstrate appropriate understanding or are fundamentally incomplete.

**Please Note:**

It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College Credit Calendar.

**Student Attendance**

Class attendance is useful for two reasons. First, class attendance maximizes a student's learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and / or notes that may be due.

**Academic Misconduct**

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own
- The use of unauthorized aids in assignments or examinations (cheating)
- Collusion or the unauthorized collaboration with others in preparing work
- The deliberate misrepresentation of qualifications
- The willful distortion of results or data
- Substitution in an examination by another person
- Handing in the same unchanged work as submitted for another assignment

Penalties for academic offences range from a verbal reprimand to dismissal from the College, and in certain circumstances may involve legal action.

**Specialized Supports****Counselling and Disability Services**

Counselling Services provides a wide range of specialized counselling services to prospective and registered students, including personal, career and academic counselling.

**SKILL Centre**

The SKILL Centre is a learning space in the Clearwater Campus at Keyano College where students can gather to share ideas, collaborate on projects and get new perspectives on learning from our tutorial staff.

The SKILL Centre, through a variety of delivery methods, provides assistance in skill development to Keyano students. Assistance is provided by instructors, staff and student tutors. Individuals wishing to improve their mathematics, writing, grammar, study, or other skills, can take advantage of this unique service.

**Authorization**

This course outline has been reviewed and approved by the Program Chair.

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Kaylin Kainulainen, Instructor

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Vincella Thompson, Dean

Date Authorized

**Signed copies to be delivered to:**

Instructor

Registrar's Office