

**Kinesiology 4000---Psychology of Sport**  
**Department of Kinesiology, Health Promotion, and Recreation**  
**Spring Semester, 2013**

**Instructor Section 2:** Xiangli Gu, PhD; [Xiangli.Gu@unt.edu](mailto:Xiangli.Gu@unt.edu)  
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**Office:** PEB 112 (Dr. Gu); PEB 210-B (Dr. Zhang)  
**Office hours:** Tuesday & Thursday between 1:00 - 2:00 PM (Dr. Gu);  
Tuesday & Thursday between 9:30 - 11:00 AM (Dr. Zhang)  
All other times by appointment only  
To set an appointment send an email from your UNT email account  
See Email etiquette below

**Class Schedule:**

**Lecture Section 2:** Tuesday & Thursday 2:00 PM – 3:20 PM  
Room: MGYM 110

**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 to:

- Understanding the effects of psychological factors on physical and motor performance. Helping individuals use psychological principles and skills to achieve optimal mental health and to improve performance.
- Understanding how participation in sport, exercise, and physical activity affects their psychological development, health, and well-being.
- Demonstrate competencies for using word processing software, library search engines, and journal articles to complete class assignments and the Blackboard Learn system to access class materials.
- Read and evaluate current research articles and reference using the American Psychological Association format for citing.
- To demonstrate an ability and effective strategies for improving their class performance.

**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* (6<sup>th</sup> ed.). Washington, DC: American Psychological Association.

**Course Evaluation**

Online learning module quizzes (5 quizzes)	5 * 20 = 100 points	20.0 %
Research Article Critique	= 60 points	12.0 %
Group Research Presentation	= 40 points	8.0 %
Exam 1	= 100 points	20.0 %
Exam 2	= 100 points	20.0 %
Exam 3	= 100 points	20.0 %+
	= 500 points	100.00%
Extra Credit (see <i>Extra Credit</i> below)	= 20 points	4.00% +
	= 520 points	104.00%*

\*Scores over 100% are scored as 100%

**Grading Scale**

Points earned: 450 - 500 (90.00% - 100.00%)	= A
Points earned: 400 - 449 (80.00% - 89.99%)	= B
Points earned: 350 - 399 (70.00% - 79.99%)	= C
Points earned: 300 - 349 (60.00% - 69.99%)	= D
Points earned: 000 - 299 (0.00% - 59.99%)	= F

**Attendance**

Attendance will be taken at the BEGINNING of the class hour and/or at other times during the class. If you are absent when attendance is taken, you ARE ABSENT. Even if you were in class a few minutes later (or earlier), you will be counted absent if you are not present when attendance is taken. If you need to arrive at a specific class later than normal or leave earlier than normal, please let the instructor know. Arriving late or leaving early is NOT to be a general practice. If this is your practice, you will simply be counted absent. We need you in class to participate and engage in class activities.

It is impossible for the instructor to differentiate between “excused and unexcused” absences. Thus, an absence is an absence. To be fair to all, the instructor does NOT DIFFERENTIATE AMONG ANY TYPE OF ABSENCES. If you are absent on military orders please provide a copy of your orders to the Instructor PRIOR to your leaving. If you are traveling on University of North Texas business, you MUST complete the required form from the Office of the Dean of Students to not have the absence count against you. This form MUST be turned in within 2 class periods of your return to class. Otherwise, you will be counted absent. Any student missing more than SIX CLASSES FOR ANY REASON will receive a grade of F in this course.

All students are expected to arrive on time, have reviewed the class Internet site, have read material PRIOR to coming to class, and be prepared to participate in class activities. Students are NOT to read the newspaper, conduct other work, sleep, or otherwise be non-participating in class. Such student actions are unprofessional and disrespectful to fellow classmates and to the instructor. Such actions disturb your classmates and/or the professor. Students who behave in any of these inappropriate manners will be asked to leave the classroom and will be counted absent for that period.

Do NOT simply stop coming to class without taking formal steps to drop the course. The instructor will drop you “passing” (WP) until the point in the semester where this is no longer possible. Students who simply stop coming to class and do not go through the formal drop procedure will be assigned a grade of “F” at the end of the semester.

## Online Learning Module and Quizzes

Blackboard Learn (<http://learn.unt.edu>) is used to report test scores and provide online learning activities. You should remember to check Blackboard regularly. All announcements will be made through Blackboard Learn.

There will be five online learning module posted on the Blackboard Learn during the specific time throughout the semester. Online Learning Module is a collection of course contents focused on specific subject that students can navigate at their own pace. Each module focuses on one specific chapter which includes the chapter objectives, key concepts, learning aids, review questions and quiz sections. We will not hold class in the classroom while students study the online learning module by their own. You will complete the online module quizzes throughout the semester and those dates are listed in the tentative schedule (01/31; 02/12; 02/28; 03/21; 04/18).

There will be a multiple-choice quiz for each of the 5 modules. **Each quiz is worth 20 points including 10 questions.** Quizzes are accessed through the “Module Quizzes” button in the content area of the course Blackboard Learn site. Each quiz may be taken only once. Quizzes for each module will be available for the length of time and will “disappear” after the due date for the quiz. Please keep in mind that each quiz has a 30-minute time limit. **You cannot make up the quizzes if you miss any of them throughout the semester.** Although you may use your text during the quiz, please be aware of the 30-minute time limit so it is unlikely you will do well on the quiz unless you have prepared.

Do NOT attempt to contact the instructor through Blackboard Learn. Any e-mail communication with the instructor should come from your UNT Eagle Connect account as other e-mails may go directly into “bulk” or “trash.” The instructor’s e-mail address is [xiangli.gu@unt.edu](mailto:xiangli.gu@unt.edu) and that is the communication avenue you should use. It is recommended that you put “KINE 4000 [and whatever else is appropriate]” in the subject line of your e-mail communication so that the instructor is aware that this is communication about KINE 4000.

## Research Article Critique

You will read and review an original research article from the field of sport psychology. The details of this assignment are listed on the “group assignment” board. Kine 4000 **Blackboard Learn** site will provide specific article for each group to read. All research articles are related to our course materials. This assignment ensures that you are able to read and correctly interpret sport and exercise psychology research. It also helps you learn how to efficiently summarize research articles.

Different group has different article to read which will be directly related to the specific chapter. While reading over assigned article, you will want to address the following:

- 1) What’s the purpose of the study?
- 2) How the study was conducted? (Method section: type of study, participants, procedures...)
- 3) Discuss the results of the study.
- 4) Indicate the implications and limitations of the study.
- 5) Based on the findings, what would be the next study you would like to conduct in this area?

Based on the points provided above, each group member needs to write a paper (no more than 4 pages, double spaced, APA format). Please check class schedule and your group assignment page on the **Blackboard Learn** site carefully. You have to turn in an electronic copy of your personal assignment

through Blackboard Learn “Turnitin”. AN E-MAIL SUBMISSION WILL NOT BE ACCEPTED AND/OR GRADED.

**This assignment (Research Article Critique) is worth 60 points of your grade and will be evaluated according to the following criteria:**

Content has been addressed very well: purpose, method, results, implications and conclusion (using American Psychological Association reference format, APA 6 <sup>th</sup> edition);	35 points
The paper is organized and presents a quality of writing (need 12 point Time New Roman font and 1 inch by 1 inch margins);	10 points
Your personal evaluation for this study based on your past experience as an athlete, coach, fitness leader, or spectator...	10 points
Spelling/ Grammar Errors	5 points

**Specific grading rubric will be posted on the Blackboard Learn (<http://learn.unt.edu>)**

### **Group Research Presentation**

At the first week of the class everyone should sign up a group of 4 and choose the presentation article for your group. The topic sign-up sheet will be provided at the second day of the class. **The group project is directly related to the research article critique assignment.** Every group member need to work together to prepare for a group presentation (such as preparing for the presentation slides). In the group presentation, you should address all the questions related to the assigned study (Please see specific requirements on the Blackboard Learn).

This project is to provide students an experience for working with group and learn how to delivery their knowledge to others. Students will be able to demonstrate an ability to analyze a research study and initiate some research ideas.

Each group member has responsibility to check the Blackboard Learn to find out your group number, presentation article, dates etc. **Please upload your group Powerpoint (A PDF file) to the Blackboard Learn through the “Assignment Turnitin” button on the left side of the course page one day before your presentation by 4:30 pm ( <http://learn.unt.edu>).** Please also send your PPT to Dr. Gu with an email attachment after you complete online submission. If you fail to upload your group slides on time, it will reduce 5 points from your group total points. **Note: Each group only needs to submit one file.**

**This assignment is worth 40 points of your grade and will be evaluated according to the following criteria:**

Completely cover the 5 points of the research article (see the requirements of Research Article Critique)	20
Consistency of the slides and presenters perform well for their group	10
Group work is organized and well prepared, such as quality of the slides (e.g., use same font, background, colors....)	10

**Specific grading rubric will be posted on the Blackboard Learn (<http://learn.unt.edu>)**

### **Examinations**

I will make you aware of the exact examination dates for the three examinations AT LEAST ONE WEEK IN ADVANCE OF THE EXAMINATION. No make-up examinations will be given (unless there are EXTREME circumstances). Any make-up examination will generally NOT be multiple choices in nature.

All regularly scheduled examinations are multiple choices. Read the directions before starting the examination. You will be permitted to have 75 minutes to complete each of the three examinations.

You may use a ONE-PAGE CHEAT SHEET for each examination. You may write anything you want on one side of a sheet of paper (A 4 size, or 8.5 x 11 inches). When you turn in your test, you must also turn in your cheat sheet. I will return it to you at the next class meeting. You are not to share or copy cheat sheets. Your cheat sheet **MUST** be in ink and/or computer generated. Cheat sheets not meeting the guidelines will not be returned and will be destroyed.

You may **NOT** have your cell phone on or out during tests. You are to do **ALL** of your work in the test booklet and mark your answer on the answer sheet provided for you.

You are expected to be present for each examination. Take care of all of your personal matters prior to starting the test (e.g., going to the bathroom, getting water, having tissue available, pencils, etc.). Do **NOT** ask for an exception to take an examination at some other time. If you arrive late for the start of an examination and any student has already completed the examination, you will **NOT** be permitted to take the examination and your grade will be zero on that examination. If you arrive late for an examination, you have only until the allotted end time to complete the examination.

Permission to take an examination at a time other than the scheduled time will **ALMOST NEVER** be granted. Failure to take the examination at the scheduled time will result in a zero for that examination. Excuses such as oversleeping, car problems, etc. are **ALMOST NEVER** granted. You need to plan ahead and be ready to take the examination as scheduled. Should you miss an examination and be granted the opportunity to take a make-up examination, you will take an examination much like the students in class but multiple choice items may be changed to short answer essay or completion. Any make-up examination will be conducted at the instructor's convenience and not necessarily the student's most convenient time. Consider the fact that there are many students in class and all might have different "convenient" times. Best advice – take the examination as scheduled.

The exams will be given in the periods:

**Exam 1**    **Thursday, Feb. 21<sup>st</sup>**  
**Exam 2**    **Tuesday, April 2<sup>nd</sup>**  
**Exam 3**    **Thursday, May 2<sup>nd</sup>**

Exams will cover material discussed in lecture, online learning module, possible additional readings assignments announced in class, and all the material covered in the textbook.

### **Extra Credit**

There will be various opportunities for extra credit provided throughout the semester. The maximum amount of extra credit allowed for the course is 20 points.

### **Course Requirements**

1. The schedules and reading assignments contained in this syllabus may be subject to change. **You are responsible for all announcements** concerning changes in the course outline, readings, assignments, exams, and other matters made during class periods whether or not you are in attendance when announcements are made. Reading assignments for each class are listed on the course outline.
2. **Class attendance is mandatory and associated with success!**  
Material covered in class is additional to the textbook and aims to complement the textbook.

Exams will cover all material discussed in class, online learning module, the text book, and possible additional readings announced during class.

3. Be punctual to class and submit class assignments on time. ALL ASSIGNMENTS ARE EXPECTED ON THE DUE DATES GIVEN. Assignment and work turn in late will not receive full point value. A two point deduction for each day the work is late will be assessed.
4. YOU are expected to be on time, stay awake, stay for the entire class, and participate to the best of your ability.
5. You are to be a contributing team member to ALL ASSIGNMENTS that require group work. DO not expect others to do the work for you. Group members are to notify me immediately if there are members who are not “pulling their own weight.” Points will be deducted from individual point totals (per assignment) if it is reported that a group member/partner is not doing his/her work in the group or shows up to a presentation/assignment without being prepared.
6. GROUP WORK IS ONLY AS SUCCESSFUL AS THE GROUP MEMBERS. NO ONE WANTS TO DO YOUR WORK. IT IS EXPECTED THAT GROUP MEMBERS WILL REPORT ANYONE WHO DOES NOT ASSIST IN PLANNING OR PREPARING A PRESENTATION.
7. Information about this course and updates to assignments will be uploaded via Blackboard Learn. It is the student’s responsibility to check the Blackboard Learn site regularly to keep up course requirements.

#### **Academic Dishonesty:**

Cheating will not be tolerated in this class. You are not to receive information from another student or give information to another student during an exam or quiz. You are to use only your memory. Students caught cheating during an exam 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. Academic dishonesty includes cheating, plagiarism, fabrication, and facilitating academic dishonesty. It is your responsibility to be familiar with the academic dishonesty policy at UNT. Please review the student rights and responsibilities information at the following link: <http://www.unt.edu/csrr/development/dishonesty.html>

#### **American with Disabilities Compliance:**

The University of North Texas makes reasonable academic accommodation for students with disabilities. In keeping with this commitment and in order to facilitate equality of educational access, faculty members in the department of Kinesiology, Health Promotion, and Recreation will make reasonable accommodations for qualified students with a disability, such as appropriate adjustments to the classroom environment and the teaching, testing, or learning methodologies when doing so does not fundamentally alter the course. 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 Dr. Chwee-Lye Chng (Chng@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 of the size and/or nature of the class, the instructor must advise you of regarding collection and distribution of test results, quiz scores, assignments, 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 your being identified by other students or faculty members.

### **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.unt.edu/csrr](http://www.unt.edu/csrr).

### **SETE (Student Evaluation of Teaching Effectiveness):**

The Student Evaluation of Teaching Effectiveness (SETE) is a requirement for all organized classes at UNT. This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from students, as I work to continually improve my teaching. I consider the SETE to be an important part of your participation in this class. A bonus option is available at the end of the semester.

### **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.

### **Email etiquette**

1. Keep emails to a minimum! Ask general questions in class. Use email only to make an appointment.
2. Use your UNT email account to send emails (emails send from gmail/yahoo/msn/etc. accounts may get directed to the Junk E-mail box)!
3. Put in the subject-line, KINE-4000.
4. Do not include your UNT-ID number (or Social security number) in any emails!  
No questions about grades and/or specifics about exam questions will be answered by email.
6. Write your e-mail in professional ways:
  - a. Always including the instructor or course TA's name or official title, such as Dr. Gu.
  - b. Having your own name listed at the end of the e-mail.