

Kinesiology 4000---Psychology of Sport
Department of Kinesiology, Health Promotion, and Recreation
Spring Semester, 2011

Instructor Section 1: Xiangli Gu (Emma), Ph.D candidate
E-mail: Xiangli.Gu@unt.edu
Office: PEB 112
Office hours: Tuesdays & Thursday between 9:30-11:30am (or by appointment for other times)
To set an appointment send an email from your UNT email account
See Email etiquette below

Class Schedule:

Lecture Section 1: Tuesday & Thursday 8:00 AM – 9:20AM
Room: M-GYM 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 Vista 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* (6th ed.). Washington, DC: American Psychological Association.

Course Evaluation

Lecture questions (15 questions)	= 30 points	10%
Group Class Presentation	= 45 points	15%
Assignment (Research Article Critique)	= 25 points	8.33%
Midterm	= 100 points	33.33%
Final Exam	= <u>100 points</u>	<u>33.33% +</u>
	= 300 points	100.00%

Extra Credit (see <i>Extra Credit</i> below)	= <u>10 points</u>	<u>2.00% +</u>
	= 310 points	102.00%*

*Scores over 100% are scored as 100%

Grading Scale

Points earned: 270 - 300 (90.00% - 100.00%)	= A
Points earned: 240 - 269 (80.00% - 89.99%)	= B
Points earned: 210 - 239 (70.00% - 79.99%)	= C
Points earned: 180 - 209 (60.00% - 69.99%)	= D
Points earned: 000 - 179 (0.00% - 59.99%)	= no course credit

Lectures

Material will be presented in a combination of Powerpoint slides and video. Class participation is highly encouraged, but not mandatory. Many in-class examples will be given to enhance understanding of theory and provide practical application. Class attendance is strongly recommended and highly associated with success. Material covered in class supplements the textbook and aims to complement the textbook information.

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.

Lecture Questions

During the lecture a question may be presented either about material covered during the current class or material covered during the previous class. If a question is presented, the student should write down on a letter size paper the answer. On the answer paper the student should copy the question number, write his/her name, and write a short answer to the question. The answer, question number, and name should be easily legible and submitted at the end of the class. It is recommended to use a print script style, because submissions with illegible or hard to decipher answers, question numbers and/or names will not get scored. There will be 15 questions presented during the semester and each correct answer is worth 2 points. **A maximum of 30 points can be counted toward the total number of points.** If you miss the class and the question, you cannot make up.

Exams

There will be a total of 2 exams given over the course of the semester. While the final exam is not cumulative for specific knowledge, it is cumulative for basic knowledge of theories and concepts. Thus understanding of previous material is imperative to get a good grade at the exams.

The exams will be given in the periods:

Exam 1 Thursday, March 10
Final Monday, May 9 – Friday, May 13

Exams will be all multiple choice questions.

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

Sample Test Questions

1. Achievement motivation can best be viewed as a(n)

- a. situational factor
- b. personality factor
- c. interactional factor
- d. attributional factor
- e. unstable factor

2. Vivid imagined events produce an innervation in muscles similar to that produced by physically movements. This is an illustration of the _____.

- a. Symbolic learning theory
- b. Psychoneuromuscular theory
- c. Muscular contraction theory
- d. Innervation theory

Assignment- Research Article Critique

Kine 4000 blackboard site will provide two articles for you 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.

You need to choose one of the two articles to read. While reading over the article of choice, you will want to address the following:

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

Based on the points provided above, you need to write one page of reflection paper (double spaced) and complete the Journal Article Examination Form which I will provide during the semester.

This assignment (Research Article Critique) is worth 25 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 th edition);	10 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);	5 points
Your personal evaluation for this study based on your past experience as an athlete, coach, fitness leader, or spectator...	5 points
The Journal Article Examination Form;	5 points

Group Presentation

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 teach and communicate rather than only learning.

At the first week of the class everyone should sign up a group of 5 and choose the presentation topic for your group. The topic sign-up sheet will be provided at the second day of the class. Each group will create a professional and consistent class presentation within 50 minutes and each person in your group should charge 10 minutes (PowerPoint is recommended). In addition, it is your responsibility to answer the questions that addressed by the other students during the class. (Note: Your group not only presents the knowledge to the class but also teaches the knowledge of the chapter covered. Samples are possible for the clarification during your presentation.)

Send me your group presentation PowerPoint one day before our class by e-mail (before 4:30pm). If you fail to do so, it will reduce 5 points from your total points.

This assignment is worth 45 points of your grade and will be evaluated according to the following criteria: (Group points 30 + Individual points 15= 45 points)

Completely cover the content of the chapter	10
Consistency of the slides and each individual transfer smoothly during the presentation	5
Address some discussion questions and clearly answer questions	10
Group work is organized and well prepared, such as quality of the slides (e.g., use same font, background, colors....)	5
Individual's quality of the presentation (e.g. familiar with the content, voice, pace,)	15

Make-Up Policy

The exam periods and the classes are scheduled ahead of time for your convenience, therefore plan accordingly. No missed exam will be excused unless you show the instructor a **valid and written excuse from a reputable source**. If no valid excuse is provided, the student will earn zero points for the missed exam or assignment.

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 10 points (2.00%).

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 strongly recommended 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, 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. It is the student’s responsibility to check the Blackboard 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 Department of Kinesiology, Health Promotion and Recreation does not discriminate on the basis of disability in the recruitment and admission of students, the recruitment and employment of faculty and staff, and the operation of any of its programs and activities, as specified by laws and regulations. The designated liaison for the department is Dr. Chwee Lye Chng, Physical Education Building, Room 209, 565-2651. Copies of the Department of Kinesiology, Health Promotion and Recreation ADA Compliance Document are available in the Chair’s Office, Physical Education Building, Room 209. Copies of the College of Education ADA Compliance Document are available in the Dean’s Office, Matthews Hall 214. The student has the responsibility of

informing the course instructor of any disabling conditions that will require modifications to avoid discrimination.

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.

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 and send the presentation slides.
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.

Tentative Class Schedule – KIN 4000**Reminder:** *The schedules and reading assignments contained in this syllabus may be subject to change.*

Month	Day	Topic	Readings
January	18	Course Introduction	Syllabus
	20	Welcome to Sport and Exercise Psychology	Ch1 pp. 3-23
	25	Personality and Sport	Ch 2 pp. 27-49
	27	Motivation	Ch 3 pp. 51-75
February	1	Motivation	Ch 3 pp. 51-75
	3	Arousal, Stress, and Anxiety	Ch 4 pp. 77-100
		Group 1 Presentation	
	8	Competition and Cooperation	Ch 5 pp. 103-123
		Group 2 Presentation	
	10	Feedback, Reinforcement, and Intrinsic Motivation	Ch 6 pp. 125-156
	15	Feedback, Reinforcement, and Intrinsic Motivation	Ch 6 pp. 125-156
	17	Group and Team Dynamics	Ch 7 pp. 159-178
	22	Group Cohesion	Ch 8 pp. 179-201
	24	Leadership	Ch 9 pp. 203-223
		Group 3 Presentation	
March	1	Communication	Ch 10 pp. 225-243
		Group 4 Presentation	
	3	Review Chapter 1-Chapter 9	Ch 1-Ch 9
	8-10	Midterm Exam (March 10, Th)	All material covered in class + notes + Book Chapter 1 to 9 (pp. 3-223).
	14-20	Spring Break	
	22	Introduction to Psychological Skills Training	Ch 11 pp. 247-269
		Group 5 Presentation	
	24	Arousal Regulation	Ch 12 pp. 271-291
		Group 6 Presentation	
	29	No class (Assignment)	Research Article Critique
	31	No class (Assignment)	Research Article Critique
April	5	Imagery	Ch 13 pp. 293-318
		Group 7 Presentation	
	7	Self-Confidence	Ch 14 pp.319-341
	12	Goal Setting	Ch 15 pp. 343-362
	14	Goal/Concentration	Ch 16 pp. 363-396
	19	Concentration	Ch 16 pp. 363-396
		Assignment Due	Assignment Due
	21	Exercise and Psychological Well-being	Ch 17 pp. 397-414
		Group 8 Presentation	
	26	Children and Sport Psychology	Ch 22 pp. 515-535
		Group 9 Presentation	
	28	Review the course & Discussion Research Activity in Sport Psychology	
May	3	Review	Ch 10-Ch 22
	5	Individual Meeting	
	9-14	Final Exam	All Material covered in class + notes + Book Ch 10 to 22.

