HHPS 210 001E Sport Psychology
FH 103
COURSE SYLLABUS Fall 2015

MWF 11:00 -11:50 am

Instructor: Dr. Clay Bolton, Assistant Professor for Sport and Recreation Management
Office Location: 100D Fieldhouse
Office Hours:  MWF 1-3 pm, TTH 9-11 and by appointment
Office Phone: 903-886-5544
University Email Address: clay.bolton@tamuc.edu
Preferred Form of Communication: email
Communication Response Time: I will always try to respond the same day if possible, excluding weekends and holidays!

COURSE INFORMATION

Required Textbook: *Hard Copy or ebook is permissible*

- Classroom Handouts and Articles provided by your instructor

APA format:
Please use APA 6th Edition (American Psychological Association). American Psychological Association. (2010). Publication Manual of the American Psychological Association (6th ed.) Washington, DC: American Psychological Association. All papers should have the title of the work, the class name, the name of the student and professor, and the due date and submission date incorporated in one line of the header on the 1st page only. Papers not in this format will be requested for resubmission without grading, and record them as late according to when the paper is resubmitted. Substantial grade reductions will occur on any final drafts failing to follow these guidelines for submitted written work.

Syllabus/schedule subject to change
**Course Description:** (3 hrs)
This is a survey type course where we will examine the psychological concepts which are relevant to sport. Students will learn about the study of sport psychology and various aspects of that study, such as arousal, motivation, competition, group and team cohesion, communication, self-confidence, and concentration.

**Student Learning Outcomes:**

Upon Completion of this course students will be able to:

1. Demonstrate and synthesize an understanding of concepts related to Sport Psychology.
2. Articulate knowledge regarding current issues in Sport Psychology, Group and Team Dynamics and topics such as Personality, Motivation, and Competition.
3. Develop an understanding of psychological impacts on Recreation, Sport and the business of Sport Management.
4. Think about exercise, physical performance and health in a new way in relation to how the mind works with the body in these endeavors.

**COURSE REQUIREMENTS**

This class is taught in a traditional format, with some on-line assistance utilizing the Pearson LearningStudio (eCollege) system for communicating and submitting assignments. We will be primarily focusing on lectures, in class discussions, use of video clips and movie clips, as well as individual presentations and papers. Three examinations will also be given during the semester.

**Student Responsibilities:**

1. You should be prepared each day in coming to class a few minutes early, as we will get started promptly at 9:00 am. You will need to read ahead of class and be familiar with course concepts and current happenings in the world of sport, especially as it relates to society and the interactions between the two. The class is very interactive so please be aware that your contribution to in-class discussions are being noted and your participation grade will be an important part of the course.
2. You should be prepared for papers and presentations and be professional in your written assignments as well as the oral portion.

3. Be prepared for three examinations during the semester.

4. Be honest, be engaged, and enjoy learning about this exciting subject!

5. Attendance is required. Students are expected to attend class, be prepared, and actively participate in class discussions. Arriving late and/or leaving early can be disruptive to class. If you are going to be late or need to leave early alert me ahead of time. Points will be deducted from class participation for any unexcused absences, tardiness, or other disrespectful disruption of class.

6. **NO late assignments or work will be accepted, unless there has been a prior arrangement made between the student and instructor or a university excused absence.**

7. All written assignments will be accepted by eCollege, unless there has been a change made by the instructor. You can simply put those written assignments in dropbox in eCollege. If you have technical difficulty you can always email an assignment to me to be safe.

8. Any in-class work missed due to an absence may NOT be made up, unless there is a prior arrangement OR the absence is a university “excused absence”. An excused absence is defined as a documented university approved activity or event. (See Student Handbook). Please notify me ahead of time if you know you will be absent. To be considered an excused university absence, you must present written documentation on the day of your return to class.

9. Exams will consist of objective, as well as subjective, items. Students are expected to take each exam at the scheduled time. **NO make-up exams will be given unless there has been a prior arrangement made or because of a university excused absence. Proper documentation provided.**

10. Students are expected to exhibit professionalism during all class meetings, class discussions, presentations, and activities. Critical thinking and debate are encouraged, but students should be respectful of their fellow classmates. All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See Student Handbook) **Also, please turn off all cell phones, Ipods or any other electronic devices. If you are taking notes on a laptop or tablet, please see me in advance for permission.**
11. Students are expected to exhibit professionalism in all communication with the instructor, this includes in-person and email.

12. Students should adhere to the university policies regarding academic misconduct (i.e. plagiarism, cheating, and other dishonest representations of academic work). Students in violation of these policies will be subject to the university’s academic misconduct procedures.

*Reminder about APA:

Students are expected to do their own work (note: simply turning work in does not guarantee a good grade). Please note that all assignments must be typed, a 1-inch margin on all sides, double-spaced in 12-point font (Times New Roman only). Please use APA 6th Edition (American Psychological Association).
American Psychological Association. (2010). Publication Manual of the American Psychological Association (6th ed.) Washington, DC: American Psychological Association. All papers should have the title of the work, the class name, the name of the student and professor, and the due date and submission date incorporated in one line of the header on the 1st page only. Papers not in this format will be requested for resubmission without grading, and record them as late according to when the paper is resubmitted. Substantial grade reductions will occur on any final drafts failing to follow these guidelines for submitted written work. Additionally, all citations in the content of the paper(s) and the reference page should be in APA format as well.

Summary of Assignments and Assessments:

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<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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<tr>
<td>Participation</td>
<td>100</td>
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<tr>
<td>Three Journal Article Reviews (25 pts. Each)</td>
<td>75</td>
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<tr>
<td>Group Research Project</td>
<td>200</td>
</tr>
<tr>
<td>5 Quizzes (10 pts each)</td>
<td>50</td>
</tr>
<tr>
<td>3 Exams (100 points each)</td>
<td>300</td>
</tr>
</tbody>
</table>

Participation – (100 points)

You are expected to be an active and engaged learner in this course. Each student will begin the class with 100 points for participation. If you come to class on time and prepared, contribute to discussions, stay involved, and are a recognized member of the class, then you receive the 100 points for participating. If you come to class late, have repeated tardiness, leave
early, are disruptive, or simply chose to remain silent throughout the semester, then points will be deducted accordingly. This is a simple way to enjoy this class and learn. If you are a more quiet type of person I will work with you to find ways to be engaged!

Assignments

Three Journal Article Reviews (25 points each, total of 75 Points)

Students will complete and submit three journal article reviews during the semester. This assignment will require referenced sources and research on a specific topic that you choose. One easy method to decide on a specific idea would be to simply select a chapter topic; such as “motivation, team or group cohesion, rehabilitating an injury, etc.” Additionally, a rubric will be provided for this assignment in class and in the documents section of eCollege.

Students should note:

1. A list of acceptable journals can be found on page 7 of your textbook and include, but are not limited to:
   - International Journal of Sport Psychology
   - Journal of Sport and Exercise Psychology
   - The Sport Psychologist
   - Sport and Exercise Psychology Review

2. The three reviews must be out of different journals.
3. You should be able to find these journals online and in hard copy through the TAMUC library.
4. For each summary include a title page (1 point), plus:
   a. the theme of the article (2 points)
   b. strengths and weaknesses (10 points)
   c. personal reflection about the article (10 points)
   d. properly cite the article in APA format (2 points)
5. Each summary should be 3 pages in length, single sided, and double spaced.
6. Journal reviews are due on the dates indicated in the Calendar and Schedule Section at the end of this syllabus.
7. Journal Reviews will not be presented in class they simply need to be submitted using dropbox in the eCollege system.
**APA style and format only!** It should be submitted via the drop box in eCollege Pearson LearningStudio. Please see the schedule and calendar at the end of this syllabus for the due date for this assignment. *A Rubric for this assignment will be made available in class and on-line in the documents section on eCollege Pearson LearningStudio.

**Group Research Project** – Students will choose a 10-12 page paper or 15-20 slide power point presentation, with bibliography, (200 Points)

This is the major project for this course and is a heavily weighted portion of your overall grade. Students should be careful to contribute to their particular group as each group member will be required to evaluate the other members and the evaluation will become a portion of the grade for this assignment. Students are encouraged to take notes, video tape and record group research and practice sessions and to equally participate in the project.

Students should note:

1. Participate in a group research project that examines a particular topic in the area of Sport Psychology.

   Topics might include:

   a) The role of Psychology on the PGA tour in 2015  
   b) NBA and Sport Psychologist  
   c) How do NASCAR and other racing organizations utilize psychology  
   d) FIFA and the role of team Psychologist  
   e) Youth sport and recreation and sport psychology

2. Groups will be assigned and topics selected during the first few days of class.  
3. Develop a bibliography of materials related to the selected field, i.e. books, journal articles, films, maps, videos, and/or newsletters—minimum of 10 entries.  
4. Include in the research the historical background and key people related to the topic chosen, citing key research and key researchers.  
5. Get the Professor’s approval for the group chosen for the Project (during the first few days of the class).  
6. Develop a 10-12 page paper (or 15-20 slide power point presentation) (or art project) (or multimedia project) that represents your findings,
including a bibliography. If you choose a written paper, it must be an MSWord document, double spaced, single sided. Submit only one paper for the group. APA style please!

7. Presentations of the final project will be required. A group will have 15-20 minutes to present their research, if recorded music, video, or power point will be a part of the presentation, please arrange for equipment set up with the Professor the week prior to the presentation.

If students select a paper, it will consist of:

10-12 total pages,
9 content pages,
1 cover page and
at least 1-2 reference page(s).

The presentation will be at least:

15 minutes in length,
not to exceed 20 minutes
with a minimum of 15-20 power-point slides
Students are asked to dress in professional attire
For the presentation.

The due dates for both assignments are found in the schedule and calendar section of the syllabus. However, exact days for presentations will be drawn at random prior to the end of the semester so that students will know well in advance which day to present or submit papers. If students chose to present, they will only be required to submit a one page summary on the due date in hard copy and submit the same in dropbox in eCollege.

Assessments

Five Quizzes - (10 points each, 50 Points total)

There shall be five scheduled quizzes during the semester to ensure that students are reading the text book and keeping up with in class lectures, discussions, guest speakers, clips, etc. The scheduled date of the quizzes can be found in the Calendar and Schedule section at the end of this syllabus; however, exact dates may be subject to change from time to time. Quizzes shall consist of no more than 10 items and will include true/false,
multiple choice and short discussion items.

**Exams – (3 @ 100 points each, total of 300 points):**

There will be three exams for this course, the first exam, scheduled for October 9 (covering the first 8 chapters of the semester, to include discussions, and current topics) a second exam scheduled for November 18 (covering chapters 9-16 as well as discussions and current topics) and a final exam scheduled for Wednesday, December 16, from 10:30 am– 12:30 pm, (covering chapters 19,21,22,23 & 24 and discussions and current topics along with presentations since the mid-term).

Each exam will have a total of 100 points and consist of true/false, multiple choice, as well as possible short answer and discussion type questions.

The dates and times for each exam can be found in the schedule and calendar section at the end of the syllabus; however, please remember that those dates are subject to change!

**GRADING**

Final grades in this course will be based on the following scale:

- A = 90%–100%
- B = 80%–89%
- C = 70%–79%
- D = 60%–69%
- F = 59% or Below

652 points and above = A
580-651 = B
507-579 = C
435-506 = D
434 and below = F
Summary of Assignments and Assessments:

- Participation = 100 points
- Three Journal Article Reviews (25 pts. Each) = 75 points
- Group Research Project = 200 points
- 5 Quizzes (10 pts each) = 50 points
- 3 Exams (100 points each) = 300 points

Total = 725 points

Course Delivery Reminder

*Please remember that this course is taught primarily in the traditional format; however, you will want to check the syllabus, documents (readings and other announcements), and emails in eCollege. You will submit assignments in the dropbox and schedule changes may be announced in class as well as in eCollege.

ACCESS AND NAVIGATION

Pearson LearningStudio (eCollege) Access and Log in Information

This course will be facilitated using Pearson LearningStudio, the learning management system used by Texas A&M University-Commerce. To get started with the course, go to myLeo. http://www.tamuc.edu/myleo.aspx

You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or helpdesk@tamuc.edu.

It is strongly recommended that you perform a “Browser Test” prior to the start of your course. To launch a browser test, login to Pearson LearningStudio, click on the “My Courses” tab, and then select the “Browser Test” link under Support Services.

Pearson Learning Studio Student Technical Support

Texas A&M University-Commerce provides students technical support in the use of Pearson LearningStudio.

Technical assistance is available 24 hours a day/ 7 days a week.
If at any time you experience technical problems (e.g., you can't log in to the course, you can't see certain material, etc.) please contact the Pearson LearningStudio Help Desk, available 24 hours a day, seven days a week.

The student help desk may be reached by the following means 24 hours a day, seven days a week.

- **Chat Support:** Click on 'Live Support' on the tool bar within your course to chat with a Pearson Learning Studio Representative.

- **Phone:** 1-866-656-5511 (Toll Free) to speak with Pearson Learning Studio Technical Support Representative.

- **Email:** helpdesk@online.tamuc.org to initiate a support request with Pearson LearningStudio Technical Support Representative.

**Accessing Help from within Your Course:** Click on the 'Tech Support' icon on the upper left side of the screen inside the course. You then will be able to get assistance via online chat, email or by phone by calling the Help Desk number noted below.

**Note:** Personal computer problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, an Internet cafe, or a bookstore, such as Barnes & Noble, etc.

**Policy for Reporting Problems with Pearson LearningStudio**

Should students encounter Pearson LearningStudio based problems while submitting assignments/discussions/comments/exams, the following procedure **MUST** be followed:

1. Students must report the problem to the help desk. You may reach the helpdesk at helpdesk@online.tamuc.org or 1-866-656-5511
2. Students **MUST** file their problem with the helpdesk and obtain a helpdesk ticket number
3. Once a helpdesk ticket number is in your possession, students should email me to advise me of the problem and to provide me with the helpdesk ticket number
4. At that time, I will call the helpdesk to confirm your problem and follow up with you
PLEASE NOTE: Your personal computer/access problems are not a legitimate excuse for filing a ticket with the Pearson LearningStudio Help Desk. You are strongly encouraged to check for compatibility of your browser BEFORE the course begins and to take the Pearson LearningStudio tutorial offered for students who may require some extra assistance in navigating the Pearson LearningStudio platform. ONLY Pearson LearningStudio based problems are legitimate.

Internet Access
An Internet connection is necessary to participate in discussions and assignments, access readings, transfer course work, and receive feedback from your professor. View the requirements as outlined in Technology Requirements above for more information.

myLeo Support
Your myLeo email address is required to send and receive all student correspondence. Please email helpdesk@tamuc.edu or call us at 903-468-6000 with any questions about setting up your myLeo email account. You may also access information at myLeo. https://leo.tamuc.edu

Learner Support
Go to the following link One Stop Shop - created to serve you by attempting to provide as many resources as possible in one location. http://www.tamuc.edu/admissions/onestopshop/

Go to the following link Academic Success Center - focused on providing academic resources to help you achieve academic success. http://www.tamuc.edu/campusLife/campusServices/academicSuccessCenter/

FREE MOBILE APPS

The Courses apps for phones have been adapted to support the tasks students can easily complete on a smaller device. Due to the smaller screen size course content is not presented.

The Courses app is free of charge. The mobile Courses Apps are designed and adapted for different devices.

<table>
<thead>
<tr>
<th>App Title</th>
<th>iPhone – Pearson LearningStudio Courses for iPhone</th>
<th>Android – LearningStudio Courses - Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating System</td>
<td>iPhone - OS 6 and above</td>
<td>Android – Jelly Bean, Kitkat, and Lollipop OS</td>
</tr>
<tr>
<td><strong>App</strong></td>
<td><strong>URL:</strong></td>
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Once downloaded, search for Texas A&M University-Commerce, and it should appear on the list. Then you will need to sign into the myLeo Mobile portal.

The Courses App for Android and iPhone contain the following feature set:

- View titles/code/Instructor of all Courses enrolled in online
- View and respond to all discussions in individual Courses
- View Instructor Announcements in individual Courses
- View Graded items, Grades and comments in individual Courses
- Grade to Date
- View Events (assignments) and Calendar in individual Courses
- View Activity Feed for all courses
- View course filters on activities
- View link to Privacy Policy
- Ability to Sign out
- Send Feedback
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic, Assignment(s), and Assessment(s)</th>
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</thead>
<tbody>
<tr>
<td>8/31</td>
<td>First Day of Class – Introductions</td>
</tr>
<tr>
<td>9/2</td>
<td>Chapter 1 articles discussion as well</td>
</tr>
<tr>
<td>9/4</td>
<td>Chapter 2 Personality &amp; Sport / * Assign Groups</td>
</tr>
<tr>
<td>9/7</td>
<td>Labor Day Holiday – NO Classes</td>
</tr>
<tr>
<td>9/9</td>
<td>Chapter 2 Contd. <em>(Quiz #1 chapters 1-2)</em></td>
</tr>
<tr>
<td>9/11</td>
<td>Chapter 3 Motivation / *Journal Article #1 due</td>
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<tr>
<td>9/14</td>
<td>Chapter 3 Contd.</td>
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<tr>
<td>9/16</td>
<td>Chapter 4 Arousal, Stress, &amp; Anxiety</td>
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<tr>
<td>9/18</td>
<td>Chapter 4 Contd.</td>
</tr>
<tr>
<td>9/21</td>
<td>Chapter 5 Competition &amp; Cooperation <em>(Quiz #2)</em></td>
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<tr>
<td>9/23</td>
<td>Chapter 5 Contd.</td>
</tr>
<tr>
<td>9/25</td>
<td>Chapter 6 Feedback, Reinforcement &amp; Intrinsic</td>
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<td>9/28</td>
<td>Chapter 6 Contd.</td>
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<tr>
<td>9/30</td>
<td>Chapter 7 Group &amp; Team Dynamics</td>
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<td>10/2</td>
<td>Chapter 7 Contd. <em>(Quiz #3)</em></td>
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<tr>
<td>10/5</td>
<td>Chapter 8 Group Cohesion</td>
</tr>
<tr>
<td>10/7</td>
<td>Chapter 8 Contd. And Review for Exam 1</td>
</tr>
<tr>
<td>10/9</td>
<td><strong>Exam #1 (chapters 1-8)</strong></td>
</tr>
<tr>
<td>10/12</td>
<td>Chapter 9 Leadership</td>
</tr>
</tbody>
</table>
10/14   Chapter 9  Contd. / *Journal article #2 due

10/16   **Group Work Day in class with instructor to assess Progress on projects**

10/19   Chapter 10 Communication Exercise in Clas

10/23   Chapter 10 Contd. *(Quiz #4)*

10/26   Chapter 12 Arousal Regulation

10/28   Chapter 12 Contd.

10/30   Chapter 13 Imagery

11/2    Chapter 13 Contd. / *Journal article #3 due*

11/4    Chapter 14 Self Confidence

11/6    Chapter 14 Contd.

11/9    Chapter 15 Goal Setting *(Quiz #5)*

11/11   Chapter 15 Contd.

11/13   Chapter 16 Concentration

11/16   Chapter 16 Contd. And Review for Exam 2

11/18   **Exam #2 (chapters 9,10,12,13-16)**

11/20   Chapter 19 Athletic Injuries & Psych

11/23   Chapter 21 Burnout & Overtraining

11/25   Chapter 22 Children & Sport Psych

11/27   Thanksgiving   No Class

11/30   Chapter 23 Aggression in Sport

12/2    Chapter 24 Character & Good Sporting Behavior
12/4  Presentations
12/7  Presentations
12/9  Presentations
12/11 Review for the Final Exam (chapters 19, 21, 22, 23, 24)

**Wednesday, December 16, 10:30 am – 12:30 pm**  Final Exam