

San Jose State University
Department of Kinesiology
KIN/PSYCH 167, Sport Psychology, Spring 2021

Course and Contact Information:

Instructor: Dr. Joan Steidinger, CMPC
Office Location: Mill Valley

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Office Hours: Monday & Wednesday 11:45 – 12:45

Classroom: Via Email

Prerequisites: PSYCH 1

Course Description: The purpose of this course is to learn the psychological variables impacting the performance of physical activity and exercise. The class will discuss different theoretical perspectives and research findings in the fields of sport and exercise. The review of practical applications and special issues will also be presented. Topics addressed include, but are not limited to, an introduction of the definition of sports psychology, personality, motivation, goal setting, arousal & anxiety, group cohesion, and application of sport psychology techniques.

Required Text:

Cox, R.H. (2007). Sport Psychology: Concepts and Applications (7th ed.). New York: McGraw Hill.

Course Objectives:

1. Students will understand the basic concepts of sports psychology.
2. Students will learn about the theoretical perspectives and underlying principles of sports psychology, including personality, motivation, cognitive behavioral, arousal & anxiety, goal setting, group cohesion, and psychology of athletic injuries.
3. Students will receive an overview of different applied sport psychology techniques through explanations and actual examples of their application with athletes and teams.

4. Students will become familiarized with several notable special issues in sports, including gender, race, LGBTQ, and social justice concerns through the use of speakers and videos.

Assignment Grading in Points

9	Active Class Participation
15	Three separate 2 page papers --Outline Topic & 1 Short Answer – 5 points each
25	Two -13 point quizzes
15	Sports-Related Social Justice - Minimum 5 page & Maximum 8 page paper
15	Group Presentation on Team Peak Performance
20	Final Exam

Total Points = 100+**

**Extra Credit - 10

Grading:

Grades	Points	Percentage
A+	96-100+	96-100+%
A	93-95	93-95%
A-	90-92	90-92%
B+	86-89	86-89%
B	83-85	83-85%
B-	80-82	80-82%
C+	76-79	76-79%
C	73-75	73-75%
C-	70-72	70-72%
D+	66-69	66-69%
D	63-65	63-65%
D-	60-62	60-62%

Assignments:

Due Date

Wednesday, January 27– Getting to Know One Another: Explain Assignments

Monday, March 1 – Quiz #1 (Social Justice Issues & Chapters 2-6)

**Wednesday, March 3 – First OUTLINE Topics: “Personality” & “Goal Setting” and One ESSAY Question per topic

Wednesday, March 15 –SOCIAL JUSTICE Paper DUE

Wednesday, March 24– Quiz #2 (Chapters 7-9, 11-12)

**Wednesday, April 7 -- Second OUTLINE Topics: “Anxiety Theory” & “Psychological Skills Training” and One ESSAY per Topic

Monday, May 3-10– SPORT GROUP PROJECTS

Wednesday, May 5 – EXTRA CREDIT

**Monday, May 10– Third OUTLINE Topics: “Leadership” & “#MeToo Movement” and One ESSAY per topic

MAY FINAL EXAM Dates

Section 1 – Wednesday, May 19 – 7:15 – 9:30

Section 2 – Tuesday, May 25 – 9:45 – 12:00

Course Rubrics

- **Active Participation** 1 criterion
9 points possible
 - This criterion is linked to a Learning Outcome - Active Participation
 - Each student is expected to participation in the mostly live presentations at least 5-10 times during class by adding comments and/or questions. I'll be monitoring each student's participation.
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- **Extra Credit** 1 criterion*
10 points possible
 - This criterion is linked to a Learning Outcome Extra Credit Criterion
 - This criterion is linked to a Learning Outcome Extra Credit

Focus on **Sports Psychology Topic** Students' Choice of:
short PPT
short video

***Topic to be cleared by the instructor**

Grading on:
Organization - 3
Clearly conveys a message -2
Creativity--Unusual presentation -2
Beginning, middle & end-2
Total = 9 points

- **Sports-Related Social Justice Paper** 3 criteria
15 points possible

The social justice is a paper that has twofold purposes: 1) first provide some background on the person, team, or league and 2) discuss in-depth about the social justice actions they take and what causes they support.

Please submit through turnitin submissions NOT text.

This criterion is linked to a Learning Outcome Sports-Related Social Justice Paper Paper on:

- Supporting Social Justice Action(s) by a player, team, league, or Special Sports group on the list below.
- List supplied by the instructor with a limit of 3 students per listing. Instructor will go in alphabetical order to initially ask students their choice that will be done on the third day of class.
- Learn your subject and thoroughly research the social justice issues that your subject is involved in. If you feel that you don't have enough information, then research more for broadening your knowledge.

NO LESS than 5 and NO MORE then 8 page typed, double-spaced with separate bibliography

Bibliography needs a minimum of 5 references including 1 peer reviewed reference if possible.

Definition of Social Justice: "**Social justice** is the view that everyone deserves equal economic, political and **social** rights and opportunities. In sports, support is provided by players, teams, and organizations for specific social causes.

Grading on:
Organization - 5
Creativity--Unusual presentation -4
Accuracy of Information - 3
Beginning, middle & end - 3
Total = 15 points

- 3 Different **Outline Two Topics & Answer Essay Question** 1 criterion
Each worth 5 points
 - Brief Overview Outline (**Not Prose**) on Specific Topics about what we discussed class
 - Provide a brief answer to an essay question that the instructor provides.
 - Each brief paper will be NO MORE than 2 pages and due when indicated.
 - Each paper:
 - “Personality” & “Goal Setting” (Due Wed., March 3)
 - “Anxiety Theory” & “Psychological Skills Training” (Due Wed., April 7)
 - “Leadership” & “MeToo Movement in Sports” (Due Mon., May 10)
 - 3 separate papers = 5 points each = 15 total points
- **Quiz #1** 1 criterion
13 points
 - Quiz will cover social justice issues & chapters 2-6.
 - The structure:
 - 11 Multiple Choice/True False (1pt. each)
 - 1 Short Answer (2 pts.)
 - Instructor will provide study sheet – prior week
 - Total = 13 points
- **Quiz #2** 1 criterion
13 points
 - Quiz will cover chapters 5 - 9, 11.
 - 11 Multiple Choice & True/False (1 pt. each)
 - 1 Short Answer (2 ½ pts.)
 - Study Sheet - week prior
 - Total = 13 points
- **Sports-Related Group Presentation** 2 criteria
15 points possible
 - You will be assigned a sport and group by the instructor at mid-semester.
 - Your groups will meet up in Break Out Rooms.
 - Step-by-step Instructions:
 - Description of an actual PEAK PERFORMANCE for each TEAM.
 - 1. Choose a coach.
 - 2. Choose a Sports Psychologist.
 - 3. Research your particular type of sport and learn the specifics of that sport.

- 4. Assign members to a particular position.
- 5. Each group member -- Research your position— what do you do?
- 6. Figure out a hypothetical, imaginary PEAK PERFORMANCE that your team executes, **NOT** just what elements make up a peak performance
- 7. Use creative & innovative ways to share your GROUP'S PEAK PERFORMANCE with the class.
- This criterion is linked to a Learning Outcome - GROUP PRESENTATION
- 1. Organization 4
- 2. Illustrated peak performance 3
- 3. Accuracy & Up-to-Date information 4
- 4. Creativity - 3
- 5. Beginning, middle, & an End - 1
- The use of different media techniques to illustrate the build up to the team's peak performance (i.e. PPT, Utube, videos, et al).

Total Points = 15

- **Final Exam** 1 criterion
20 points possible

- Learning Outcome --Understand Sports Psychology Theory and Application
- The Final Exam will consist of information from psychological skills through substance abuse & eating disorders (chapters 11-13, 15, 16, 18-19. Information from lectures and power points will also be included. It will also include 2 (out of 5) short answer and 1 (out of 3) long essay. You will be given a study sheet to help you focus plus review time on the last day of class of December 3. It will be conducted online with a lockdown browser and during the allotted time.
- Final Exam Grading as follows:
- Ten multiple choice questions = 11 points
- Two Short Answer = 2 1/2 point Each= 5 points
- One Long Essay = 4 points
- Total = 20 points
- Study Sheet - one week prior

Course Modules:

January 27 - Introductions to Class & Sport Psychology Overview

February 1 – Finish Overview & Social Justice in Sports Discussion

February 3 - Personality (Chapter 2 & Assign Social Justice Paper Topics)

February 8 & 10 - Self Confidence/Motivation (Chapter 3)

February 15 & 17 - Goal Perspective & Goal Setting (Chapter 4 & 10)

February 22 – Youth Sports (Chapter 5)

February 24 – Attention & Concentration (Chapter 6)

****March 1 –Quiz #1** (Social Justice in Sports Issues, Chapter 2-6)

*****March 3 – First Outline Assignment – Personality & Goal Setting** Topic Outlines & One Essay question per topic

March 3 & 8 – Anxiety & Arousal (Chapter 7)

March 10- Anxiety Theory (Chapter 8)

*****March 10 - Social Justice Paper DUE**

March 12 – Cognitive & Behavioral Interventions (Chapter 9)

March 15- Imagery & Hypnosis (Chapter 11)

March 17 & 22 - Psychological Skills Training (Chapter 12)

*****March 24 – Quiz #2** (Chapters 7-9, 11-12)

MARCH 29 – APRIL 2: SPRING RECESS

April 5 - Team Cohesion (Chapter 15)

April 7 – Coping & Intervention Strategies in Sport (Chapter 9)

****April 7** – Second OUTLINE Topics: “Anxiety Theory” & “Psychological Skills” and One ESSAY per Topic

April 12 – Leadership (Chapter 16)

April 14 - LGBTQ Issues– Guest Speaker: Dr. Tamar Samerjian

April 19 – Psychology of Athletic Injuries (Chapter 18)

April 21 - PHYSICAL THERAPY INTERVIEWS

April 26 – Sexual Abuse - #Me Too Movement in Sports (Sexual Abuse -Dr. Joan's Excerpt from Taylor, J. Applied Sport Psychology, 2020).

April 28 - Substance Abuse & Eating Disorders (Chapter 19)

******May 3 - Group Presentations**

******May 5 - Group Presentations**

******May 10 – Group Presentations**

****May 10 - Third OUTLINE Topics:** “Leadership” & “#MeToo Movement” and One ESSAY per topic

May 12 – Course & Final Exam Review

MAY FINAL EXAM Dates

Section 1 – Wednesday, May 19 – 7:15 – 9:30

Section 2 – Tuesday, May 25 – 9:45 – 12:00