

**San José State University**  
**Kinesiology**  
**KIN/PSYCH 167, Sport Psychology, Section 01, Fall 2015**

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<b>Office Hours:</b>	Tuesday 1:00-2:00 pm & Thursday 10:30-11:30 am & by appointment
<b>Class Days/Time:</b>	Tuesday and Thursday 9:00-10:15 am
<b>Classroom:</b>	SPX 163
<b>Prerequisites:</b>	Psych 1

### **Faculty Web Page and MYSJSU Messaging**

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on the course page through Canvas. For more information on setting up your account go to <http://www.sjsu.edu/at/ec/> . You are responsible for regularly checking with the messaging system through MySJSU.

### **Course Description**

Psychological aspects of sports, including the value of sports, psychological factors involved in competitive as well as non-competitive athletic activities and the role of sports psychologists.

### **Course Goals and Student Learning Objectives**

The goals of this course are to have students become critical learners who master the major theories used in sport and exercise psychology. Additionally students shall be able to apply these theoretical concepts to real world situations. A final goal of this course is that students increase their information literacy by conducting research.

### **Kinesiology Program Learning Objectives addressed in this course:**

1. To obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the subdisciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.

2. To effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.
3. To recognize and apply sustainable approaches as they relate to kinesiology.
4. To identify social justice and equity issues related to kinesiology for various populations.

### **Course Content Learning Objectives**

Upon successful completion of this course, students will be able to:

LO1 demonstrate knowledge of the various theoretical aspects of sport psychology.

LO2 apply sport psychology models and theories to a variety of and exercise situations.

LO3 research, synthesize, critique and present information on selected topics in sport psychology.

LO4 demonstrate information literacy through an ability to search for and find research related to sport psychology.

LO5 demonstrate an understanding of diversity and social justice as they relate to sport psychology.

### **Required Texts/Readings**

#### **Textbook**

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

*Additional readings may be assigned based on class interest.*

### **Definition of a Credit Hour**

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus. As an example, the expectation of work for a 3-credit course is 150-minutes of direct faculty instruction and six hours of out-of-class student work each week.

### **Library Liaison**

Emily Chan is our library liaison. You can contact her for assistance at Emily.chan@sjsu.edu or (408) 808-2044. The Reference Desk number is (408) 808-2100 and the Student Computer Service number is (408) 808-2470.

### **Classroom Protocol**

All students should demonstrate respect for themselves, one another, and the instructor at all time. Intense discussions are always encouraged, but never at the

expense of respect and understanding. We may not agree with one another, but we do need to hear one another.

**A few words on cell phones, headphones, tablets, and lap tops:** Cell phones should be turned off during class. A vibrating cell phone is still an activated cell phone. If cell phones do ring, or vibrate, during class 1 pt of the total grade will be deducted each time the phone rings. This can simply be avoided by turning off your phone. Please also remove headphones or earpiece devices associated with phones or mp3 devices during class. It lets me know that you are listening and attentive to your class surroundings. Additionally texting on your cell phone or emailing or chatting with others on your lap top are not appropriate classroom activities. They will distract your attention, as well as the attention of those around you, who might be interested to see what you are writing. To ensure that individuals using their laptops are on task I request that you sit in the first two rows of the class room. Laptops must be charged prior to coming to class, you will not be able to plug in during class as this leads to a variety of logistical problems, not the least of which is setting up an obstacle course for your professor. If you would like to engage in these activities please do so outside of class. Students who engage in these activities will be asked to leave the classroom.

### **Recording of Class Lectures**

Common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.

- Explicit written permission must be requested to make any recording of the class. An announcement will then be made to the class to ensure their comfort with recording the class. If any student objects to the recording then permission will not be granted. If there are no objections then written permission will be provided.

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor-generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

### **Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

## Writing Quality

The Department of Psychology has adopted specific standards regarding the quality of written work submitted in psychology courses. Unless otherwise stated by your professor, all papers must be written using current APA format. Additionally, all papers, including those submitted to meet class requirements or submitted for extra credit, must meet minimum writing standards. Any paper with more than five spelling, punctuation, or grammatical errors will be returned for revision. A late penalty equivalent to at least 10% of the assignment grade will be assessed upon resubmission. Additional penalties may be assessed at the discretion of your professor. If you need help with writing skills, it is to your advantage to make use of resources on campus prior to the due date. *Remember, you will be required to rewrite any paper not meeting the above standards, and will lose a minimum of 10% should a revision be required.* This policy applies to all psychology classes.

## Assignments and Grading Policy

### **Written Examinations (LO #1,2,5) (PLO #1, 2, 4)**

Three written examinations will be given during the semester. Each examination will account for 40 points toward the total grade. Exam 1 will assess knowledge of information presented in the first third of the quarter. Exam 2 will assess knowledge of the information presented in the second third of the quarter. And Exam 3 will assess knowledge presented in the final third of the quarter. Examinations will include identifications, multiple choice questions, and short and long essay questions.

### **Praxis Paper (LO #1,2,3,4,5) (PLO #1, 2, 4)**

The praxis paper will include **3 assignments** and will account for 40 points toward the total grade. Praxis is the process of putting theoretical knowledge into practice, and is critical in the field of sport psychology where much of the research done is intended for application in real world settings. In this assignment students will be required to identify a **specific** problem that they have encountered or are interested in within a sport or exercise setting. Examples of possible topics could include: anxiety resulting in decreased athletic performance, aggression within sport, or low motivation among children to participate in sport. Within the context of the assignment students should address issues of diversity and social justice as they relate to the topic they have chosen, the research available, and/or the implementation of the intervention.

**Assignment 1: 5 pts.** Students will be required to submit a clearly formulated topic. This should include a very specific problem or scenario, the types of solutions that might be investigated, and key terms that will be used to search for research related to the topic.

**Assignment 2: 10 pts.** A complete, well-thought out, and well-developed outline will be submitted along with **at least five research references presented in APA style.**

**Assignment 3: 25 pts.** The final paper will include a presentation of the problem (1-2 pgs.), a review of **five original research studies** and other relevant literature (4-6 pgs.), and clear applicable and practical recommendations for an intervention to address the problem that is reflective of previous research (3-4 pgs. or 2 page description PLUS

deliverable). This assignment will assess students' ability to a) compose questions relevant in the area of sport psychology, b) find articles that help to address these questions, c) review the articles and d) apply the research found to a practical application. **Articles must be found in peer-reviewed journals. Google Scholar is NOT an appropriate search engine. You must use appropriate search engines such as PsychINFO, Academic Search Premier, or other search engines available through the King Library database search resources.** Articles may be found in the following journals: *The Journal of Sport and Exercise Psychology*, *The International Journal of Sport Psychology*, *Journal of Applied Sport Psychology*, *The Sport Psychologist*, and *Research Quarterly of Sport and Exercise Science*. All reviews **must be in APA style**. This assignment will be discussed further in class. **This assignment will be turned in through turnitin.com in addition to turning in a hard copy in class.** More details will be provided in class.

### **Goal Setting Project (LO # 1,2,3) (PLO #1, 2, 3)**

The goal setting project will contribute 20 points toward the total grade. This project will involve students applying goal setting theory to an applied situation and evaluating the effectiveness of goal setting in two situations. Details of this assignment will be provided in class and on my website.

### **Participation (LO # 1,2,5) (PLO #1, 2)**

Participation will contribute 10 points toward the total grade. Students are expected to regularly contribute in a meaningful and constructive way to class discussions. Simply attending class is not sufficient. You must participate! If you are not comfortable speaking in class please see me so that we can make alternate arrangements for you to earn these points, such as meeting with me regularly during office hours to discuss the readings and course materials.

### **Quizzes (LO #1) (PLO #1, 2)**

Pop quizzes will account for 10 points of the total grade. There will be 10 pop quizzes given during class. Quizzes will assess reading comprehension of the current days or weeks reading. Students must be in attendance when the quiz is announced to take the quiz. If students are not present when the quiz is distributed they will not be able to take the quiz. Students are encouraged to use their own notes during these quizzes. There will not be any opportunities to make up the quizzes.

### **Some general notes**

All written assignments must be typed. They must be double spaced, written in 12 point font, with one inch margins on all sides. **Papers must be edited for spelling and grammatical errors.** Late papers **will not be accepted** unless other arrangements have been made in advance. **PAPERS ARE DUE AT THE BEGINNING OF CLASS. IF THEY ARE NOT SUBMITTED AT THE BEGINNING OF CLASS THEY ARE CONSIDERED LATE AND WILL NOT BE ACCEPTED.**

## **Method of Evaluation and Assignment of Final Course Grade**

	<u>Points</u>
Three Lecture Examinations (40 points each)	120
Praxis paper topic	5
Praxis paper outline and references	10
Praxis Paper	25
Goal Setting Project	20
Quizzes (1 point each)	10
Class Contributions	<u>10</u>
Total Points	200

Final course grades will be assigned according to the following scale based on the accumulated total points during the semester.

A+	196-200	B+	176-179	C+	156-159	D	124-139
A	184-195	B	164-175	C	146-155	D-	120-123
A-	180-183	B-	160-163	C-	140-145	F	≤ 119

## **University Policies**

### **Academic integrity**

Students should know that the University's [Academic Integrity Policy](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html) is available at [http://sa.sjsu.edu/judicial\\_affairs/faculty\\_and\\_staff/academic\\_integrity/index.html](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html). Your own commitment to learning, as evidenced by your enrollment at San Jose State University and the University's integrity policy, require you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at [http://www.sa.sjsu.edu/judicial\\_affairs/index.html](http://www.sa.sjsu.edu/judicial_affairs/index.html).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy F06-1 requires approval of instructors.

### **Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

## **Student Technology Resources**

Computer labs for student use are available in the [Academic Success Center](http://www.at.sjsu.edu/asc/) at <http://www.at.sjsu.edu/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

## **SJSU Peer Connections**

The Learning Assistance Resource Center (LARC) and the Peer Mentor Program have merged to become Peer Connections. Peer Connections is the new campus-wide resource for mentoring and tutoring. Our staff is here to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. Students are encouraged to take advantage of our services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10<sup>th</sup> and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

## **SJSU Writing Center**

The SJSU Writing Center is located in Suite 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The [Writing Center staff](http://www.sjsu.edu/writingcenter/about/staff/) can be found at <http://www.sjsu.edu/writingcenter/about/staff/>.

## KIN/PSYCH 167, Sport Psychology, Fall 2015 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/20	Introduction. <i>Chapter 1</i>
2	8/25 8/27	Introduction. <i>Chapter 1</i> Self-confidence and Intrinsic Motivation. <i>Chapter 3</i> . <b>Discussion of Praxis Paper</b>
3	9/1 9/3	Self-confidence and Intrinsic Motivation. <i>Chapter 3</i> Goal Perspective Theory. <i>Chapter 4</i>
4	9/8 9/10	Goal Perspective Theory. <i>Chapter 4</i> . <b>Praxis paper topic due!!!</b> Goal Setting in Sport. <i>Chapter 10</i> .
5	9/15 9/17	Goal Setting in Sport. <i>Chapter 10</i> . <b>Introduction of Goal Setting Project.</b> Youth Sports. <i>Chapter 5</i>
6	9/22 9/24	<b>Exam #1. Chapters 1, 3, 4, 5, 10</b> Attention and Concentration in Sport and Exercise. <i>Chapter 6</i>
7	9/29 10/1	Attention and Concentration in Sport and Exercise. <i>Chapter 6</i> Anxiety, Stress, and Mood Relationships. <i>Chapter 7</i>
8	10/6 10/8	Anxiety, Stress, and Mood Relationships. <i>Chapter 7</i> . <b>Discussion of literature review.</b> Alternatives to Inverted-U Theory. <i>Chapter 8</i>
9	10/13 10/15	Coping and Intervention Strategies in Sport. <i>Chapter 9</i> . <b>AASP Conference</b>
10	10/20 10/22	Imagery in Sport. <i>Chapter 11</i> . <b>Praxis paper outline due!!!</b> <b>Exam #2. Chapters 6-9, 11</b>
11	10/27 10/29	Team Cohesion in Sport. <i>Chapter 15</i> Leadership and Communication in Sport. <i>Chapter 16</i>
12	11/3 11/5	Aggression and Violence in Sport. <i>Chapter 13</i> . <b>Goal Setting Project due!!!</b> <b>NASSS conference</b>
13	11/10 11/12	Aggression and Violence in Sport. <i>Chapter 13</i> Exercise Psychology. <i>Chapter 17</i>
14	11/17 11/19	Exercise Psychology. <i>Chapter 17</i> . <b>Praxis Paper DUE!!!</b> Psychology of Athletic Injuries and Career Termination. <i>Chapter 18</i>
15	1/24 <b>11/26</b>	Burnout in Sport and Exercise. <i>Chapter 19</i> <b>Thanksgiving Day</b>
16	12/1 12/3	Drug Abuse in Sport and Exercise & Eating disorders. <i>Chapter 19</i> LGBTQQ: A sport psychology perspective. <i>Queer Sport Psychology</i> .
	12/8	Review
Final Exam	<b>12/10</b>	0715-0930. <b>Chapters 13, 15-19</b> & LGBTQQ reading

*The above schedule is subject to change with fair notice. Any changes to the schedule will be announced in class and reflected on the greensheet posted on the course web site.*