

2015

# Kinesiology 164 Introduction to Sports and Exercise Psychology Fall 2015

Joe Bails

*Parkland College*, [jbails@parkland.edu](mailto:jbails@parkland.edu)

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## KIN 164-001 SYLLABUS – FALL 2015

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**COURSE TITLE:** Introduction to Sports and Exercise Psychology

**DESCRIPTION:** Introduction to variables that affect motivation, goal setting, anxiety, and aggression in sport. This course is designed for individuals interested in applied psychological skills relevant to sport and performance.

**PREREQUISITES:** English 101 placement or higher

**INSTRUCTOR:** Joe Bails

**E-mail:** [jbails@parkland.edu](mailto:jbails@parkland.edu)

**Phone:** 217-351-2285

**Office Hours:** Mondays 10-10:50 am (L240) – also by appointment

**TEXT (REQUIRED):**

- *Foundations of Sport and Exercise Psychology*, 6<sup>th</sup> edition by Weinberg
- *iClickers* are required

**USEFUL WEBSITES:**

Parkland's Homepage: [www.parkland.edu](http://www.parkland.edu)

My Parkland (student e-mail, semester grades, registration, etc) <https://my.parkland.edu/>

Cobra's direct link (bookmark, if possible) [www.cobra.parkland.edu](http://www.cobra.parkland.edu)

**DISABILITIES**

If you believe you have a disability for which you may need an academic accommodation (e.g. an alternate testing environment, use of assistive technology or other classroom assistance) please contact:

**Cathy Robinson** U260 217-353-2082 [crobinson@parkland.edu](mailto:crobinson@parkland.edu)

Upon completion of this course, students will be expected to:

1. Demonstrate a basic understanding of the history of sport and exercise psychology, theories, and relevant definitions.
2. Demonstrate a basic understanding of the Models of Achievement Motivation with the ability to apply principles and applications.
3. Understand the model of leadership and analyze various coaching behaviors.
4. Identify positive and negative aspects of long and short term goals. Analyze and apply goal setting strategies.
5. Demonstrate the understanding of the performance-arousal relationship as it applies to sport performance. Demonstrate the understanding of strategies for changing fear of success and fear of failure patterns.
6. Demonstrate an understanding of the psychological constructs related to sports aggression. Develop strategies to account for situational factors in sports settings while attempting to reduce violence in sports.
7. Demonstrate an understanding of the factors that contribute to burnout with the variable of intrinsic and extrinsic motivation.
8. Investigate current topics in the field of sports psychology

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## COURSE POLICIES:

1. **Attendance & Participation.** On time attendance and regular participation is required to maintain a student's course grade and/or earn participation points. If a student is late more than three times, it will be marked as an absence. If a student falls asleep or is repeatedly texting, they are not mentally present and may be counted as absent (at the instructor's discretion). Three or more unexcused absences will result in a 20 point deduction. Students are also expected to check their Parkland E-mail and Cobra at a minimum of every Wednesday.
2. **Withdrawals.** On the second Monday of the semester, faculty are required to assess your attendance. If you have not attended up to that point, you will be withdrawn by the instructor with no refund of tuition and fees and a grade of W will be recorded on your academic transcript. After this census date, you should not plan on an instructor withdrawal if you want to withdraw from the course. You are ultimately responsible for your own withdrawal by the deadline (December 4). Non-attendance after the midterm will result in an F if you don't withdraw yourself.
3. **iClicker Questions / Participation / Attendance (15 pts each module)** Each day you will be expected to participate during lecture (i.e. iClickers, discussions, group work). *It is your responsibility to bring your iClicker, extra batteries and arrive to class on time for full points for your attendance.*
4. **Assignments (35 pts each)** You will complete a 35-point assignment for each module that emphasizes the main points in each of the chapters found within the module. Assignments are submitted through Cobra. Assignments cannot be made up once the instructor has entered grades and released for review to students. *The lowest assignment grade is dropped.*
5. **Module Quizzes (55 pts each)** A 55-point quiz will be given upon the completion of each module. There is a total of eight quizzes. You will only have 1 attempt for each quiz. However, the lowest module quiz score is dropped. You will complete the module quizzes in L-161 (the Natural Science Testing Center) by 4pm on the due date. Be sure to arrive no later than 3:15 pm at the testing center the day you would like to complete the quiz.
6. **Special Assignments (70 pts each)** You are expected to complete two special assignments that will assess your knowledge of the material. Special assignments cover several modules and are similar to a student project. Special assignments are application-based and require you to plan ahead by a week or more. *There are no make-ups for special assignments.*
7. **Final (100 pts)** Parkland College requires that a final exam be given during final exam week. There will be no early finals or make-up finals given, except in cases of medical emergencies or a death in the family. Once documentation has been provided and is filed at Parkland, an alternate final time can be arranged. Please plan vacation travel, job interviews, and work schedules to avoid conflict with the final exam.

8. **Cell phone policy.** Before class you should put your cell phone in silent mode. If you are text messaging or you answer your phone during class, I will ask you to leave the room. You will not be permitted to return for the remainder of the class time. Cell phones or any other electronic devices are **not** allowed during tests/quizzes. *Students who violate this policy during an assessment will receive a zero for their grade.*
  
  9. **Student Responsibilities.** The college classroom is a place for learning and active participation is expected. Students should come to class with a positive attitude and be willing to try new things. Disruptive and inappropriate behavior will not be tolerated and may lead to removal from the classroom.
  
  10. **Academic Honesty.** Unethical conduct during examinations or in preparation of assignments will not be tolerated and may result in disciplinary action. Please read and understand Parkland College's policy at <http://www2.parkland.edu/studentpolicy/honesty.html>.
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### Core Values

I believe strongly in the Core Values adopted by Parkland College: Honesty and Integrity, Fairness and Just Treatment, Responsibility, Multiculturalism, Education, and Public Trust. Essentially, these values set guidelines for how we should treat you and how you should treat each other (and us). Failure to be respectful of one another or to maintain ethical behavior will not be tolerated.

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### METHODS OF ASSESSMENT:

iClicker Questions / Attendance (15 pts x 8)	120 points
Module Assignment (35 pts x 7)	245 points
Quizzes (55 pts each x 7)	385 points
Special Assignments (70 pts each x 2)	140 points
Instructor Designated Points	10 points
<u>Comprehensive Final</u>	<u>100 points</u>
<b>Total</b>	<b>1000 points</b>

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### GRADE SCALE:

Points	Grade
899.5-1000	A
799.5-899.4	B
699.5-799.4	C
599.5-699.4	D
Less than 599.4	F

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<b>COURSE SEQUENCE</b>	<b>CHAPTERS</b>	<b>DUE DATE BY 4 PM</b>
<b>MODULE 1 – INTRO/BEGINNING YOUR JOURNEY</b>	1	Assignment –Wed. 9/2 Quiz – Wed. 9/2
<b>MODULE 2 – LEARNING ABOUT PARTICIPANTS</b>	2, 3 & 4	Assignment –Fri. 9/18 Quiz – Fri. 9/18
<b>MODULE 3 – UNDERSTANDING SPORT/EXERCISE ENVIRONMENTS</b>	5 & 6	Assignment –Wed. 9/30 Quiz – Wed. 9/30
<b><i>SPECIAL ASSIGNMENT #1</i></b>	<b>1-5</b>	<b>DUE Fri. 10/2</b>
<b>MODULE 4 – FOCUSING ON GROUP PROCESSES</b>	7, 8, 9 & 10	Assignment –Wed. 10/14 Quiz – Wed. 10/14
<b>MODULE 5 – CURRENT EVENTS</b>	CURRENT EVENTS/TOPICS	Assignment Wed. 10/28 Quiz – Wed. 10/28
<b>MODULE 6 – IMPROVING PERFORMANCE</b>	11, 12, 13, 14, 15 & 16	Assignment Wed. 11/11 Quiz – Wed. 11/11
<b><i>SPECIAL ASSIGNMENT #2</i></b>	<b>16-19</b>	<b>DUE Fri. 11/20</b>
<b>MODULE 7 – ENHANCING HEALTH &amp; WELL-BEING</b>	17, 18, 19, 20 & 21	Assignment Wed. 12/2 Quiz – Wed. 12/2
<b>MODULE 8 – FACILITATING PSYCHOLOGICAL GROWTH &amp; DEVELOPMENT</b>	22, 23 & 24	Assignment Fri. 12/11 Quiz – Fri. 12/11
<b><i>COMPREHENSIVE FINAL</i></b>	<b>1-24</b>	<b>Mon. Dec. 14, 11:00am-1:00pm</b>

**\*NOTE: You are strongly encouraged to work ahead.** You can work at least a week ahead on all module material and special assignments. You will notice that to keep consistency in the class, all due dates are on Wednesdays or Fridays. Modules will open a minimum of 2 weeks before they are due and quizzes will only open 1 week prior to their due date. Please, work ahead as much as possible. All due dates are during the week at 4:00pm CST to accommodate questions and last minute problems that may surface.

Keep in mind, each module contains the following:

- Attendance (15 points)
- Assignment (35 points)
- Quiz (55 points)