

2015

# Kinesiology 164 Introduction to Sports and Exercise Psychology Spring 2015 Online

Jennifer Pridemore

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## KIN 164 SYLLABUS – SPRING 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 (messages will be relayed to me)

**Office Hours:** *Tuesdays 1-1:50 pm (L240)*

**TEXT (REQUIRED):**

- Foundations of Sport and Exercise Psychology, 6<sup>th</sup> edition by Weinberg
- iClickers are also 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** U-260 217-353-2082 [crobinson@parkland.edu](mailto:crobinson@parkland.edu)

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

1. Demonstrate a basics understanding of the history of sport 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 using the iClicker 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. Three or more unexcused absences will result in a 20 point deduction. Students are also expected to check their Parkland E-mail and Cobra a minimum of every Tuesday.
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 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 withdrawal deadline (May 1). Non-attendance after midterm will result in an F if you don't withdraw yourself.
1. **iClicker Question Participation / Attendance (15 pts each module)** Each day in lecture you will be expected to participate in lecture by answering the iClicker questions. *It is your responsibility to bring your clicker, extra batteries and arrive to class on time for full points for your attendance.*
3. **Module Assignments (35 pts each)** You will be completing a 35 point assignment for each module that emphasizes the main points in each of the chapters. Assignments will be submitted through Cobra. Assignments cannot be made up once they have been graded and returned to students. *The lowest assignment grade will be dropped.*
- 5.. **Module Quizzes (55 pts each)** A 55-point quiz will be given upon the completion of module. A total of eight quizzes will be given. You will only have 1 take for each quiz. However, the lowest module quiz score will be dropped. Seven of the eight quizzes will be used to compute your grade. You will be completing the module quizzes in L161 (the testing center) by 4pm on the due date. Be sure to arrive no later than 3:15 to the testing center the day you would like to complete the quiz.
6. **Special Assignments (70 pts each)** You will be expected to complete two special assignments that will test your knowledge of the material. Special assignments cover several modules and are similar to a student project. Special assignments will be application based and require you to plan ahead by a week or more. *There are no make-ups for special assignments.*
7. **Final Exam (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 either turn off or put on silent mode your cell phone. 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 may receive a zero on that assessment.*
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>.

**METHODS OF ASSESSMENT:**

iClicker Question Participation / Attendance (15 pts x 8).....	120 points
Module Assignment (35 pts x 7).....	175 points
Module Quizzes (55 pts each x 7).....	245 points
Special Assignments (70 pts each x 2).....	140 points
Instructor Designated Points.....	10 points
Comprehensive Final.....	<u>100 points</u>
<b>Total.....</b>	<b>1000 points</b>

**GRADE SCALE:**

Points	Grade
900-1000	A
800-899	B
700-799	C
600-699	D
Less than 699	F

<b>ASSIGNMENT</b>	<b>CHAPTERS</b>	<b>DUE DATE BY 4 PM</b>
<b>MODULE 1 – INTRO/BEGINNING YOUR JOURNEY</b>	1	Assignment – Thurs. 1/22 Quiz – Thurs. 1/22
<b>MODULE 2 – Learning About Participants</b>	2, 3, & 4	Assignment – Thurs. 2/5 Quiz – Thurs. 2/5
<b>MODULE 3 – Understanding Sport/Exercise Environments</b>	5 & 6	Assignment – Thurs. 2/19 Quiz – Thurs. 2/19
<b><i>SPECIAL ASSIGNMENT #1</i></b>	<b>1-5</b>	<b>Tuesday 2/24</b>
<b>MODULE 4 – Focusing on Group Processes</b>	7, 8, 9 & 10	Assignment – Thurs. 3/5 Quiz – Thurs. 3/5
<b>MODULE 5 – Current Events</b>	Current Events	Assignment – Thurs. 3/19 Quiz – Thurs. 3/19
<b>MODULE 6 – Improving Performance</b>	11, 12, 13, 14,15, & 16	Assignment – Thurs. 4/9 Quiz – Thurs. 4/9
<b><i>SPECIAL ASSIGNMENT #2</i></b>	<b>16-19</b>	<b>Tuesday April 14</b>
<b>MODULE 7 – Enhancing Health &amp; Well-Being</b>	17, 18, 19, 20 & 21	Assignment – Thurs. 4/23 Quiz – Thurs. 4/23
<b>MODULE 8 – Facilitating Psychological Growth &amp; Development</b>	22, 23, & 24	Assignment – Thurs. 5/7 Quiz – Thurs. 5/7
<b><i>COMPREHENSIVE FINAL</i></b>	<b>1-24</b>	<b>Fri., May 8, 8:00-10:00 am</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 Tuesdays and Thursdays. Modules will open a minimum of 2 weeks before they are due and quizzes will 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)