

# SPORT PSYCHOLOGY

Matthew Liscum  
A124  
Phone: (860) 215-9265  
mliscum@trcc.comnet.edu

12146, PSY K244  
Spring 2015  
MW, 5:00 pm – 6:15 pm  
Rm- E204

## **COURSE DESCRIPTION**

A comprehensive study of the psychological concepts related to fitness and sports behavior. The course covers the history and evolution of this emerging field of study and practice. The course includes elements of experimental psychology such as motivation, cognition, and learning which are also apparent in sports psychology. Additional topics include personal goal-setting, competitive anxiety, personality characteristic of athletes, psychology of coaching, team cohesion, and the effects of sports on spectators.

## **COURSE OUTCOMES**

After completing this course, the successful student will have the following knowledge and skills.

### **Critical Thinking**

Utilize critical thinking skills to analyze theories and research data.

- Gain new insights in sport psychology from both the academic and practical perspectives.
- Better understand how thoughts, values, and viewpoints influence an individual's participation and performance in sport.

### **Information Literacy**

Assess what information is needed to answer questions as well as evaluate the quality of information.

- Acquire psychological skills and knowledge applicable to coaches, teachers, or other practitioners.
- Develop in-depth educational materials to be used in applied sport psychology field situations.

### **Communication**

Understand and express ideas about sport psychology through reading and writing.

- Better understand how thoughts, values, and viewpoints influence an individual's participation and performance in sport.
- Acquire psychological skills and knowledge applicable to coaches, teachers, or other practitioners.
- Develop in-depth educational materials to be used in applied sport psychology field situations.

## **Systematic Inquiry**

Understand social science research methods used in sport psychology.

- Describe different research methods used in sport psychology.
- Develop an understanding of the strengths and weaknesses of different psychology research methods.
- Acquire knowledge about men and women whose research endeavors made significant contributions to the field of sport psychology.

## **INSTRUCTIONAL MATERIALS**

*Sport Psychology*

Arnold LeUnes, 4<sup>th</sup> edition (2008)

*In Pursuit of Excellence*

Terry Orlick, 4<sup>th</sup> edition (2008)

The majority of the reading will come from the textbooks. Additional readings will be assigned as well.

## **PLAGIARISM**

Plagiarism is the unacknowledged use of another person's work or ideas in your writing. It is often known as copying word for word. However, even paraphrasing without acknowledgement or using the ideas of peers garnered from class discussion or a study group is considered plagiarism. Whether it is conscious or unconscious, plagiarism is a serious academic offense. Your writing for this course, and any other course at TRCC is expected to be original, the product of your own thinking.

A student who has plagiarized will receive a zero on that assignment, and will be reported to both the Academic Dean and Student Services Dean where disciplinary action can be taken.

## **DISABILITIES STATEMENT**

Students with disabilities are guaranteed reasonable accommodation under the provisions of the Americans with Disabilities Act of 1992. Disclosure of a disability must be voluntary. In instances where students have disabilities that are not discernible, valid and reliable documentation to verify eligibility for accommodation is required and must be submitted to the Counseling offices of Student Services. Please call 215-9017 for more information or to schedule a confidential meeting with one of our disability service providers.

## **ATTENDANCE**

Class attendance is expected and vital. You will be allowed two (2) absences. Any additional absences will greatly hinder your ability to pass the course making withdrawing from the class recommended.

If you miss a class, you will be responsible for the information/materials covered in that class and the completion of any assignments that were due, or assigned.

## **TECHNOLOGY STATEMENT**

The use of cell phones, laptops, texting instruments and/or any other technological device is not permitted. **Please do not answer/make a call or answer/write a text in class during class time.** If you wish to use a laptop for note taking, please see the instructor.

## **DIGICATION**

All students are required to maintain an online learning portfolio in Digication that uses the college template. Through this electronic tool students will have the opportunity to monitor their own growth in college-wide learning. The student will keep his/her learning portfolio and may continue to use the Digication account after graduation. A Three Rivers General Education Assessment Team will select and review random works to improve the college experience for all. Student work reviewed for assessment purposes will not include names and all student work will remain private and anonymous for college improvement purposes. Students will have the ability to integrate learning from the classroom, college, and life in general, which will provide additional learning opportunities. If desired, students will have the option to create multiple portfolios.

## **GRADING CRITERIA**

This course demands active involvement in learning experiences accompanied by reading and writing activities that capture those experiences. The nature of the courses content requires critical thinking skills to be learned, developed, and applied. The following criteria will be used in evaluating your grade:

**Tests/Quizzes-** During the semester there will be four (4) tests all scheduled in advance, and at least one (1) unscheduled quiz. The tests and quiz will be composed of the following: multiple choice, true-false, short answer, matching, and essay questions. If for any reason your absent from class on the day of a test or quiz, you can take that test or quiz at the end of the semester during finals week.

**Research Paper-** You will be required to write one paper (7-9 pages in length) during the semester. *No email submissions, physical copy required.* Please see handout for additional information.

**Research Presentation-** You will be required to give one presentation during the semester. This presentation will be 5-7 minutes long with an additional 5 minutes for questions and answers. Please see handout for additional information.

## **GRADE CRITERIA VALUES**

Tests/Quizzes, 70%

Research Paper, 20%

Presentation, 10%

**COLLEGE WITHDRAWAL POLICY**

The deadline for students to withdraw from a class is May 11, 2015. Before withdrawing from any course please speak with your instructor and be aware of the positive and negative consequences of that action.

Not attending class is not dropping or withdrawing from a class.

May 18, 2015 is the last day of classes for the semester.