

Three Rivers Community College

Spring 2011

PSY 244: Sport Psychology

Stephen Weiss, Ph.D.	Office: D 205.6W
Office Phone #: 860-823-2819	Office Hours: M 4:00-5:00PM TU 10:00-11:00AM W 4:00-5:00PM TH 10:00-11:00AM & by appointment
E-Mail: sweiss@trcc.commnet.edu	Class Room: E 206
Class Schedule: TUTH 2:30-3:45 PM	Website: http://smw15.org/

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 sport psychology. Additional topics include personal goal-setting, competitive anxiety, personality characteristics of athletes, psychology of coaching, team cohesion, and the effects of sports on spectators.

Student Learning 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

Required Texts: *Sport Psychology* by Arnold LeUnes, 4th edition, 2008; *In Pursuit of Excellence* by Terry Orlick, 4th edition, 2008.

<i>Grading Criteria</i>	<i>Points</i>	<i>Percentage</i>
4 Tests (100 pts each)	400	72.7%
Research Paper	100	18.2%
Presentation	50	9.1%
Total	550	100%

Note: Above grading criteria is not subject to change.

Grading System:

Grade	%	Total Points
A	94+	517+
A-	90-93	495-516
B+	87-89	479-494
B	84-86	462-478
B-	80-83	440-461
C+	77-79	424-439
C	74-76	407-423
C-	70-73	385-406
D+	67-69	369-384
D	64-66	352-368
D-	60-63	330-351
F	-60	-330

Notes:

- (1) While class attendance will not be calculated into the above grades, excessive absences (6-7) will result in a decrease of a full letter grade (for example from C to D). 8-9 absences will cause your grade to be reduced by two full letters (for example from B to D). 10 or more absences will result in failure of the course.
- (2) If you do not complete this course, you must formally withdraw at the registrar's office by May 9th. Failure to do so will likely result in you receiving an F on your transcript for this course.

Extra Credit:

- **Experiment Participants:** There will be extra credit points given for involvement as research participants in my survey studies. While this extra credit opportunity will be an option for everyone in this class, your participation is voluntary.
- **There will be no individual extra credit opportunities.**

Tests: All tests will be part multiple choice, true/false and short answer format. There will be no make-ups for these exams - since I am dropping the lowest, if one is missed it will count as your low grade (unless, there is an emergency and I am informed immediately).

Reading Assignments: The majority of the readings will come from the textbook. Additional readings will be assigned as well.

Research Paper: You will be required to write one paper during this semester (7-8 pages in length). See my website guidelines.

- ❖ Hard-copy submission of papers is required in class on day paper is due. However, on certain occasions I will allow for an electronic submission. Two rules must be followed concerning electronic submissions: (1) File submitted is from a Word document; (2) your submission is not official unless I have sent a confirmation return email of its receipt.
- ❖ If a hard copy of your paper is left in my mailbox or office (and thus has not been handed to me in person) you must also send me an email informing me of this and your submission is not official unless I have sent a confirmation return email of its receipt.

Research Presentation: You will be required to give one presentation during this semester (10 minute presentation; 5 minute question/answer). See my website for guidelines.

Reading Assignments: The majority of the readings will come from the textbook. Additional readings will be assigned well in advance of the exams.

Policy on Cheating and Plagiarism: Academic integrity is essential to a useful education. Failure to act with academic integrity severely limits a person's ability to succeed in the classroom and beyond. Furthermore, academic dishonesty erodes the legitimacy of every degree awarded by the College. In this class and in the course of your academic career, present only your own best work; clearly document the sources of the material you use from others; and act at all times with honor.

If I have determined that you have copied from another student or other source, you will receive a grade of zero on that assignment or exam. This zero cannot be counted as your lowest exam grade (it cannot be dropped). A second offense will result in failure of the course. See your student handbook for additional information concerning academic integrity.

Disabilities Policy: Students with a documented disability are provided supportive service and accommodations to assist them with their academic objectives. Services are strictly confidential. Disability services may include individualized accommodations, advising, advocacy, counseling, technical assistant and referral information. For further information read this policy in your student handbook.

Schedule of Classes

<i>Date</i>	<i>Tentative Topics</i>	Chapters
Jan 20	Syllabus; Introduction to Sport Psychology	Chapter 1 (SP); Chapter 4 (pp.57-59) (SP)
Jan 25, 27	Effects of Arousal and Anxiety on Performance	Chapters 6 & 8 (SP); Chapter 7 (IPOE)
Feb 1	Motivation in Sport and Exercise	Chapters 9-10 (SP); Chapters 1-2 (IPOE)
Feb 3	College Professional Day – No Class – Enjoy!	
Feb 8	Motivation in Sport and Exercise (continued)	Chapters 9-10 (SP); Chapters 1-2 (IPOE)
Feb 10	Personality and Psychological Assessment in Athletes	Chapter 16 (SP)
Feb 15	TEST 1: Chapters SP 1, 4 (pp. 57-59), 6, 8, 9-10, 16: IPOE 1-2, 7	
Feb 17, 22	Social Psychology of Sport	Chapters 11-12 (SP)
Feb 24	Minority Athletes	Chapter 17 (SP)
Mar 1	High-Risk Athletes	Chapter 18 (SP)
Mar 3	Disabled and Injured Athletes	Chapter 19 (SP)
Mar 8	Maladaptive Behaviors Among Athletes Part 1: Aggression; Spectator Violence	Ch 13 (pp. 235-242); Ch 14
Mar 10	TEST 2: Chapters SP 11-12, 13 (pp. 325-242), 14, 17-19	
Mar 13-19	Spring Break – Enjoy!	
Mar 22	Maladaptive Behaviors Among Athletes Part 2: Doping	Chapter 20
Mar 24	Maladaptive Behaviors Among Athletes Part 3: Alcohol, Gambling, and other addictions	Weiss (2010)
Mar 29, 31	Female Sports	Chapters 21-22 (SP)
Apr 5, 7	Youth Sports	Chapters 23-24 (SP)
Apr 12	TEST 3: Chapters SP 20, 21-24	
	Reminder: Paper 2 is due next class – Apr 19th!	
Apr 14, 19, 21	The Coach; Coaching relationships; Coaching Burn-out; Team Spirit	Chapters 25-26 (SP); 22-23 (IPOE)
Apr 26, 28	Exercise Psychology	Chapters 27-28 (SP)

<i>Date</i>	<i>Tentative Topics</i>	Chapters
May 3, 5	Presentations	
May 10	TEST 4: Chapters SP 25-28, IPOE 22-23	
May 12	Extra Credit Options	