



**PHYSICAL EDUCATION AND KINESIOLOGY
COURSE OUTLINE – WINTER 2018**

PE3030 (A3): Psychology of Sport and Physical Activity – 3 (3-0-0) UT 45 Hours

INSTRUCTOR: Julia Dutove, Ph.D. **PHONE:** 780-539-2974
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OFFICE HOURS: By appointment

CALENDAR DESCRIPTION: The course introduces the student to select psychological theory as it relates to sport and physical activity. Psychological constructs along with their theoretical perspectives will be viewed within a cognitive, emotional, social, and behavioral framework. An analytical approach is encouraged.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

No required textbook

All materials will be available via Open Educational Resources on Moodle

DELIVERY MODE(S): The course will be taught using various methods of delivery such as lecture, experiential learning opportunities, small group discussion, case study explorations, and other modes of delivery (i.e., video).

COURSE OBJECTIVES:

1. The student will be introduced to the fundamental psychological theories and constructs that relate to sport and physical activity settings.
2. The student will learn to examine the application of theories for a variety of athletic populations including coaches, youth competitors, elite performers, and exercise-program participants.
3. The student will discuss practical issues regarding application, conceptualization, and measurement of various constructs.
4. The student will acquire the research skills to format and compile an academic paper.
5. The student will experience opportunities to develop introspective awareness for various psychosocial circumstances.

LEARNING OUTCOMES:

1. Students will develop a basic knowledge of existing psychological theory and the implications for sport and exercise performance.
2. Students will work to clarify basic interactions between theory and applied concepts for course specific topics.
3. Students will develop competence in evaluating quality research and construct a personal and applied perspective for chosen topics.
4. Students will work to critically analyze concepts in sport and exercise psychology and increase competence to recognize behavioural evidence for concepts.
5. Students will discuss, explore, and acquire relevant perspectives for cohesion and group dynamics related to teams and exercise group behaviours.

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Midterm	30%	February 14
Final Exam	30%	During Finals
Writing Assignments	10%	Due throughout semester
Research Paper	20%	March 28
Presentation	10%	April 9 & 11

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Tuesday & Thursday: 10:00-11:20am – J204

Note that this is a tentative schedule and may be changed based on how we progress as a class.

Date	Topic	Readings
Week 1 Jan 3	Course Introduction Introduction to Sport and Exercise Psychology	Syllabus Kremer & Moran (2008)
Week 2 Jan 8 & 10	Self-perceptions & self-image	Gill et al. (2017) Awick et al. (2017)
Week 3 Jan 15 & 17	Jan 15: Library session (meet in library) Personality	APA Guide Sedgwick et al. (2011) Tod (2014)
Week 4 Jan 22 & 24	Personality & Attentional Control WA #1 due Jan 22	Moran (2012) Vealey (2005) – optional Gill (2017) – optional
Week 5 Jan 29 & 31	Motivation	Mack et al. (2011) Extra reading given in class
Week 6 Feb 5 & 7	Motivation	
Week 7 Feb 12 & 14	Review, WA #2 due Feb 12 Feb 14: Midterm	
Week 8 Feb 19 & 21	Winter Break: No classes	
Week 9 Feb 26 & 28	Anxiety, Physical Activity & Mental Health WA #3 due Feb 28	Weinberg & Gould (2015) Faulkner et al. (2016) Legrand (2014)
Week 10 Mar 5 & 7	Burnout & Overtraining, Stress Management	Tamminen et al. (2016) Lox et al. (2014)
Week 11 Mar 12 & 14	Group Cohesion, Leadership WA #4 due Mar 14 (full draft of paper)	Vealey (2005) Kremer et al. (2012)
Week 12 Mar 19 & 21	Competition & Cooperation, Social Support, Exercise Adherence	Epping et al. (2010) Gill et al. (2017)
Week 13 Mar 26 & 28	Aggression, Psychology of Injury Final Paper due Mar 28	Gill & Williams (2008) One more reading TBC
Week 14 Apr 2 & 4	Positive Youth Development, Psychology of Coaching	Readings TBC
Week 15 Apr 9 & 11	Presentations	

STUDENT RESPONSIBILITIES:

- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.
- Most classes will have required materials to review on Moodle before class. It is expected that you will review materials in advance so you can fully participate in class activities and discussions. Many activities in class will require active participation so be prepared to be involved!
- See Additional Information section for late policies.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.

ADDITIONAL INFORMATION:**Midterm & Final Exam:**

The midterm and final exam will cover material from class and required readings and other materials posted on Moodle. The midterm will cover content from the first half of the course and the final exam will cover mostly material from the second half of the course. The final exam may contain some material from the first half of the semester.

Writing Assignments:

Throughout the semester there will be writing assignments to prepare for the final paper. Late writing assignments will be deducted 10% for each day late, up to 40%. Assignments more than 4 days late will not be accepted. Some assignments require in-class parts that cannot be made up, therefore handing in the assignment late will also mean forfeiting those points. If you have extenuating circumstances and require more time to complete an assignment, contact the instructor as soon as possible. All writing assignments will be submitted online to Turnitin and with a hard copy in class.

Paper:

The research paper will have students apply sport and exercise psychology concepts to their future career setting. Late papers will be deducted 10% per day (including handing in after the start of class on the due date) unless prior arrangements have been made. See guidelines on Moodle for more details. Papers will be submitted online to Turnitin and with a hard copy in class.

Presentation:

Students will work in small groups to create a presentation that teaches a mental skill. See guidelines on Moodle for more details.