



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY (PEAK)**

**COURSE OUTLINE – FALL 2013**

**PE3030 – PSYCHOLOGY OF SPORT AND EXERCISE 3(3-0-0) 45 HOURS**

**INSTRUCTOR:** Chris Nicol  
B.Ed M.Sc

**PHONE:** (780) 539-2838

**OFFICE:** K220

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**OFFICE HOURS:** Mon, Wed 10:00-11:00am

**PREREQUISITE(S)/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:**

Weinberg, R.S. & Gould, D. (Eds.) (2011) Foundations of Sport and Exercise Psychology (5<sup>th</sup> ed.) Champaign, IL, Human Kinetics.  
Selected Readings as designated by instructor

**CALENDAR DESCRIPTION:** This 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.

**CREDIT/CONTACT HOURS:** 3 (3-0-0)

**DELIVERY MODE(S):** various

**OBJECTIVES:**

1. Introduce students to the fundamental psychological theories and constructs that relate to sport and physical activity settings.
2. Examine theories in a variety of athletic populations including coaches, youth competitors, elite performers, and exercise program participants.
3. Discuss practical issues regarding application, conceptualization and measurements of various constructs.

**TRANSFERABILITY:**

\*\* 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

**GRADING CRITERIA:**

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

**EVALUATIONS:**

<b>Coursework</b> ( <i>Readings, Questions, Discussions, Quizzes, Etc</i> )	<b>15%</b>
<b>Chapter Presentation</b>	<b>15%</b>
<b>Research Paper</b>	<b>20%</b>
<b>Mid Term Exam</b>	<b>20%</b>
<b>Final Exam</b>	<b>30%</b>

## **STUDENT RESPONSIBILITIES:**

- Students MUST complete all assignments and examinations in order to receive a passing grade in this course. The incompleteness of any of the assigned learning activities may result in the assignment of a failing (F) grade.
- Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor, ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100% of the assignment grade if assignments are submitted late.
- Regular attendance is a key to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, cue as to relevant examination materials. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.

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## **STATEMENT ON PLAGIARISM AND CHEATING:**

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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

<b>PE3030 SPORT PSYCH F'13</b>			
<b>MON</b>	<b>TOPIC</b>	<b>WED</b>	<b>TOPIC</b>
2-Sep		4-Sep	
9-Sep	Introduction and Overview	11-Sep	Chapter 1
16-Sep	Chapter 2	18-Sep	Chapter 2
23-Sep	Chapter 3	25-Sep	Chapter 3
30-Sep	Quiz Ch 1,2,3	2-Oct	Chapter 4
	Chapter 4		
7-Oct	<b>THANKSGIVING</b>	9-Oct	Chapter 5
	<i>No classes</i>		
14-Oct	Chapter 5	16-Oct	Chapter 6
21-Oct	Chapter 6	23-Oct	<b>MIDTERM EXAM</b>
	Quiz Ch 4,5,6		
28-Oct	Independent Research Day	30-Oct	Chapter 11
4-Nov	Chapter 11	6-Nov	Independent Research Day
11-Nov	<b>REMEMBRANCE DAY</b>	13-Nov	<b>Student Presentation</b>
	<i>No Classes</i>		
18-Nov	<b>Student Presentation</b>	20-Nov	<b>Student Presentation</b>
25-Nov	<b>Student Presentation</b>	27-Nov	<b>Student Presentation</b>
2-Dec	<b>Student Presentation</b>	4-Dec	<b>Student Presentation</b>
9-Dec	<b>RESEARCH PAPER DUE</b>	11-Dec	