

# COURSE SYLLABUS



COURSE TITLE: PSYC-160: Sport & Exercise Psychology 1

CLASS SECTION: 001 Tuesdays 1:00-3:50 pm TECH 173

TERM: Winter 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): F2F classes and online D2L

Camosun College campuses are located on the traditional territories of the Lək'wəḡən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

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## INSTRUCTOR DETAILS

NAME: Anneke van Alderwegen Bsc. MA

EMAIL: [vanalderwegen@camosun.ca](mailto:vanalderwegen@camosun.ca)

OFFICE: Fisher 106E

HOURS: Tuesdays after class office tba or via Zoom

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

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## CALENDAR DESCRIPTION

This course is an introduction to the concepts and principles of psychology that apply to the facilitating of sport and exercise activity. Suitable for athletes, coaches, teachers and trainers, the course will examine and apply knowledge and skills to selected sport and exercise environments with a focus on communication competency.

### PREREQUISITE(S):

One of:

- C in English 12
- C in Camosun Alternative

### CO-REQUISITE(S):

See Pre-requisites

### EXCLUSION(S):

Not Applicable

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## COURSE LEARNING OUTCOMES / OBJECTIVES

Upon completion of this course a student will be able to:

1. Apply the concepts and principles of sport psychology to selected sporting activities to improve performance.
2. Apply the concepts and principles of exercise psychology to selected exercise activities to improve participant satisfaction.
3. Demonstrate effective interpersonal communication skills appropriate for a client/facilitator relationship.
4. Identify how participation in sport or exercise influences the psychological development of the individual player/participant.

**REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION**

**Revel for Sport and Exercise Psychology: A Canadian Perspective -- Access Card, 4/E Peter R. Crocker, University of British Columbia, Catherine Sabiston, University of Toronto, Meghan McDonough, University of Calgary**  
**ISBN-10: 0135168104 • ISBN-13: 9780135168103**

\*Access information on D2L

**COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION**

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The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

- I. Introduction to the field
- II. Understanding Participants
- III. Understanding Sport & Exercise Environments
- IV. Understanding Group Processes
- V. Communication Essentials
- VI. Enhancing Performance

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Tuesday, January 9 <sup>th</sup>	Introduction to the course and each other	
Tuesday, January 16 <sup>th</sup>	Intro. to the field of sports & exercise psych, group presentation groups organized, discussion questions for chapter 1	
Tuesday, January 23 <sup>rd</sup>	Personality & Sport, work on group presentations, discussion questions for chapter 2	
Tuesday, January 30 <sup>th</sup>	Personality & Sport, work on group presentations, discussion questions for chapter 2	
Tuesday, February 6 <sup>th</sup>	Motivation & Behaviour, 1 <sup>st</sup> work on group presentations, discussion questions for chapter 3	
Tuesday, February 13 <sup>th</sup>	Motivation & Behaviour, work on group presentations and discussion questions for chapter 3	
Tuesday, February 27 <sup>th</sup>	Anxiety, Stress and Arousal, group presentations begin and discussion questions for chapters 4 and 5	
Tuesday, March 5 <sup>th</sup>	Anxiety, Stress and Arousal, group presentation and discussion questions for chapters 4 and 5	

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Tuesday, March 12 <sup>th</sup>	Youth and Aging and Involvement in Sport and Physical Activity, group presentation and discussion questions for chapters 10 and 12	
Tuesday, March 19 <sup>th</sup>	Communication, group presentation and discussion questions for communication (there is not a chapter for this section)	
Tuesday, March 26 <sup>th</sup>	Communication, group presentation and discussion questions	Senior's assignment due
Tuesday, April 2 <sup>nd</sup>	Group and Team dynamics, group presentation and discussion questions for chapter 9	
Tuesday, April 9 <sup>th</sup>	Sport Psychology Interventions and mental health, group presentation and discussion questions for chapter 7	Communication assignment due
TBA	Final exam	

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Quizzes (completed online on D2L)	15%
Group case study presentation	20%
Senior's assignment	10%
Communication assignment	20%
Participation (in class discussions, group pres. Feedback and online discussions)	20%
Final test (online)	15%
<b>TOTAL</b>	<b>100%</b>

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information. <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

### 1. Quizzes: 15% of your grade

You will have short quizzes in class based on the readings for that class. There will be a total of 10 quizzes and the best 8 will count. There are no make-ups on these quizzes.

2. Final Test: 15% of your grade  
You will have final quiz that tests your ability to apply the knowledge you have learned. The test format will include a case study.
3. Case Study Group Presentation: 20% of your grade  
Your group will present on an individual or team that has undergone an exceptionally challenging time, either due to injury, loss, personal issues etc. You will be given a case that I have selected, or your group can choose your own with my approval. Your group will introduce the athlete or team, give some background and share with the class concepts and theories applicable to sport and exercise psychology. You will include power point (or comparable option) video clips (no longer than a minute in total) The presentation is 15 minutes in duration.
4. Senior's Assignment: 10% of your grade  
You are asked to find an individual who is challenging or breaking stereotypes around aging successful and interview this person for your assignment
5. Communication Project: 20% of your grade  
You will be conducting an interview with a potential client, determining their exercise/sport goals and needs. You will be demonstrating your ability to apply the concepts of listening, giving feedback, facilitating, and establishing a professional relationship. You will make an audio-file of your interview and provide a write-up of your analysis of your skills. Detailed instructions and handouts will be provided when we begin the section on Communication.
6. Class participation: 20% of your grade  
It is expected that you will participate in the in class discussions and contribute to the discussion questions online. Each week you will have required readings, videos and questions to prepare for real time online discussions in large and small groups. There will be 13 specific group discussions and you will need to show your participation in each for the full 20% of the grade.

## COURSE GUIDELINES & EXPECTATIONS

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- Please see above comments regarding class participation

## SCHOOL OR DEPARTMENTAL INFORMATION

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### Camosun Psychology Club Information

During the Fall and Winter semesters, Please contact Dr. Michael Pollock if interested in attending - [PollockM@camosun.bc.ca](mailto:PollockM@camosun.bc.ca)

Journal of Camosun Psychology Research Discover how to publish research.

<https://cc.arcabc.ca/islandora/object/cc%3Apsycjournal>

American Psychological Association The hub of our discipline <https://www.apa.org>

Canadian Psychological Association The Canadian hub of our discipline <https://cpa.ca/>

Co-operative Education & Career Services Learn about how to access a co-op experience for your career.

<https://camosun.ca/services/co-operative-education-and-career-services/contact-co-operative-education-and-career>

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures"

(<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit

<http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

**Changes to this syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.