

COURSE SYLLABUS



COURSE TITLE: PSYC-160: Sport & Exercise Psychology 1
CLASS SECTION: 001 Mondays 10 am to 12:50 pm TECH 181
TERM: Winter 2025
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](#).

INSTRUCTOR DETAILS

NAME: Anneke van Alderwegen Bsc. MA

EMAIL: vanalderwegen@camosun.ca

OFFICE: Fisher 106E

HOURS: Mondays after class (room TBA) or by appointment

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.

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

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, 5/E Peter R. Crocker, University of British Columbia, Catherine Sabiston, University of Toronto, Meghan McDonough, University of Calgary
ISBN-978-0-13-796360-7

***Access information on D2L**

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

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
Monday, January 6 th	Introduction to the course and each other	
Monday, January 13 th	Intro. to the field of sports & exercise psych, group presentation groups organized, discussion questions for chapter 1	
Monday, January 20 th	Personality & Sport, work on group presentations, discussion questions for chapter 2	
Monday, January 27 th	Personality & Sport, work on group presentations, discussion questions for chapter 2	
Monday, February 3 rd	Motivation & Behaviour, 1 st work on group presentations, discussion questions for chapter 3	
Monday, February 10 th	Motivation & Behaviour, work on group presentations and discussion questions for chapter 3	
Monday, February 24 th	Anxiety, Stress and Arousal, group presentations begin and discussion questions for chapters 4 and 5	
Monday, March 3 rd	Anxiety, Stress and Arousal, group presentation and discussion questions for chapters 4 and 5	

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Monday, March 10 th	Youth and Aging and Involvement in Sport and Physical Activity, group presentation and discussion questions for chapters 10 and 12	
Monday, March 17 th	Communication, group presentation and discussion questions for communication (there is not a chapter for this section)	
Monday, March 24 th	Communication, group presentation and discussion questions	Senior's assignment due
Monday, March 31 st	Group and Team dynamics, group presentation and discussion questions for chapter 9	
Monday, April 7 th	Sport Psychology Interventions and mental health, group presentation and discussion questions for chapter 7	Communication assignment due
Exam period TBA	Final exam online D2L	

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	15%
Participation (in class discussions, group pres. Feedback and online discussions)	20%
Final test (online)	10%
Meditation journal (online)	10%
TOTAL	100%

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: 10% 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: 15% 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.
7. Meditation journal-10% of your grade
We will complete a series of in class meditations using the Ap and website Headspace. After each meditation you will write a brief reflection on your observations of the exercise. What did you notice? How did it feel? What changes may or may not be occurring?

COURSE GUIDELINES & EXPECTATIONS

- Please see above comments regarding class participation

SCHOOL OR DEPARTMENTAL INFORMATION

Camosun Psychology Club Information

During the Fall and Winter semesters, please contact Dr. Michael Pollock if interested in attending -

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

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

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

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.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>
Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines: <https://camosun.ca/cal>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/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 <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

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 (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence

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 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 Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education.

To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

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 <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of college policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

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.