



**School of Arts & Science**  
**PSYCHOLOGY DEPARTMENT**  
**PSYC 160-001**  
**Sport and Exercise Psychology 1**  
**2006F**

## COURSE OUTLINE

The Approved Course Description is available on the web @ \_\_\_\_\_

Ω Please note: this outline will be electronically stored for five (5) years only.  
It is strongly recommended students keep this outline for your records.

### Course 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:** English 12 or TPC 12 or equivalency

### 1. Instructor Information

(a)	Instructor:	E. Angela Henry		
(b)	Office Hours:	As posted and by appointment		
(c)	Location:	F 106E		
(d)	Phone:	250-370-3220	Alternative Phone:	250-361-1895 (home)
(e)	Email:	<a href="mailto:henrya@camosun.bc.ca">henrya@camosun.bc.ca</a>		
(f)	Website:	<a href="http://henrya.disted.camosun.bc.ca">http://henrya.disted.camosun.bc.ca</a>		

### 2. Intended Learning Outcomes

*(No changes are to be made to this section, unless the Approved Course Description has been forwarded through EDCO for approval.)*

Upon completion of this course the 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.

### 3. Required Materials

(a)	Texts	Weinberg, R. & Gould, D. (2003). <i>Foundations of Sport &amp; Exercise Psychology</i> , 3 <sup>rd</sup> Edition. Windsor: Human Kinetics.
(b)	Other	<p><b>Optional Supplemental Readings:</b> Ebbeck, V. Ed. <i>Journal of Applied Sport Psychology</i> Quarterlies. Taylor &amp; Francis Inc. available at UVic library.</p> <p><b>Equipment:</b> One audio cassette or an audio file.</p>

#### 4. Course Content and Schedule

(Can include: class hours, lab hours, out of class requirements and/or dates for quizzes, exams, lectures, labs, seminars, practicums, etc.)

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

#### 5. Basis of Student Assessment (Weighting)

(Should be linked directly to learning outcomes.)

<b>Assessment Overview:</b>	Quizzes	35 marks
	Case Study Exercises	20 marks
	Communication Project	25 marks
	Final Quiz	20 marks

#### EVALUATION DETAIL:

##### 1. Quizzes: 35% of your grade

You will have a short quiz at the beginning of each class based on the readings for that class. There are eleven in total worth 5 marks each. I will take your best 7 quizzes. There are no make-ups on these quizzes.

##### 2. Final Quiz: 20% 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 Exercises: 20% of your grade

Four case will be examined. You will be required to examine the case and suggest appropriate responses based on the topics to date. A short write-up will be required that marries practice with theory. Each case study exercise is worth 5 marks.

##### 4. Communication Project: 25% 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. You can use an analog or digital medium. Detailed instructions and handouts will be provided when we begin Chapter 10.

## APA STYLE:

All writing in psychology must follow American Psychological Assoc. (A.P.A.) style. Papers must be well-proofed, typed, have a title page and follow APA rules for writing and referencing. See [www.apastyle.org](http://www.apastyle.org) or [www.wooster.edu/psychology/apacrib.html](http://www.wooster.edu/psychology/apacrib.html) for online assistance with APA or the reference section of the library.

## 6. Grading System

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### Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
95-100	A+		9
90-94	A		8
85-89	A-		7
80-84	B+		6
75-79	B		5
70-74	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

### Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at [camosun.ca](http://camosun.ca) or information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy E-1.5 at [camosun.ca](http://camosun.ca) for information on conversion to final grades, and for additional information on student record and transcript notations.

**7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course**

**LEARNING SUPPORT AND SERVICES FOR STUDENTS**

There are a variety of services available for students to assist them throughout their learning. This information is available in the College calendar, at Student Services or the College web site at [camosun.ca](http://camosun.ca).

**STUDENT CONDUCT POLICY**

There is a Student Conduct Policy **which includes plagiarism**. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, at Student Services and on the College web site in the Policy Section.

## SCHEDULE OF CLASSES

DATE	READINGS	ACTIVITY	ASSIGNMENTS
Sept 6	Ch 1	Introduction to the course and the field	Personal Case Profiles
Sept 13	Ch 1 & 2	Personality & Sport	Quiz Ch 1 & 2
Sept 20	Ch 3	Motivation	Quiz Ch 3
Sept 27	Ch 4	Arousal, Stress & Anxiety	Quiz Ch 4 <b>Case Study #1</b>
Oct 4	Ch 5	Competition & Cooperation	Quiz Ch 5
Oct 11	Ch 6	Feedback, Reinforcement & Intrinsic Motivation	Quiz Ch 6 <b>Case Study #2</b>
Oct 18	Ch 7 & 8	Group & Team Dynamics; Group Cohesion	Quiz Ch 7 & 8
Oct 25	Ch 9	Leadership	Quiz Ch 9 <b>Case Study #3</b>
Nov 1	Ch 10 & Handouts	Communication	Quiz Ch 10
Nov 8	Handouts	Communication & Tape-making	<b><i>Bring a tape to class</i></b>
Nov 15	Ch 11 & 12	Psychological Skills Training; Arousal Regulation	Quiz Ch 11 & 12 <b>TAPE DUE</b>
Nov 22	Ch 13 & 14	Imagery & Self-Confidence	Quiz Ch 13 & 14 <b>Case Study #4</b>
Nov 29	Ch 15 & 16	Goal-Setting & Concentration	Quiz Ch 15 & 16
Dec 6		Final Quiz & Closure	Final Quiz