



**School of Arts & Science**  
**PSYCHOLOGY DEPARTMENT**  
**PSYC 260-001**  
**Sport and Exercise Psychology 2**  
**Winter 2007**

## COURSE OUTLINE

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.

### 1. Instructor Information

(a)	Instructor:	E. Angela Henry		
(b)	Office Hours:	Mondays 11:30 – 13:30; Tuesdays 12:30 – 13:30		
(c)	Location:	Fisher 106E		
(d)	Phone:	3220	Alternative Phone:	361-1895
(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 and exercise psychology to selected activities to improve performance or participation.
2. Identify the influences of sport and exercise on the psychological development of an individual.
3. Explain how social psychological variables influence participation and performance in sport and exercise settings.
4. Conduct research and report findings on selected topics of sport or exercise psychology.

### 3. Required Materials

(a)	Texts	Weinberg, R. & Bould, D. (2003) Foundations of Sport & Exercise Psychology, 3 <sup>rd</sup> Edition. Windsor: Human Kinetics
(b)	Other	Ebbeck, V. Ed. Journal of Applied Sport Psychology Quarterlies. Taylor & Francis Inc.

#### Course Content:

- I. Introduction to the field
- II. Understanding Participants
- III. Understanding Group Processes

IV. Enhancing Performance

V. Enhancing Health and Well-Being

VI. Facilitating Psychological Growth & Development

<b>Assessment Overview:</b>	12 Quizzes (best 6 @ 5 marks each)	30 marks
	Case Study Exercises (3 @ 10 marks)	30 marks
	Critical Analysis of Film	10 marks
	Poster Presentation of Research	10 marks
	Research Paper	20 marks

**Grading System:**

A+ = 95 – 100%	B- = 70 – 74%
A = 90 – 94%	C+ = 65 – 69%
A- = 85 – 89%	C = 60 – 64%
B+ = 80 – 84%	D = 50 – 59%
B = 75 – 79%	F = < 50%

**EVALUATION DETAIL:**

**1. Research Paper and Poster Presentation: 30% of your grade**

You will be choosing a research topic from the list below to examine in depth. You will then prepare a fully documented research paper of 2000 - 2500 words followed by a poster highlighting your findings for discussion and display that captures in print and visual format, the essence of the current thinking and research results of that topic. Your poster presentation will be held on the last day of classes, April 10<sup>th</sup>. Presentation time limit is 5 min. plus a 2 min. question period.

**The poster** must include in a pleasing visual format the following elements:

- ✓ Title and headers
- ✓ Definition of the terms
- ✓ Summary of the research
- ✓ Application implications for coaches, teachers & sport psychologists
- ✓ Application implications for athletes/participants
- ✓ Support material in the form of pictures, poems, cartoons, any visual data that provides additional and interesting information
- ✓ Minimum size of the poster is standard poster paper size of 22" x 28"

**The Research Paper** must include a fully referenced literature search of your topic and a report of your findings. Your paper must include a conclusion that speaks to the value and application of the research to the practice of coaching, performing or exercising.

**Research Topics:**

- Gender Issues in Sport
- Athletic Injuries
- Addictions, Drug Abuse, Eating Disorders in Sport
- Burnout & Overtraining
- Children's Psychological Development Through Sport
- Aggression in Sport
- Character Development and Sportpersonship
- Other (approved by instructor)

**Note:** A description of your research topic in the form of your opening thesis paragraph (approx. 150 - 200 words) and a reference list of a minimum of three academic references is required 2 weeks before presentation, March 20<sup>th</sup>. Marks for the presentation = 5; Marks for the research poster = 5; Marks for the research paper = 20. Total of 30 marks.

**2. Quizzes: 30% of your grade**

You will have a short quiz at the beginning of each class based on the readings for that class. There are 12 in total worth 5 marks each. I will be taking your best 6. There are no make-ups on these quizzes.

**3. Case Study Exercises: 30% of your grade**

Three case studies will be examined. You will be required to analyze the case and suggest appropriate responses based on specific concepts of the text. A write-up will be required that marries practice with theory. Each case study exercise is worth 10 marks.

**4. Critical Analysis of Film: 10% of your grade**

Sport movies have captivated our imagination and entertained us with stories of victories, failures, heroic acts and ethical dilemmas. You must choose a current sport-related film and deconstruct the film by analyzing two critical moments of the coach's and/or performer's experience in terms of the theories and application of sports psychology. You will do this by selecting two scenes of the movie and critically evaluate what is going right and/or what is going wrong and how these events or behaviours influence the outcome of the sporting endeavour. Choose from the film list below. If you wish to analyze a film not on this list, you must get approval from me first. Most films are available at large film outlets. You can view DVDs and video in the library viewing room. **Note:** *If you choose a film not on the list, you must provide the DVD with your paper.*

**Film List:**

- Million Dollar Baby, boxing
- Friday Night Lights, football, B.B. Thornton
- Mad Hot Ballroom, dance for children
- Bend It Like Beckham, soccer, culture clash
- Miracle, 1980 Olympic US hockey team
- Remember the Titans, all black football team
- The Rhino Brothers, Canadian family, hockey
- The Cutting Edge, hockey player becomes a figure-skater
- Hockey Night, female goalie on a men's hockey team
- Jerry Maguire, moral dilemma of sports agent
- Slap Shot, violence in sport
- Coach Carter, Samuel Jackson, basketball & discipline
- Without Limits: long distance runner Steve Prefontaine
- Wind: Sailing America Cup
- Glory Road: basketball, coaching adversity
- Any Given Sunday, football & business of sport
- Cinderella Man, boxing comeback
- White Squall: sailing adventure with teen crew learning life lessons
- Hoosiers, Gene Hackman, basketball
- Prefontaine, track

For other films check out the Internet Movie Database at <http://us.imdb.com>  
Your paper must be typed, APA style, a minimum of 1000 words and include:

- Introduction
  - Full citation of the film APA style
  - Main characters and the actors that play them

- A brief description of the action of the movie
- Critical Moments: for each, identify the scene and include:
  - a description of the context (characters involved, setting, outline of the events or behaviours or decisions leading up to and following the critical moment)
  - a theoretical/conceptual description of the key sport psychology issue or PST skill(s) illustrated in the scene(s)
- Conclusion:
  - a detailed description of the intervention that you would have implemented with the athlete or coach to either prepare for or deal with the critical moment.

**APA Style:**

All writing in psychology must follow American Psychological Assoc. (A.P.A.) style. **All papers** must be well-proofed, typed, have a title page and follow APA rules for writing and referencing. See the samples on the Psychology Dept webpage at <http://camosun.bc.ca/schools/artsci/psych/index.php> or [www.apastyle.org](http://www.apastyle.org) or [www.wooster.edu/psychology/apa-crib.html](http://www.wooster.edu/psychology/apa-crib.html) for online assistance with APA or the reference section of the library.

### SCHEDULE OF CLASSES

DATE	READINGS	ACTIVITY	ASSIGNMENTS
Jan 9	Ch 1	Introduction to the course and the field & APA	Person Case Profiles
Jan 16	Ch 1 & 2	Personality & Sport	Quiz Ch 1 & 2
Jan 23	Ch 3	Motivation	Quiz Ch 3
Jan 30	Ch 4	Arousal, Stress & Anxiety Case Study #1	Quiz Ch 4
Feb 6	Ch 5	Competition & Cooperation	Quiz Ch 5 <b>Case Study #1 due</b>
Feb 13	Ch 6	Feedback, Reinforcement & Intrinsic Motivation	Quiz Ch 6
Feb 20	Ch 7 & 8	Group & Team Dynamics; Group Cohesion; Case Study #2	Quiz Chs 7 & 8
Feb 27	Ch 9	Leadership	Quiz Ch 9 <b>Case Study #2 due</b>
Mar 6	Ch 10	Communication Case Study #3	Quiz Ch 10
Mar 13	Ch 11 & 12	Psychological Skills Training; Arousal Regulation	Quiz Chs 11 & 12 <b>Case Study #3 due</b>
Mar 20	Ch 13 & 14	Imagery & Self Confidence	Quiz Chs 13 & 14 <b>Research Outline Due</b>
Mar 27	Ch 15 & 16	Goal-setting & Concentration	Quiz Chs 15 & 16 <b>Film Review Due</b>
Apr 3	Ch 17 & 18	Exercise & Well Being; Exercise Behaviour & Adherence	Quiz Chs 17 & 18
Apr 10		<b>Poster Presentations WTCC</b>	Bring a cup <b>Research Papers Due</b>

### 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.