



**School of Arts & Science  
PSYCHOLOGY DEPARTMENT**

**PSYC 160-01  
Sport and Exercise Psychology 1  
Fall 07**

## 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.

### 1. Instructor Information

(a)	Instructor:	Anneke van Alderwegen		
(b)	Office Hours:	After class or as posted		
(c)	Location:	Fisher 352		
(d)	Phone:	370-3220	Alternative Phone:	889-5344
(e)	Email:	vanalderwegen@camosun.bc.ca		
(f)	Website:	n/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). *Foundations of Sport & Exercise Psychology*, 3<sup>rd</sup> Edition. Windsor: Human Kinetics

**Equipment:** One audio cassette or an audio file

### 4. Course Content and Schedule

- I. Introduction to the field

- II. Understanding Participants
- III. Understanding Sport & Exercise Environments
- IV. Understanding Group Processes
- V. Communication Essentials
- VI. Enhancing Performance

### SCHEDULE OF CLASSES

DATE	READINGS	ACTIVITY	ASSIGNMENTS
Sept 5	Ch 1	Introduction to the course and the field & APA writing	Personal Case Profiles
Sept 12	Ch 1 & 2	Personality & Sport	Quiz Ch 1 & 2
Sept 19	Ch 3	Motivation	Quiz Ch 3
Sept 26	Ch 4	Arousal, Stress & Anxiety <b>Case Study #1</b>	Quiz Ch 4
Oct 3	Ch 5	Competition & Cooperation	Quiz Ch 5 <b>Case Study #1 due</b>
Oct 10	Ch 6	Feedback, Reinforcement & Intrinsic Motivation	Quiz Ch 6
Oct 17	Ch 7 & 8	Group & Team Dynamics; Group Cohesion; <b>Case Study #2</b>	Quiz Ch 7 & 8
Oct 24	Ch 9	Leadership	Quiz Ch 9 <b>Case Study #2 due</b>
Oct 31	Ch 10 & Handouts	Communication <b>Case Study #3</b>	Quiz Ch 10
Nov 7	Handouts	Communication & Tape-making	<b>Bring a tape to class</b> <b>Case Study #3 due</b>
Nov 14	Ch 11 & 12	Psychological Skills Training; Arousal Regulation	Quiz Ch 11 & 12 <b>TAPE DUE</b>
Nov 21	Ch 13 & 14	Imagery & Self-Confidence	Quiz Ch 13 & 14
Nov 28	Ch 15 & 16	Goal-Setting & Concentration	Quiz Ch 15 & 16
Dec 5		Final Quiz & Closure	Final Quiz

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

<b>Assessment Overview:</b>	Quizzes (best 6 of 11 @ 5 marks each)	30 marks
	Case Study Exercises 3 @ 10 marks	30 marks
	Communication Project	20 marks
	Final Quiz	20 marks

#### EVALUATION DETAIL:

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

You will have a short quiz each class based on the readings for that class. There are eleven in total worth 5 marks each. I will take your best 6 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**

Three cases 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 10 marks.

**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

**6. Grading System**

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

**Standard Grading System (GPA)**

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D	Minimum level of achievement for which credit is granted; a course with a "D" grade cannot be used as a prerequisite.	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 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.

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.

<b>IP</b>	<i>In progress:</i> A temporary grade assigned for courses that, due to design may require a further enrollment in the same course. No more than two IP grades will be assigned for the same course. (For these courses a final grade will be assigned to either the 3 <sup>rd</sup> course attempt or at the point of course completion.)
<b>CW</b>	<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.

## 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.

ADDITIONAL COMMENTS AS APPROPRIATE OR AS REQUIRED