



**CAMOSUN COLLEGE**  
**School of Arts & Science Psychology Department**

**PSYC 160**  
**Sport & Exercise Psychology X01**  
**Tuesdays and Thursdays 10-11:20 am**

**Winter 09 COURSE OUTLINE**

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<b>Instructor:</b>	Anneke van Alderwegen B.Sc. MA.
<b>Office:</b>	F 352 (Lansdowne) and CC119B (Interurban)
<b>Office Hours:</b>	As posted and by appointment
<b>Phone:</b>	(250) 370-4436; (250)-889-5344(cell)
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<b>Course Description:</b>	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
<b>Prerequisite:</b>	English 12 or TPC 12 or equivalency
<b>Learning Outcomes:</b>	<i>Upon successful completion of this course the student will be able to:</i> <ol style="list-style-type: none"><li>1. Apply the concepts and principles of sport psychology to selected sporting activities to improve performance.</li><li>2. Apply the concepts and principles of exercise psychology to selected exercise activities to improve participant satisfaction</li><li>3. Demonstrate effective interpersonal communication skills appropriate for a client/facilitator relationship</li><li>4. Identify how participation in sport or exercise influences the psychological development of the individual player/participant</li></ol>

**Text:** Weinberg, R. & Gould, D. (2003). *Foundations of Sport & Exercise Psychology*, 4th Edition. Windsor: Human Kinetics.

**Optional Supplemental Readings:** Ebbeck, V. Ed. *Journal of Applied Sport Psychology* Quarterlies. Taylor & Francis Inc. available at UVic library.

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

**Course Content:**

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

**Assessment Overview:**

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

**Grading System:**

A+ = 90 – 100%	B- = 70 – 72%
A = 85 - 89%	C+ = 65 -69%
A- = 80 – 84%	C = 60 – 64%
B+ = 77 – 79%	*D = 50 – 59%
B = 73 -76%	**F = 0 - 49%

\*Minimum level of achievement for which credit is granted, a course with a "D" grade cannot be used as a pre-requisite

\*\*Minimum level has not been achieved

## 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: 30% 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.

#### 4. 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. 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 the Psychology Department home page 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.

#### 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.

<b>Temporary Grade</b>	<b>Description</b>
<b>I</b>	<i>Incomplete: 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.</i>
<b>IP</b>	<i>In progress: 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.</i>
<b>CW</b>	<b>Compulsory Withdrawal: 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.</b>

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**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
Tues. Jan. 6	Chap 1	Introduction to the course and the field	
Thurs. Jan 8	Chap 1	Introduction Cont'd	
Tues. Jan. 13	Chap 1 & 2	Personality & Sport	
Thurs. Jan. 15	Chap 1 & 2	Personality & Sport	
Tues. Jan 20	Ch 3	Motivation	Quiz Ch 1 & 2
Thurs. Jan. 22	Ch 3	Motivation	
Tues. Jan. 27	Ch 4	Arousal, Stress & Anxiety <b>Case Study #1</b>	Quiz Ch 3
Thurs. Jan. 29	Ch 4	Arousal, Stress & Anxiety	
Tues. Feb. 3	Ch 5	Competition & Cooperation	Quiz Ch 4
Thurs. Feb. 5	Ch 5	Competition & Cooperation	Quiz Ch 5 <b>Case Study #1 due</b>
Tues. Feb. 10	Ch 6	Feedback, Reinforcement & Intrinsic Motivation	
Thurs. Feb. 12	Ch. 7 & 8	Group & Team Dynamics; Group Cohesion	
Tues. Feb. 17	Ch 7 & 8	Group & Team Dynamics; Group Cohesion; <b>Case Study #2</b>	Quiz Ch 6
Tues. Feb.24	Ch 9	Leadership	Quiz Ch 7 & 8
Thurs. Feb. 26	Ch 9	Leadership	
Tues. March 3	Ch 10	Communication	Quiz Ch 9 <b>Case Study #2 due</b>
Thurs. March 5	Ch 10	Communication <b>Case Study #3</b>	
Tues. March 10	Ch 10 & Handouts	Communication & listening practice	Quiz Ch 10
Thurs. March 12	Handouts	Communication & listening practice	

Tues. March 17	Chap 11	Psychological Skills Training	<b>Case Study #3 due</b>
Thurs. March 19	Chap 12	Arousal Regulation	
Tues. March 24	Chap 13	Imagery	Quiz Ch 11 & 12 <b>TAPE DUE</b>
Thurs. March 26	Chap 14	Self-Confidence	
Tues. March 31	Chap 15	Goal-Setting	Quiz Ch 13 & 14
Thurs. April 2	Chap 16	Concentration	
Tues. April 7		Study groups	Quiz Ch 15 & 16
Thurs. April 9		Final Quiz & Closure	Final Quiz