



## COURSE OUTLINE

The course description is online @ <http://camosun.ca/learn/calendar/current/web/psyc.html>

Ω Please note: the College electronically stores this outline for five (5) years only.  
It is **strongly recommended** you keep a copy of this outline with your academic records.  
You will need this outline for any future application/s for transfer credit/s to other colleges/universities.

### 1. Instructor Information

(a)	Instructor:	Anneke van Alderwegen		
(b)	Office Hours:	Wednesdays 11:30-1:30 pm		
(c)	Location:	Fisher 352		
(d)	Phone:		Alternative Phone:	
(e)	Email:	vanalderwegen@camosun.bc.ca		
(f)	Website:	www.annekeva.com		

### 2. Intended Learning Outcomes

(No changes are to be made to these Intended Learning Outcomes as approved by the Education Council of Camosun College.)

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

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

### 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

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

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: 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. I will only accept hard copies, I will not accept emailed case studies.

### 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

## 6. Grading System

*(No changes are to be made to this section unless the Approved Course Description has been forwarded through the Education Council of Camosun College 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. <i>(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.)</i>
<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 the College web site in the Policy Section.

[ADDITIONAL COMMENTS AS APPROPRIATE OR AS REQUIRED](#)

Class Schedule

DATE	READINGS	ACTIVITY	ASSIGNMENTS
Thurs. Jan. 7 <sup>th</sup>	Chap 1	Introduction to the course and the field of sports & exercise psych	
Tues. Jan. 12 <sup>th</sup>	Chap 1	Introduction Cont'd	
Thurs. Jan. 14 <sup>th</sup>	Chap 1 & 2	Personality & Sport	
Tues. Jan. 19 <sup>th</sup>	Chap 1 & 2	Personality & Sport	
Thurs. Jan. 21 <sup>st</sup>	Ch 3	Motivation	Quiz Ch 1 & 2
Tues. Jan. 26 <sup>th</sup>	Ch 3	Motivation	
Thurs. Jan. 28 <sup>th</sup>	Ch 4	Arousal, Stress & Anxiety <b>Case Study #1</b>	Quiz Ch 3
Tues. Feb. 2 <sup>nd</sup>	Ch 4	Arousal, Stress & Anxiety	
Thurs. Feb. 4 <sup>th</sup>	Ch 5	Competition & Cooperation	Quiz Ch 3
Tues. Feb. 9 <sup>th</sup>	Ch 5	Competition & Cooperation	Quiz Ch 4 <b>Case Study #1 due</b>
Thurs. Feb. 11 <sup>th</sup>	Ch 6	Feedback, Reinforcement & Intrinsic Motivation	
Tues. Feb. 16 <sup>th</sup>	Ch. 7 & 8	Group & Team Dynamics; Group Cohesion	
Tues. Feb. 23 <sup>rd</sup>	Ch 7 & 8	Group & Team Dynamics; Group Cohesion; <b>Case Study #2</b>	Quiz Ch 6
Thurs. Feb. 25 <sup>th</sup>	Ch 9	Leadership	Quiz Ch 7 & 8
Tues. March 2 <sup>nd</sup>	Ch 9	Leadership	
Thurs. March 4 <sup>th</sup>	Ch 10	Communication	Quiz Ch 9 <b>Case Study #2 due</b>
Tues. March 9 <sup>th</sup>	Ch 10	Communication <b>Case Study #3</b>	
Thurs. March 11 <sup>th</sup>	Ch 10 & Handouts	Communication & listening practice	Quiz Ch 10
Tues. March 16 <sup>th</sup>	Handouts	Communication & listening practice	
Thurs. March 18 <sup>th</sup>	Chap 11	Psychological Skills Training	<b>Case Study #3 due</b>
Tues. March 23 <sup>rd</sup>	Chap 12	Arousal Regulation	

Thurs. March 25 <sup>th</sup>	Chap 13	Imagery	Quiz Ch 11 & 12 <b>Audio file due</b>
Tues. March 30 <sup>th</sup>	Chap 14	Self-Confidence	
Thurs. April 1 <sup>st</sup>	Chap 15	Goal-Setting	Quiz Ch 13 & 14
Tues. April 6 <sup>th</sup>	Chap 16	Concentration	Quiz Ch 15 & 16
Thurs. April 8 <sup>th</sup>		Final exam	