



School of Arts & Science
PSYCHOLOGY DEPARTMENT
PSYC 160
Sport and Exercise Psychology 1
Quarter or Semester/Year

COURSE OUTLINE

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

✦ 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: | Mondays 1:30-2:30 pm Wednesdays 2:30-3:30 pm | | |
| (c) | Location: | CC 118A and Fisher 308A | | |
| (d) | Phone: | 370-3695 | Alternative Phone: | 588-3097 |
| (e) | Email: | vanalderwegen@camosun.bc.ca | | |
| (f) | Website: | | | |

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.

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

3. Required Materials

Text:

Crocker, Peter R. E. (2010) *Sport and Exercise Psychology; A Canadian Perspective*. 2nd Edition. Pearson Canada Inc.

4. 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

5. Basis of Student Assessment (Weighting)

| | |
|---------------------------------------|----------|
| Quizzes | 30 marks |
| Case Study & assignments 3 @ 10 marks | 30 marks |
| Communication Project | 20 marks |
| Final exam | 20 marks |

EVALUATION DETAIL:

1. Quizzes: 30% of your grade

You will have short quizzes in class based on the readings for that class. There will be a total of 12 quizzes and the best 8 will count. There are no make-ups on these quizzes.

2. Final Exam: 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 & Assignment: 30% of your grade

Two 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. You will have one assignment that will be in the form of either a bibliography or interview. Each 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. Detailed instructions and handouts will be provided when we begin the section on Communication.

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 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. |
| IP | <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^d course attempt or at the point of course completion.)</i> |
| 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. |

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.

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

SCHEDULE

| DATE | READINGS | ACTIVITY | ASSIGNMENTS |
|-----------------------------|------------|---|---------------|
| Wed. Sept. 8 th | Chap 1 | Introduction to the course and the field of sports & exercise psych | |
| Mon. Sept. 13 th | Chap 1 & 2 | Introduction and Research bits! | |
| Wed. Sept. 15 th | Chap 3 | Personality & Sport | |
| Mon. Sept. 20 th | Chap 3 | Personality & Sport | Quiz Ch 1 & 2 |
| Wed. Sept. 22 nd | Ch 4 | Motivation & Behaviour | |
| Mon. Sept. 27 th | Ch 4 | Motivation & Behaviour | Quiz Ch 3 |
| Wed. Sept. 29 th | Ch 5 & 6 | Arousal, Stress & Anxiety | |
| Mon. Oct. 4 th | Ch 5 & 6 | Arousal, Stress & Anxiety Case Study #1 | Quiz Ch 4 |

| | | | |
|---|----------|---|--|
| Wed. Oct. 6 th | Ch 7 | Group and Team Cohesion | |
| Wed. Oct. 13 th | Ch 7 | Group and Team Cohesion Case Study #2 | Quiz Ch. 5 & 6 Case Study #1 due |
| Mon. Oct. 18 th | Ch 8 | Aggression and Moral Behaviour | |
| Wed. Oct. 20 th | Ch. 8 | Aggression and Moral Behaviour | Quiz Ch 7 |
| Mon. Oct. 25 th | Ch 9 | Youth Involvement and Positive Development | |
| Wed. Oct. 27 th | Ch 9 | Youth Involvement and Positive Development | Quiz Ch. 8 Case Study #2 due |
| Mon. Nov. 1 st | Ch 10 | Aging and Involvement in Sport and Physical Activity | |
| Wed. Nov. 3 rd | Ch 10 | Aging and Involvement in Sport and Physical Activity Assignment | Quiz Ch 9 |
| Mon. Nov. 8 th | handouts | Communication | |
| Wed. Nov. 10 th | handouts | Communication | Quiz Ch 10 |
| Mon. Nov. 15 th | handouts | Communication & listening practice | |
| Wed. Nov. 17 th | handouts | Communication & listening practice Listening Skills Assignment | Assignment due |
| Mon. Nov. 22 nd | Chap 12 | Exercise and Mental Health | |
| Wed. Nov. 24 th | Chap 12 | Exercise and Mental Health | Quiz on Communication |
| Mon. Nov. 29 th | Chap 13 | Physical Activity Interventions | Quiz Ch. 12 |
| Wed. Dec. 1 st | Chap 14 | Sport Psychology Interventions | Quiz Ch 13 Listening Skills Assignment due |
| Mon. Dec. 6 th | Chap 14 | Sport Psychology Interventions | Quiz Ch. 14 |
| Final exam Wed. Dec. 8 th | | Final exam | TBA |
| | | | |