



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

**PSYC 160-002**  
**Sport & Exercise Psychology**  
**ExWell cohort**

**Tuesday 10-11:20 am-CBA 212 & Thursday 1:30-2:50 pm-CBA 212**

**Fall 2014 COURSE OUTLINE**

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<b>Instructor:</b>	Anneke van Alderwegen B.Sc. MA.
<b>Office:</b>	Fisher 106E (Lansdowne) and TBA (Interurban)
<b>Office Hours:</b>	As posted and by appointment
<b>Phone:</b>	(250)-370-3107
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<b>Website:</b>	D2L
<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>be able to:</i>	<i>Upon successful completion of this course the student will</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:** Crocker, Peter R. E. (2010) *Sport and Exercise Psychology; A Canadian Perspective*. 2nd Edition. Pearson Canada Inc.

**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

<b>Assessment Overview:</b>	Quizzes	30 marks
	Case Study & assignments 3 @ 10 marks	30 marks
	Communication Project	20 marks
	Final exam	20 marks

<b>Grading System:</b>	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 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.

**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><i>Temporary Grade</i></b>	<b><i>Description</i></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><i>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.</i></b>

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.

### SCHEDULE OF CLASSES

DATE	READINGS	ACTIVITY	ASSIGNMENTS
Tues. Sept. 2 <sup>nd</sup>	Chap 1	Introduction to the course and the field of sports & exercise psych	
Thurs. Sept. 4 <sup>th</sup>	Chap 1 & 2	Introduction and Research bits!	
Tues. Sept. 9 <sup>th</sup>	Chap 3	Personality & Sport	
Thurs. Sept. 11 <sup>th</sup>	Chap 3	Personality & Sport	*Quiz Ch 1 & 2
Tues. Sept. 16 <sup>th</sup>	Ch 3	Personality & Sport	
Thurs. Sept. 18 <sup>th</sup>	Ch 4	Motivation & Behaviour	Quiz Ch 3
Tues. Sept. 23 <sup>rd</sup>	Ch 4	Motivation & Behaviour	
Thurs. Sept. 25 <sup>th</sup>	Ch 5 & 6	Arousal, Stress & Anxiety	
Tues. Sept. 30 <sup>th</sup>	Ch 5 & 6	Arousal, Stress & Anxiety	*Quiz Ch 4
Thurs. Oct. 2 <sup>nd</sup>	Ch 5 & 6	Arousal, Stress & Anxiety	
Tues. Oct. 7 <sup>th</sup>	Ch 7	Group and Team Cohesion	*Quiz Ch. 5 & 6
Thurs. Oct. 9 <sup>th</sup>	Ch. 7	Group and Team Cohesion <b>*chap 8 will not be covered in class</b>	
Tues. Oct. 14 <sup>th</sup>	Ch 9	Youth Involvement and Positive Development	
Thurs. Oct. 16 <sup>th</sup>	Ch 9	Youth Involvement and Positive Development	*Quiz Ch. 7
Tues. Oct. 21 <sup>st</sup>	Ch 10	Aging and Involvement in Sport and Physical Activity	
Thurs. Oct. 23 <sup>rd</sup>	Ch 10	Aging and Involvement in Sport and Physical Activity	*Quiz Ch 8 optional
Tues. Oct. 28 <sup>th</sup>	handouts	Communication	
Thurs. Oct. 30 <sup>th</sup>	handouts	Communication	*Quiz Ch 9

Tues. Nov. 4 <sup>th</sup>	handouts	Communication & listening practice	
Thurs. Nov. 6 <sup>th</sup>	handouts	Communication & listening practice	
Thurs. Nov. 13 <sup>th</sup>	Chap 12	Communication &	
Tues. Nov. 18 <sup>th</sup>	Chap 12	Exercise and Mental Health	*Quiz on Communication
Thurs. Nov. 20 <sup>th</sup>	Chap 14	Sport Psychology Interventions	*Quiz Ch. 12
Tues. Nov. 25 <sup>th</sup> & Thurs. Nov. 27 <sup>th</sup>	Chap 14	Sport Psychology Interventions	*Quiz Ch 14
Tues/Thurs. Dec. 2 <sup>nd</sup> and 4 <sup>th</sup>		Final exam Parts A and B	TBA
			*These quizzes are to be completed online on d2I