



CAMOSUN COLLEGE
School of Arts & Science Psychology Department

PSYC 160
Sport & Exercise Psychology X01
Wednesdays 8:30-9:50 am CC121 &
Fridays-8:30-9:50 am-PISE 330A

Winter 2015 COURSE OUTLINE

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| Instructor: | Anneke van Alderwegen B.Sc. MA. |
| Office: | F 106E (Lansdowne) and TBA (Interurban) |
| Office Hours: | As posted and by appointment |
| Phone: | (250)-370-3107 |
| Email: | vanalderwegen@camosun.bc.ca |
| Website: | D2L |
| 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 |
| Learning Outcomes: <i>be able to:</i> | <i>Upon successful completion of this course the student will</i> <ol style="list-style-type: none">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 satisfaction3. Demonstrate effective interpersonal communication skills appropriate for a client/facilitator relationship4. Identify how participation in sport or exercise influences the psychological development of the individual player/participant |

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

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

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| 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 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 or 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 or information on conversion to final grades, and for additional information on student record and transcript notations.

| <i>Temporary Grade</i> | <i>Description</i> |
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| I | <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> |
| IP | <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> |
| CW | <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> |

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.

7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

LEARNING SUPPORT AND SERVICES FOR STUDENTS

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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 on the College web site in the Policy Section.

SCHEDULE OF CLASSES

| DATE | READINGS | ACTIVITY | ASSIGNMENTS |
|-----------------------------|------------|--|----------------|
| Wed. Jan. 7 th | Chap 1 | Introduction to the course and the field of sports & exercise psych | |
| Fri. Jan. 9 th | Chap 1 & 2 | Introduction and Research bits! | |
| Wed. Jan. 14 th | Chap 3 | Personality & Sport | |
| Fri. Jan. 16 th | Chap 3 | Personality & Sport | Quiz Ch 1 & 2 |
| Wed. Jan. 21 st | Ch 3 | Personality & Sport | |
| Fri. Jan. 23 rd | Ch 4 | Motivation & Behaviour | Quiz Ch 3 |
| Wed. Jan. 28 th | Ch 4 | Motivation & Behaviour | |
| Fri. Jan. 30 th | Ch 5 & 6 | Arousal, Stress & Anxiety | |
| Wed. Feb. 4 th | Ch 5 & 6 | Arousal, Stress & Anxiety | Quiz Ch 4 |
| Fri. Feb. 6 th | Ch 5 & 6 | Arousal, Stress & Anxiety | |
| Wed. Feb. 11 th | Ch 5 & 6 | Arousal, Stress & Anxiety | |
| Wed. Feb. 18 th | Ch. 6 | Arousal, Stress & Anxiety Case Study #1 *chap 8 will not be covered in class | Quiz Ch. 5 & 6 |
| Fri. Feb. 20 th | Ch 6 | Arousal, Stress & Anxiety | |
| Wed. Feb. 25 th | Ch 9 | Group and Team dynamics | Quiz Ch. 7 |
| Fri. Feb. 27 th | Ch 10 | Group and Team dynamics | |
| Wed. March 4 th | Ch 10 | Youth Involvement and Positive Development | |
| Fri. March 6 th | handouts | Aging and Involvement in Sport and Physical Activity Assignment | |
| Wed. March 11 th | handouts | Communication | Quiz Ch 9 |

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| Fri. March 13 th | handouts | Communication & listening practice | |
| Wed. March 18 th | handouts | Communication & listening practice | |
| Fri. March 20 th | Chap 12 | Communication & Listening Skills Assignment | |
| Wed. March 25 th | Chap 12 | Exercise and Mental Health | Quiz on Communication Seniors assignment due |
| Fri. March 27 th | Chap 14 | Sport Psychology Interventions | Quiz Ch. 12 Listening Skills Assignment due |
| Wed. April 1 st | Chap 14 | Sport Psychology Interventions | Quiz Ch. 14 |
| *Friday, April 3rd Good Friday | | | |
| Wed. April 8 th | | Final exam part A | |
| Fri. April 10 th | | Final exam part B | TBA |