



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

**PSYC-160-002**  
**Sport & Exercise Psychology 1**  
**Fall 2018**

## **COURSE OUTLINE**

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

Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

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### **1. Instructor Information**

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|------------------|--|
| (a) Instructor   | Anneke van Alderwegen B.Sc. MA.  |
| (b) Office hours | As posted and by appointment   |
| (c) Location     | F106E (Lansdowne) and TBA (Interurban)                                       |
| (d) Phone        | 250-370-3107 <b>Alternative:</b>   |
| (e) E-mail       | <a href="mailto:vanalderwegen@camosun.bc.ca">vanalderwegen@camosun.bc.ca</a> |
| (f) Website      | D2L  |

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### **2. Intended Learning Outcomes**

Upon completion of this course a 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**

(a) Texts

Crocker, Peter R. E. (2015) *Sport and Exercise Psychology; A Canadian Perspective*. 2<sup>nd</sup> Edition. Pearson Canada Inc.

### **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

## SCHEDULE OF CLASSES

| DATE                     | READINGS  | ACTIVITY   | ASSIGNMENTS   |
|--------------------------|-----------|--|---|
| Tues. Sept 4             | Ch. 1     | Introduction to the course and the field of sports & exercise psych                        | * Chapter quizzes to follow completion of each chapter (online or written in class) |
| Thurs. Sept 6            | Ch. 1 & 2 | Introduction and Research bits!  |   |
| Tues. Sept. 11           | Ch. 3     | Personality & Sport  |   |
| Thurs. Sept. 13          | Ch. 3     | Personality & Sport  |   |
| Tues. Sept 18            | Ch. 3     | Personality & Sport  |   |
| Thurs. Sept 20           | Ch. 3     | Personality & Sport  |   |
| Tues. Sept. 24           | Ch. 4     | Motivation & Behaviour   |   |
| Thurs. Sept. 26          | Ch. 4     | Motivation & Behaviour   |   |
| Tues. Oct. 2             | Ch. 4     | Motivation & Behaviour   |   |
| Thurs. Oct. 4            | Ch. 4     | Motivation & Behaviour   |   |
| Tues. Oct. 9             | Ch 5 & 6  | Arousal, Stress & Anxiety  |   |
| Thurs. Oct 12            | Ch 5 & 6  | Arousal, Stress & Anxiety<br><b>Case Study #1</b><br>* chap 8 will not be covered in class |   |
| Tues. Oct 16             | Ch 5 & 6  | Arousal, Stress & Anxiety  |   |
| Thurs. Oct 18            | Ch 9      | Group and Team dynamics  |   |
| Tues. Oct 23             | Ch 10     | Group and Team dynamics  |   |
| Thurs. Oct 25            | Ch 10     | Youth Involvement and Positive Development   | * case study (1 of 2 due)   |
| Tues Oct 30              | Handouts  | Aging and Involvement in Sport and Physical Activity<br><b>Assignment</b>                  |   |
| Thurs. Nov 1             | Handouts  | Communication  |   |
| Tues. Nov 6              | Handouts  | Communication  |   |
| Thurs. Nov 8             | Handouts  | Communication & Listening practice   | <b>Case study (2<sup>nd</sup> of 2 due &amp; 1 or 1 due)</b>                        |
| Tues Nov 13              |           | Communication & Listening practice   | <b>Seniors assignment due</b>   |
| Thurs Nov 15             |           | Communication & <b>Listening Skills Assignment</b>   |   |
| Tues Nov 20              |           | Conflict resolution  |   |
| Thurs Nov 22             | Chap 12   | Exercise and Mental Health   |   |
| Tues Nov 27              | Chap 14   | Sport Psychology Interventions   | <b>Listening Skills Assignment due</b>  |
| Thurs Nov 29             | Chap 14   | Sport Psychology Interventions   |   |
| Tues Dec 5 & Thurs Dec 7 |           | Final exam Part A on the 5 <sup>th</sup> and Part B on the 7 <sup>th</sup>                 |   |

### 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 |

#### Quizzes: 30% of your grade

You will have short quizzes based on the readings for that class. There will be a total of 10 quizzes and the best 8 will count. There are no make-ups on these quizzes.

### **Final Exam: 20% of your grade**

You will have a final quiz that tests your ability to apply the knowledge you have learned. The test format will include a case study.

### **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.

### **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.

## **6. Grading System**

- Standard Grading System (GPA)
- Competency Based Grading System

## **7. Recommended Materials to Assist Students to Succeed Throughout the Course**

## **8. College Supports, Services and Policies**



### **Immediate, Urgent, or Emergency Support**

If you or someone you know requires immediate, urgent, or emergency support (e.g. illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts @ <http://camosun.ca/about/mental-health/emergency.html> or <http://camosun.ca/services/sexual-violence/get-support.html#urgent>

### **College Services**

Camosun offers a variety of health and academic support services, including counselling, dental, disability resource centre, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit the **STUDENT SERVICES** link on the College website at <http://camosun.ca/>

### **College Policies**

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies. Policies are available on the College website at <http://camosun.ca/about/policies/>. Education and academic policies include, but are not limited to, Academic Progress, Admission, Course Withdrawals, Standards for Awarding Credentials,

Involuntary Health and Safety Leave of Absence, Prior Learning Assessment, Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, Student Appeals, Student Conduct, and Student Penalties and Fines.

A. GRADING SYSTEMS <http://camosun.ca/about/policies/index.html>

The following two grading systems are used at Camosun College:

1. 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     |                                      | 1                       |
| 0-49       | F     | Minimum level has not been achieved. | 0                       |

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

| Grade | Description   |
|-------|---|
| COM   | The student has met the goals, criteria, or competencies established for this course, practicum or field placement.   |
| DST   | The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement. |
| NC    | The student has not met the goals, criteria or competencies established for this course, practicum or field placement.  |

B. 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 <http://camosun.ca/about/policies/index.html> 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 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. |

|    |   |
|----|---|
| 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. |
|----|---|