



CAMOSUN COLLEGE
School of Arts & Science
Department of Psychology

PSYC-154-001
Sport & Exercise Psychology 1
Summer 2020 (May 4th-June 20th)

COURSE OUTLINE

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

* 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.

1. Instructor Information

(a) Instructor	Maxine Crawford
(b) Office hours	By appointment
(c) Phone	250-826-8006
(d) E-mail	crawfordm@camosun.bc.ca
(e) Website	Go to Camosun.ca and click on 'D2L' (top right). Log in with C number and password, and click on Psyc 154

2. Intended Learning Outcomes

Upon completion of this course a student will be able to:

1. Identify key concepts describing interpersonal communication.
2. Describe basic principles and theories of communication.
3. Analyze personal life events using course vocabulary, concepts and theory.
4. Demonstrate active listening in sample interviews and observations.
5. Work collaboratively through the application of active listening skills and conflict resolution skills.
6. Describe, evaluate and demonstrate the components of empathy.
7. Differentiate between a person's (self or other) thoughts, feelings, and behaviours.

3. Required Materials

Textbook: *Interplay* by Adler, Rosenfeld, Proctor and Winder. 2016. 4th. Canadian Edition. The e-book can be purchased through the Camosun bookstore.

4. Course Content and Schedule

Effective communication with others comes from a deep understanding of ourselves, an empathic understanding of others, and knowledge of the skills and methods for dealing with interpersonal situations. In this course, the students will work at developing self-awareness, study the theory of interpersonal relationships, and practice interpersonal skills in class and in their lives.

The ability to implement communication theory into practice is the primary objective of this course. In order to accomplish this, students will complete readings from the text, participate in class discussions, and practice new skills in a series of structured exercises involving pairs and groups. Class attendance is very important for this course.

Please read the chapter **before** you come to class so you understand the concepts and are familiar with the terminology. Pre-reading will improve your performance in class and on exams.

Important dates to keep in mind:

- You can drop the course with tuition refund by May 11th, 2020.
- The last day to withdraw without academic penalty by June 5th, 2020.
- Refer to <http://camosun.ca/learn/fees/#deadlines> for details.

Classes are Monday's and Wednesday's from 8:30-11:20 am.

Week	Topic	Readings	Course Deliverables
May 4 -10	Introduction Communication and the Self	Chapter 1 Chapter 2	Discussion Forum
May 11-17	Perceiving Others Listening	Chapter 3 Chapter 5	Discussion Forum
May 18 - 24	No class: Monday is a holiday Listening	Chapter 5	Assignment 1: May 23rd
May 25 - 31	Emotions	Chapter 4	Discussion Forum Midterm: May 27th
June 1 - 7	Language and Non-Verbal Communication	Chapter 6 Chapter 7	Discussion Forum
June 8 - 14	Interpersonal Relationships Communication Climate	Chapter 8 Chapter 9	Assignment 2: June 13th
June 14 -20	Communication Climate Managing Conflict	Chapter 9 Chapter10	Assignment 3: June 20th
			Final Exam: TBA

This schedule may change, but changes will be discussed in class. You are responsible to pay attention to the due dates for your course deliverables.

5. Basis of Student Assessment (Weighting)

(a) Assignments [36% (3 x 12%) of course grade]

There are 3 assignments (Listening Paper; Before and After Paper; Integration Paper), in this course worth 12% each. The details for each assignment will be given closer to the due date. Papers are to be submitted to the drop box on D2L by midnight (12:00am) on the day they are due. **Assignments handed in late will lose 5% for every day they are late.**

(b) Discussion Forums (14% of course grade)

Throughout the course there will be four discussion forums on different communication skills. The topics will be posted at the beginning of the week they are due. The discussion forums will be a place for you to share your experience of using a communication skill we learn about in class. You are expected to provide one original post, as well as one post responding to a classmate's posting for each of the four topics. You will be evaluated on the quality of your posting and the insight and reflection you provide. You are expected to offer meaningful contributions to the discussion forums.

(c) Exams [50% (2 x 25%) of course grade]

There are two exams in this course. All tested material will be from the textbook and class lectures. We will discuss the format of each exam prior to the exam. Generally, exams are a combination of short answer and multiple choice questions.

All exams are to be written on the date specified. If you cannot write a test at the specified date and time, you must: 1) Contact me at least 24 hours before the exam takes place; 2) Have supporting documentation for the absence (e.g. Doctor's note); 3) Write the exam within 5 days of the missed test date.

6. Grading System

Standard Grading System (GPA)

Competency Based Grading System

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

Textbook and lecture slides posted to D2L. Collaborate recordings can be found in D2L. TextAid is enabled for this 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.