



CAMOSUN COLLEGE
School of Arts & Science
Department of Psychology

PSYC-160-002
Sport & Exercise Psychology 1
Winter 2020

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

Instructor	Maxine Crawford
Office hours	PISE 317 Monday 10:00-11:00am and by appointment.
Location	Monday: PISE 329B and Thursday: PISE 330
Phone	250-826-8006
E-mail	crawfordm@camosun.bc.ca
Website	Go to Camosun.ca and click on 'D2L' (top right). Log in with C number and password, and click on Psyc 160

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

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

4. Course Content and Schedule

- a. Introduction to the field
- b. Understanding Participants
- c. Understanding Sport & Exercise Environments
- d. Understanding Group Processes
- e. Communication Essentials
- f. Enhancing Performance

Schedule:

DATE	TOPIC	Readings	Assignments
January 6 January 9	Introduction to the course and field	Chapter 1	
January 13 January 16	Personality	Chapter 2	
January 20 January 23	Personality	Chapter 2	Identity Box Assignment
January 27 January 30	Motivation and Behaviour	Chapter 3	
February 3 February 6	Motivation and Behaviour	Chapter 3	
February 10 February 13	Arousal, Stress, and Anxiety	Chapter 4 & 5	Case Study
	READING BREAK		
February 24 February 27	Arousal, Stress, and Anxiety Midterm Exam	Chapter 4 & 5	Midterm Exam
March 2 March 5	Sport Psychology Interventions	Chapter 7	
March 9 March 12	Communication	Handouts	
March 16 March 19	Group Cohesion	Chapter 9	
March 23 March 26	Group Cohesion	Chapter 9	Communication Project
March 30 April 2	Physical Activity and Mental Health	Chapter 13	
April 6 April 9	Youth Involvement & Development Aging and Involvement	Chapter 10 Chapter 12	
April 14-22	Final Exam		Final Exam

Note: This course outline is tentative. Any changes will be discussed in class.

5. Basis of Student Assessment (Weighting)

You are responsible to pay attention to the due dates for your assignments and your exams.

Identity Box Assignment	15%
Case Study:	15%
Midterm Exam:	25%
Communication Project:	20%
Final Exam:	<u>25%</u>
	100%

(a) Identity Box Assignment (15% of course grade)

You will be asked to complete an online survey and to create an identity box detailing your findings. More details will be provided in class.

(b) Case Study (15% of course grade)

A list of case studies will be given for you to choose from. You will be required to examine the case and suggest appropriate responses based on the content we have covered to date. A write-up using APA will be required that marries practice with theory.

(c) Communication Project (20% of course 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.

(d) Midterm Exam (25% of course grade)

The midterm will be written in class and will be based on lecture and textbook material. The format of the exam will be discussed in class prior to the exam.

(e) Final Exam written during the Examination Period (25% of course grade)

Do not schedule any trips until the final exam schedule is posted. Examination period runs from April 14th-22nd.

Important Information:

Assignments:

To be submitted to the drop box on D2L before midnight on the day they are due. Assignments handed in late will lose 5% for every day they are late.

APA Style: All writing in psychology must follow American Psychological Association (APA) style. Papers must be well-proofed, have a title page, and follow APA rules for writing and referencing. See the Psychology Department home page, or the reference section of the library.

Exams:

All exams are to be written on the date specified. If you cannot write an exam at the specified date and time, you must:

- 1) Contact me at least 12 hours before the exam takes place.
- 2) Have supporting documentation for the absence (e.g. Doctor's note).
- 3) Write the exam within 7 days of the missed exam 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.

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.