



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

**PSYC-160-001**  
**Sport & Exercise Psychology 1**  
**Winter 2020**  
**Mondays 8:30-9:50 am and Thursdays 10:30-11:50 am**  
**PISE 329A**

## **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**

<b>(a) Instructor</b>	Anneke van Alderwegen Bsc. MA. BCRPA Trainer of Fitness Leaders
<b>(b) Office hours</b>	Mondays noon-1 pm (Inter.) Tuesdays 12:30-2:30 pm & Wed. 3:30-4:30 pm (Lans) Fisher 106E (Lansdowne) and TBA (Interurban)
<b>(c) Location</b>	PISE 329A
<b>(d) Phone</b>	250-370-3107
<b>(e) E-mail</b>	vanalderwegen@camosun.bc.ca
<b>(f) Website</b>	D2L

**Acknowledgement:** Camosun College campuses are located on the traditional territories of the Lkwungen and WSÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

**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

### **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*. 2nd 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	READING S	ACTIVITY	ASSIGNMENTS
Mon. Jan. 6 <sup>th</sup>	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. Jan. 9 <sup>th</sup>	Ch. 1	Introduction and Research bits!	
Mon. Jan. 13 <sup>th</sup>	Ch. 2	Personality & Sport	
Thurs. Jan. 16 <sup>th</sup>	Ch. 2	Personality & Sport	
Mon. Jan. 20 <sup>th</sup>	Ch. 2	Personality & Sport	
Thurs. Jan. 23 <sup>rd</sup>	Ch. 2	Personality & Sport	
Mon. Jan. 27 <sup>th</sup>	Ch. 3	Motivation & Behaviour	
Thurs. Jan. 30 <sup>th</sup>	Ch. 3	Motivation & Behaviour	
Mon. Feb. 3 <sup>rd</sup>	Ch. 3	Motivation & Behaviour	
Thurs. Feb. 6 <sup>th</sup>	Ch. 3	Motivation & Behaviour <b>Case Study #1</b>	
Mon. Feb. 10 <sup>th</sup>	Ch. 4 & 5	Arousal, Stress & Anxiety	
Thurs. Feb. 13 <sup>th</sup>	Ch. 4 & 5	Arousal, Stress & Anxiety	
Mon. Feb. 24 <sup>th</sup>	Ch. 4 & 5	Arousal, Stress & Anxiety	Case study due (one of only one or first of two)

Thurs. Feb. 27 <sup>th</sup>	Ch 10	Youth Involvement and Positive Development	
Mon. March 2 <sup>nd</sup>	Ch 12	Aging and Involvement in Sport and Physical Activity <b>Assignment</b>	
Thurs. March 5 <sup>th</sup>	Ch. 9	Group and Team dynamics	<b>Second Case study due (if applicable)</b>
Mon. March 9 <sup>th</sup>	Ch. 9	Group and Team dynamics	
Thurs. March 12 <sup>th</sup>	handouts	Communication	
Mon. March 16 <sup>th</sup>	handouts	Communication	<b>Seniors assignment due</b>
Thurs. March 19 <sup>th</sup>	handouts	Communication & listening practice	
Mon. March 23 <sup>rd</sup>	handouts	Communication & <b>Listening Skills Assignment</b>	
Thurs. March 26 <sup>th</sup>	Chap 13	Exercise and Mental Health	
Mon. March 30 <sup>th</sup>	Chap 7	Sport Psychology Interventions	
Thurs. April 2 <sup>nd</sup>	Chap 7	Sport Psychology Interventions	<b>Listening Skills Assignment due</b>
Mon. April 6 <sup>th</sup>		Final exam part A Multiple choice	
Thurs. April 9 <sup>th</sup>		Final exam part B written	

## 5. Basis of Student Assessment (Weighting)

Quizzes	30 marks
Case Study & assignments 3 @	10 marks
Communication Project	20 marks
Final exam	20 marks

### 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 10 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/apacrib.html](http://www.wooster.edu/psychology/apacrib.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.