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KIN 440.01: Sport Psychology

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KIN 440: Sport Psychology
(formerly known as HHP 470: Foundations in Sport and Exercise
Psychology)
Fall Semester 2013

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Office Hours: Monday 9:00am-10:00am, Wednesday 1:00pm-2:00pm,
Thursday 9:00am-10:00am, by appointment

Primary Objectives:

- To gain a foundational understanding of how and when the field of sport psychology developed
- To procure a knowledge of the major tenets and principles included within the discipline of sport psychology
- To identify how sport psychology fits into the overall realm of optimal performance
- To gain some applied skills in sport psychology tactics

Dr. Gaskill's Keys to Success:

- Come to class
- Do the necessary reading before hand
- Identify one key principle or tenet from each discussion

Text/Readings:

- "Foundations of Sport and Exercise Psychology (5th Edition)," by Weinberg & Gould (2011). Optional, but recommended.
- "The Art of War", by Sun Tzu, translated by Thomas Cleary
- "Open", by Andre Agassi

Web Resources:

- This course also has a Moodle supplement. Pertinent course materials will be posted here. If you are unfamiliar with Moodle (join the club), you can visit the following website for more information:
<http://umonline.umt.edu/Moodle%20Tip%20Sheets/tipsheetandvideosstudents.aspx> Please consult with the instructor if you have any issues with this.
- Association for the Advancement of Applied Sport Psychology:
www.aaasponline.org

Assessments: The course consists of two major examinations: one mid-term test (100 points), and one final test (110 points, comprehensive). Test format will consist of

true/false questions, multiple choice, short answer, and supported opinions. The content of each test will be finalized during the last class prior to each examination. Study guides for the tests will also be provided. Also, five 10 point quizzes will administered over the course of the semester. We will discuss the mechanics of how these will be delivered on the first day of class. Two options will be up for debate. Option 1: quizzes will be given at random, unannounced times but will be open reference, or Option 2: quizzes will be given on assigned dates but will not be open reference, and thus more difficult. The lowest of these five scores will be dropped, resulting in a total of 40 available quiz points. A field exercise will also be required (worth 100 points), and this is expanded upon later in this syllabus. Group discussions and classroom exercises will also be done (worth 50 points). These come in the form of three “lab” type projects, and they will be elaborated upon further as the course progresses. This lab work will be done within your team setting. Teams will be formed at the beginning of the semester. I will be monitoring class participation throughout the semester. **Anything we cover or talk about is potentially testable material!**

Grading:

94% - 100% = A (372-400 points)	74% - 77% = C (292-307 points)
91% - 93% = A- (360-371 points)	71% - 73% = C- (280-291 points)
88% - 90% = B+ (348-359 points)	68% - 70% = D+ (268-279 points)
84% - 87% = B (332-347 points)	64% - 67% = D (252-267 points)
81% - 83% = B- (320-331 points)	61% - 63% = D- (240-251 points)
78% - 80% = C+ (308-319 points)	Below 61% = F (239 points or lower)

Graduate Students: Students taking this course for graduate credit will need to fulfill additional course requirement(s), as determined by the instructor and graduate students themselves. Please see me early on in the semester if you are taking this course for graduate credit.

Important Dates:

Autumn Semester 2013

Thursday-Friday, August 22-23	New Student Orientation
Monday, August 26	Autumn Semester Classes Begin
Monday, September 2	Labor Day – No Classes, Offices Closed
Monday, November 11	Veterans Day – No Classes, Offices Closed
Wednesday, November 27	Student Travel Day – No Classes
Thursday-Friday, November 28-29	Thanksgiving Break – No Classes, Offices Closed
Friday, December 6	Last Day of Regular Classes
Monday-Friday, December 9-13	Final Exams

Attendance: Attendance on the dates of examinations and quizzes is required. Please notify me in *advance* if any examination or quiz will be missed due to official university business. Make-ups of missed quizzes and tests will not be allowed for any other reasons other than university-related business or documented illness. **Students are responsible for obtaining all handouts, case studies, reading assignments, and materials covered while absent.** Attendance is *important!*

Student Conduct Code: All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. Students can become more familiar with the Student Conduct Code, which is available online at www.umt.edu/SA/documents/fromWeb/Ed.StudentConductCode.doc

Just so that we are all on the same page, Section IV, A of the Student Conduct Code defines Plagiarism as: “Representing another person's words, ideas, data, or materials as one's own.”

Americans With Disabilities Act (ADA): The University of Montana upholds the ADA by providing reasonable accommodations to individuals with special challenges. If anyone requires reasonable accommodations to adequately perform the duties of this class, please see the instructor as soon as possible so that these issues can be addressed.

Professional Behavior

- This is one of my “hot button” issues, so we will discuss it in length on the first day of class. This discussion will focus on cell phone usage primarily.
- Once class begins, all non-related reading materials are to be put away
- Come to class on time and prepared to learn
- Notify me in **advance** if you are going to come to class late, leave early, or not be in attendance during an assessment day
- Keep sidebar discussions quiet and to a minimum
- If you are a UM athlete in season, I need a copy of your travel letter.

Emergency Preparedness and Response

As members of a community of learning, we all have responsibilities for each other that extend beyond the teaching/learning experience. As human beings, we are responsible for the protection and well-being of the other members of our group, in this case the group being the Fall Semester class of KIN 440. Therefore, should an emergency of any type develop, the following points become quite important:

- In the event we need to evacuate the building, our primary route will be through the classroom door, down the stairs, and out the west exit.
- If you hear an alarm or are told to evacuate, always assume the emergency is real. Be sure to take coats, backpacks, and valuables since the building may be closed for some time.
- Should we have to evacuate the building, our outdoor rally point will be the western end of the tennis courts (at least 300 feet from the exit). If there is a need for an indoor rally point, that will be McGill Hall. We should reconvene as a group at the rally point to help determine if all members are accounted for.
- Do not use elevators as a means of evacuating, and do not use cell phones until safely away from the building.

- If you require assistance in evacuating or have any type of medical condition that will make evacuation challenging, please inform me privately and we can preplan an appropriate and safe response.

Field Exercise: Students are required to attend some type of performance (Grizzly athletic contest, high school/middle school match/game, concert, theatre/dance, etc.) and observe/analyze that event as though you, the observer, are a sport psychologist. Things to watch for might include coaching behaviors, parent interactions, the performances of those involved, referees or officials, fans, etc. The template through which to view this event will be Sun Tzu's five major tenets, which will be explained in depth in class. The final product:

- Must have a separate title page, which includes the event attended and the date of the event, your name, and the due date centered on the page.
- Must list references, if any, at the end of your paper. Please use APA format or another accepted style.
- Must be typed (double spaced) with word processing software on a computer.
- **Must be between 1200 to 2000 words**, excluding title page and references (generally about 5 pages).
- Please keep a copy for your own records!

Field Exercise Grading System:

- **40 Points:** logical thread of thought in body of paper, smooth transitions from paragraph to paragraph, support of points made by presenting related research or personal experiences, and consistency of writing as it relates to writing style (e. g. use of "I" or third person).
- **20 Points:** opening paragraph(s)- clarity of thought, providing enough information to inform the reader of the topic to be discussed, setting tone of support or criticism, getting the reader's attention, and generally, introducing the reader to what the paper is about.
- **20 Points:** closing paragraph(s)- leave the reader with a sense of closure. Leave the reader with an understanding of your point(s), and possibly leave them with some points to ponder.
- **20 Points:** appropriateness of chosen topic, grammar, syntax, spelling, proofreading, and following directions. It will not take many simple, preventable errors to lose several/all 20 points.
- **-10 Points:** Any late paper will automatically have 10 points deducted. Papers must be received by Close of Business (COB) on the date due. For each ensuing M-W-F a paper deadline is missed, and additional ten points will be deducted. No unexcused reasons allowed.

Date	Topic	Reading/Assignment
August 27 th	Groundwork	Become familiar with syllabus
August 29 th	Introduction	Handouts
September 3 th	3 Ring Model	<ul style="list-style-type: none"> Exercise Physiology and Sport Psychology (Moodle document)
September 5 th	Background/History of Sport Psychology	<ul style="list-style-type: none"> Weinberg & Gould: Chapter 1 “The Art of War”
September 10 th	Psychological Skills Training (PST)	<ul style="list-style-type: none"> W & G: Chapter 11
September 12 th	Communication	<ul style="list-style-type: none"> W & G: Chapter 10
September 17 th	Motivation/Interest	<ul style="list-style-type: none"> W & G: Chapter 3 W & G: Chapter 6 (Intrinsic motivation)
September 19 th	Lab #1:	
September 24 th	Interviewing and Active Listening	<ul style="list-style-type: none"> Handouts DVD: Three Approaches to Sport Psychology Consulting
September 26 th	Personality/Attitude	<ul style="list-style-type: none"> W & G: Chapter 2
October 1 st	Stress	<ul style="list-style-type: none"> W & G: Chapter 4
October 3 rd	Emotion management, relaxation, and energization	<ul style="list-style-type: none"> W & G: Chapter 12 <p>*Study guides for Midterm test</p>
October 8 th	Confidence	<ul style="list-style-type: none"> W & G: Chapter 14 Questions for MT?
October 10 th	Mid-term test	
October 15 th	Test review, beginning of new material	
October 17 th	Imagery/visualization	<ul style="list-style-type: none"> W & G: Chapter 13
October 22 nd	Lab #2	
October 24 th	Injury	<ul style="list-style-type: none"> W & G: Chapter 19
October 29 th	Overtraining and Burnout	<ul style="list-style-type: none"> W & G: Chapter 21
October 31 st	Leadership styles/coaching	<ul style="list-style-type: none"> Handouts “Open” due
November 5 th	Leadership styles/coaching	<ul style="list-style-type: none"> W & G: Chapter 9
November 7 th	Transitions	<ul style="list-style-type: none"> Career Transitions (Moodle document)
November 12 th	Goal setting	<ul style="list-style-type: none"> W & G: Chapter 15 <p>Field Exercises due by COB</p>
November 14 th	Youth populations and sport psychology	<ul style="list-style-type: none"> W & G: Chapter 22
November 19 th	Lab #3	

November 21st	Mindfulness	Mindfulness training: Moodle document
November 26th	Team building/Cohesion	W & G: Chapter 7, 8
November 28th	No Class: Thanksgiving vacation	Eat, sleep, flatulate, repeat, watch Lions lose
December 3rd	Graduate student presentation	Final Exam study guides handed out Study
December 5th	Follow up and Review	
December 9th	Final Exam	10:10am-12:10pm

*Outline/syllabus is subject to change

*COB = Close of Business = 5:00pm

Assignment	Points	Date assigned	Date due	Points earned
Lab #1	20			
Lab #2	15			
Lab #3	15			
Quiz #1	10			
Quiz #2	10			
Quiz #3	10			
Quiz #4	10			
Quiz #5	10			
Field Exercise	100			
Midterm Exam	100			
Final Exam	110			
TOTAL	400			

***Remember, the lowest quiz grade will be dropped!**