

# KIN 3318 - Exercise and Sport Psychology

## **Faculty Information:**

Chad Smith, Ph.D.

Email: chad.w.smith@ttu.edu

Phone: 806-834-1689

Office: Kinesiology and Sport Management, Room 144

Class times: 10:00-10:50am Monday, Wednesday, & Friday

Kinesiology and Sport Management, Room 170

Office hours: Tuesday and Thursday from 9:30-10:45am or by appointment; face-to-face or virtually via Zoom

## **Course Information:**

KIN 3318 Workbook - *Sport Psychology in Action*. To be purchased through Copy/Mail in the SUB basement (806-742-3444)

Additional required readings will be provided through Blackboard.

## **Course Description and Purpose**

Emphasis on the social and psychological factors pertaining to participation in sport and exercise.

## **Student Learning Outcomes**

Upon completion of the **B.S. in Kinesiology**, students should be able to:

1. Describe physiological, psychological, and behavioral responses to exercise and physical activity.
2. Design and implement exercise programs to improve physical function in adults of various age groups and health conditions.
3. Write clearly and effectively in order to communicate within a professional health-care setting.

## **Students in KIN Courses:**

The following information applies to all courses taught in KIN and each student is required to review these guidelines. Guidelines can be found on the departmental website at: <http://www.depts.ttu.edu/ksm/>. For additional information and guidelines, you may refer to the University Catalog or the Student handbook.

**Expected Learning Outcomes:****Assessment Methods:**

|   |  |
|---|--|
| <p><b>Upon completion of the course, students will be able to:</b></p> <p>Demonstrate knowledge of the influence that selected psychological factors (i.e., personality, motivation, arousal, concentration) have on involvement and performance in sport and physical activity settings.</p> | <ul style="list-style-type: none"> <li>• Workbook assignments</li> <li>• Quiz</li> <li>• Exam</li> </ul> |
| Demonstrate knowledge and understanding of the psychosocial antecedents (i.e. causes) and consequences of injury and aggression in sport settings.  | <ul style="list-style-type: none"> <li>• Workbook assignments</li> <li>• Quiz</li> <li>• Exam</li> </ul> |
| Demonstrate knowledge and understanding of goal-setting and confidence effects in sport settings.   | <ul style="list-style-type: none"> <li>• Workbook assignments</li> <li>• Quiz</li> <li>• Exam</li> </ul> |
| Demonstrate familiarity with and understanding of why imagery enhances learning and performance of sport skills.  | <ul style="list-style-type: none"> <li>• Workbook assignments</li> <li>• Quiz</li> <li>• Exam</li> </ul> |
| Demonstrate knowledge and understanding of burnout causes and consequences in sport settings.   | <ul style="list-style-type: none"> <li>• Workbook assignments</li> <li>• Quiz</li> <li>• Exam</li> </ul> |

**Methods of Assessment**

- Examinations
  - There will be 3 tests covering the workbook materials, and corresponding slides/lecture material. Scantrons WILL be provided.
    - Students must be on time and will not be allowed to complete the test, therefore receiving a grade of 0, if arriving more than 5 minutes late.
  - There will be 6 online quizzes (30 minutes to complete each) covering the reading list.
    - **Only the 5 highest quiz grades** will be counted. The lowest quiz grade will be dropped.
  - Make-up tests and quizzes should be avoided at all costs. Discuss with the instructor **PRIOR** to the test start date if you feel this is absolutely necessary or if you have a university excused absence (tests only).
  - For Covid-19 or other illnesses forcing you to miss the test, a Doctor's note and communication with the instructor **prior** to the test date is required. Please do not attend any class if you are feeling sick.
  - Missed exams/quizzes will **NOT** be allowed to be taken.
- Workbook Activities
  - You will be required to complete at least 11 workbook activities as in-class activities or as a Blackboard Post.
  - Any activity not turned in on the designated KIN 3318 Workbook page (unless otherwise noted by the instructor) will have **HALF** credit taken off after the first offense and **NO CREDIT** will be given following that offense.

- Attendance in class is required to complete any assignment for credit. If you are not in attendance or do not have the correct documentation, you will not be able to complete the assignment for credit.
- Any **LATE** work turned in will **NOT** be accepted without a reasonable/valid excuse at the discretion of the instructor. Any late work that is accepted will have points taken off.
- Participation/Attendance Assignments
  - Students will be required to complete in-class activities/discussions in the classroom and/or on Blackboard during class and must be present when the assignment is given to receive any credit.
  - Attendance will be taken throughout the semester via the instructor taking attendance or attendance in-class activities/discussions. Participation will involve in-class activities/discussions The student will only receive credit if they are in attendance or have a doctor's note or university excused absence.
    - Each assignment will be worth the same number of points and is dependent on the number of assignments completed throughout the semester.
    - Students will have 2 free "unexcused" absences with each additional absence resulting in a 2.5 point deduction from the student's attendance grade and overall grade (if more than 13). Leaving class early or showing up more than 10 minutes late will automatically result in an absence unless previously discussed with the instructor.
    - For an absence to be excused with a doctor's note the student **MUST** bring the doctor's note or a copy to the instructor upon the first day of returning to class. Failure to do so will result in the absence not being excused.
    - For university excused absences, please let the instructor know before the date that will be missed.
- Other Assessments
  - **Meeting** - Each student will be required to meet with Dr. Smith face-to-face or via Zoom in the first 2 weeks of the semester as part of their pre-test/meeting grade. Dr. Smith will send out emails and discuss the dates for these meetings in class.
  - **Pre-/Post-Test** - This course requires assessments that will be administered as a Pre-/Post-Test at the beginning and end of the semester, respectively.
  - **Application Assignments** - There will be some assignments related to the application of the learned material. Some may be used as a participation grade or for attendance.

### Grading Turnaround Time

- Tests will be completed on scantron and will be graded at the computer center once all of my 3318 courses have completed them. Once I have received the grades and checked for outlier questions, errors, etc. I will post the grades in Blackboard.
- Quizzes will be automatically graded after submission. If your quiz is submitted after the deadline (10pm), Blackboard will mark it as late, but you will not lose points for this. If you are able to start and take the assessment you are fine, please do not email me in haste.

- Discussion Board posts and engagements will be graded within 7-10 working days (not including Saturday or Sunday) following the assignment due date and time.
  - I work to grade assignments quickly, but I have a lot of students so it will take me some time to get through all of my weekly assignments, please be patient.

### **Grade questions:**

The instructor is not allowed to discuss grades via email. Any questions about total points/grades must be done in person. Please contact the instructor to set up a time to meet.

### **Grading Scale:**

| <u>Item</u>              | <u>Points</u> | <u>Points earned</u>  | <u>Grade</u> |
|--------------------------|---------------|-----------------------|--------------|
| Test 1-3                 | 150           | 327-365 (90-100%)     | A            |
| Reading Quizzes          | 100           | 291-326 (80-89%)      | B            |
| Workbook activities      | 55            | 254-290 (70-79%)      | C            |
| Participation/Attendance | 32.5          | 218-253 (60-69%)      | D            |
| Other Assessments        | 27.5          | 217 and below (< 60%) | F            |
| <b>Total: 365</b>        |               |                       |              |

**\*\*Note:** The total score of 55 points for the workbook activities and 60 points for participation, attendance, & other assessments is subject to adjustment depending upon the number of exercises completed throughout the semester. Thus, the overall score of 365 points for the entire class may also be subject to adjustment.

### **Tentative schedule of topics covered:**

| <b>Week</b>   | <b>Date</b>     | <b>Readings</b>                       | <b>Topic</b>   |
|---------------|-----------------|---------------------------------------|--|
| <b>Week 1</b> | <b>F Aug 26</b> | <b>NONE</b>                           | <b>Syllabus Discussion &amp; Module 1 - Introduction to Sport Psychology</b>   |
| <b>Week 2</b> | <b>M Aug 29</b> | <b>Gill (1995), Gould (1995)</b>      | <b>Module 2 (some 3) - History &amp; Overview of Sport Psychology</b>  |
|               | <b>W Aug 31</b> | <b>Biddle (2006), Forscher (1963)</b> | <b>Module 2/3 cont.</b>  |
|               | <b>F Sept 2</b> | <b>P. 12-17; Piedmont (1999)</b>      | <b>Module 2 cont. - Module 4 – Personality – Online Reading Quiz 1 over Module 2 Opens at 8am on Thursday, September 1st - Closes at 10pm on Friday, September 2nd</b> |
| <b>Week 3</b> | <b>M Sept 5</b> |                                       | <b>NO CLASS</b>  |
|               | <b>W Sept 7</b> | <b>P. 19-21</b>                       | <b>Personality cont.</b>   |

|         |           |                            |  |
|---------|-----------|----------------------------|--|
|         | F Sept 9  |                            | Personality cont. – <u>Individual Meeting with Dr. Smith must be completed by today</u>  |
| Week 4  | M Sept 12 | P. 26-28                   | Module 5 – Motivation  |
|         | W Sept 14 | Ryan & Deci (2000)         | Motivation cont.   |
|         | F Sept 16 |                            | Motivation cont. - Online Reading Quiz 2 over Modules 3 & 4 Opens at 8am on Thursday, September 15 <sup>th</sup> - Closes at 10pm on Friday, September 16 <sup>th</sup>    |
| Week 5  | M Sept 19 |                            | Motivation cont.   |
|         | W Sept 21 |                            | Motivation cont. & Test 1 Review   |
|         | F Sept 23 |                            | Test 1 over Modules 1-5  |
| Week 6  | M Sept 26 | P. 32-34                   | Module 6 - Goal Setting  |
|         | W Sept 28 | Weinberg (2001)            | Goal Setting cont.   |
|         | F Sept 30 |                            | Goal Setting cont. - Online Reading Quiz 3 over Modules 5 & 6 Opens Thursday, September 29 <sup>th</sup> at 8am - Closes on Friday, September 30 <sup>th</sup> at 10pm     |
| Week 7  | M Oct 3   | P. 40-41                   | Goal Setting cont. - Module 7 – Concentration  |
|         | W Oct 5   | Oudejans (2010)            | Concentration cont.  |
|         | F Oct 7   | Arent (2003), Hardy (1991) | Module 8 - Arousal, Stress, & Anxiety  |
| Week 8  | M Oct 10  | P. 46-53                   | Arousal, Stress, & Anxiety cont.   |
|         | W Oct 12  |                            | Arousal, Stress, & Anxiety cont.   |
|         | F Oct 14  | P. 60-62                   | Module 9 - Self-Confidence - Online Reading Quiz 4 over Modules 7 & 8 Opens at 8am Thursday, October 13 <sup>th</sup> - Closes on Friday, October 14 <sup>th</sup> at 10pm |
| Week 9  | M Oct 17  |                            | Self-Confidence cont.  |
|         | W Oct 19  |                            | Self-Confidence cont. & Test 2 Review  |
|         | F Oct 21  |                            | Test 2 over Modules 6-9  |
| Week 10 | M Oct 24  | P. 66-70                   | Module 10 - Imagery in Sport and Exercise  |

|                |                            |   |  |
|----------------|----------------------------|---|--|
|                | <b>W Oct 26</b>            | <b>Podlog (2006), Tracey (2003)</b>                   | <b>Imagery in Sport and Exercise cont.</b>   |
|                | <b>F Oct 28</b>            |   | <b>Imagery in Sport and Exercise cont.</b>   |
| <b>Week 11</b> | <b>M Oct 31</b>            |   | <b>Imagery in Sport and Exercise cont.</b>   |
|                | <b>W Nov 2</b>             | <b>P. 76</b>  | <b>Module 11 - Athletic Injury</b>   |
|                | <b>F Nov 4</b>             |   | <b>Athletic Injury cont. - Online Reading Quiz 5 over Module 11 Opens at 8am on Thursday, November 3<sup>rd</sup> - Closes on Friday, November 4<sup>th</sup> at 10pm</b>                            |
| <b>Week 12</b> | <b>M Nov 7</b>             | <b>Goldstein (2008), Grange (2010)</b>                | <b>Athletic Injury cont.</b>   |
|                | <b>W Nov 9</b>             |   | <b>Athletic Injury cont.</b>   |
|                | <b>F Nov 11</b>            | <b>P. 80; Cresswell (2006) &amp; Cresswell (2007)</b> | <b>Module 12 – Aggression</b>  |
| <b>Week 13</b> | <b>M Nov 14</b>            |   | <b>Aggression cont.</b>  |
|                | <b>W Nov 16</b>            |   | <b>Aggression cont.</b>  |
|                | <b>F Nov 18</b>            | <b>P. 84-85</b>                                       | <b>Module 13 - Burnout and Overtraining - Online Reading Quiz 5 over Modules 12 &amp; 13 Opens at 8am on Thursday, November 17<sup>th</sup> - Closes on Friday, November 18<sup>th</sup> at 10pm</b> |
| <b>Week 14</b> | <b>M Nov 21</b>            |   | <b>Burnout and Overtraining cont.</b>  |
|                | <b>W Nov 23 - F Nov 25</b> |   | <b>NO CLASS – THANKSGIVING</b>   |
| <b>Week 15</b> | <b>M Nov 28</b>            |   | <b>Burnout and Overtraining cont.</b>  |
|                | <b>W Nov 30</b>            | <b>P. 90-92; 96-97</b>                                | <b>Module 14/15 - Team Cohesion &amp; Group Dynamics</b>   |
|                | <b>F Dec 2</b>             |   | <b>Team Cohesion &amp; Group Dynamics cont.</b>  |
| <b>Week 16</b> | <b>M Dec 5</b>             |   | <b>Team Cohesion &amp; Group Dynamics cont. - Review for Test 3 &amp; Class Summary</b>  |
| <b>Final</b>   | <b>M Dec 12</b>            |   | <b>Test 3 over Modules 10-14 on Monday, December 12<sup>th</sup> at 7:30am</b>   |

**NOTE:** All dates and assignments are tentative. When changes are required, announcements made in class will **supersede** any dates or assignments within this syllabus. Students are responsible for knowing about oral announcements or requirements not listed in the syllabus.

### Point Value of Activities

| Application       | Workbook | Points    | Reading Quiz | Points       | Test | Points     |
|-------------------|----------|-----------|--------------|--------------|------|------------|
| 2 pts each        | M1, E1   | 5         | 1            | 20           | 1    | 50         |
|                   | Page 12  | 5         | 2            | 20           | 2    | 50         |
|                   | M4, E1   | 5         | 3            | 20           | 3    | 50         |
|                   | M6, E2   | 5         | 4            | 20           |      |            |
|                   | M7, E1   | 5         | 5/6          | 20           |      |            |
|                   | M8, E1   | 5         | Pre- & Intro | 2.5          |      |            |
|                   | Imagery  | 5         | Post-Test    | 5            |      |            |
|                   | M11, E1  | 5         |              |              |      |            |
|                   | M12, E1  | 5         |              |              |      |            |
|                   | M13, E1  | 5         |              |              |      |            |
|                   | Cohesion | 5         |              |              |      |            |
| <b>Total - 20</b> |          | <b>55</b> |              | <b>107.5</b> |      | <b>150</b> |

### **Student Expectations:**

#### **1. Attendance & Participation**

- a. Attendance at class is highly recommended in order to enhance understanding of the material covered. There will be several class activities during the course of this class and students not in attendance will receive zero points for the class activity that day, so it is in your interest to make sure you are in class and have read the assigned reading in advance.
- b. Please be **on time** for each class and remain for the entire class. Unless there is a medical or personal emergency, you should not leave the classroom during class as it is distracting & you will miss valuable information. Should students leave early with no notification, you will not receive credit for being in attendance/participating for that class. If you must leave early for a personal matter, please email the instructor asap that day or let them know in advance.
- c. Some days attendance may be taken with students signing-in on an attendance sheet. When this happens it is the student's responsibility to sign-in for that class period. Failure to sign-in will result in an absence even if the student was in attendance. **DO NOT SIGN-IN ANY OTHER STUDENT'S NAME OTHER THAN YOUR OWN.** **Signing in someone other than yourself, is a student conduct violation and will be handled as such.**
- d. For every unexcused absence **beyond two (2)** (unless excused by the Instructor), your participation points will be lowered by 2.5 points for each occurrence. This class will be similar to work, where if you are going to miss, you have to call in before your shift. Absences will be considered **UNEXCUSED** if the instructor is not notified via email/voicemail **BEFORE** class begins. Failure to notify the instructor in advance, even with documentation, may lead to the absence not being excused.
  - i. Valid excused absences **include but are not limited to:** death in the family, illness (with note from doctor), or athletic competition (with letter/email from Athletics) after consideration from the instructor for each occurrence. **Please note – just because a student notifies the instructor of their absence before class,**

does not necessarily mean it will be excused. The instructor reserves the right to determine whether an absence is excused or unexcused.

- ii. If you are going to be absent from a class, it is your responsibility to get the notes you missed from a classmate. If you are absent on the day of an In-Class Assignment, and the absence is excused, it is your responsibility to make arrangements with the instructor to make up the assignment. Students must contact the Instructor for a make-up assignment by the next class meeting. **In-Class Assignments cannot be made up for unexcused absences for any reason.** If you are going to be absent from class on the day an assignment is due in class, it is your responsibility to turn it in early to the instructor. Assignments will not be accepted via email or from another student unless otherwise stated.
  - iii. If you are going to be absent on the day of an exam, it is your responsibility to notify the Instructor **BEFORE** the exam via email. **Exam make-ups will only be scheduled for valid excused absences** such as illness (with a note from a doctor), death in the family, or athletic competition (note/email from Athletics is required) after consideration from the instructor. **NOTE: Exams will not be allowed to be made up if the instructor is not notified BEFORE the exam, regardless of documentation. Please be aware that the instructor does reserve the right to determine whether an exam can be made up or not.**
2. **Use of Technology in the Classroom.** To be respectful to your fellow classmates & the instructor, please put cell phones, Bluetooth equipment, headphones, or any other electronics away & muted before class. Students will be allowed to use tablets and/or laptops for class purposes if the volume is muted & it does not become a distraction to other classmates and/or the instructor. Please note, the Instructor reserves the right to ban the use of laptops/tablets in class.
3. **Professionalism.** Students are always expected to act in a professional manner in class and any detrimental behavior (e.g. unprofessional actions, talking to peers, sleeping, disrespectful comments, offensive language, using technology inappropriately, etc.) exhibited in the classroom and/or toward your peers, and instructor will not be tolerated. Such behavior will be addressed on a case by case basis and could result in point deductions from grades or with the Student Conduct Office. Also, students are encouraged to take notes based on lectures as the PowerPoint slides will not contain all the information that will be present on exams and participate in every class discussion.

**The Final Exam will be Monday, December 12<sup>th</sup> from 7:30am – 10:00am in the Kinesiology and Sport Management building, Room 170. In the event of inclement weather during the final exam period, Texas Tech University will provide an alternate exam date & time. In this situation, the exam will take place at whatever time and date that the University provides. Please note, travel for the summer break will not be considered an excused absence from the (regularly scheduled or makeup) exam so please plan accordingly.**

#### **Grade appeals:**

Students initiating grade appeals should follow the official grade appeal procedure outlined by the **University**. The Student Grade Appeal Policy is OP 34.03 and can be viewed at <http://www.depts.ttu.edu/opmanual/OP34.03.pdf>



## **\*\*Covid Related Information\*\***

**Potential for Course Modality Change:** The University will continue to monitor CDC, State, and TTU System guidelines concerning COVID-19. Any changes affecting class policies or temporary changes to delivery modality will be in accordance with those guidelines and announced as soon as possible. Students will not be required to purchase specialized technology to support a temporary modality change, though students are expected to have access to a computer to access course content and course-specific messaging.

**Vaccinations:** Students can find information about COVID testing, vaccinations, isolation, and quarantine here. <https://www.depts.ttu.edu/communications/emergency/coronavirus/>.

**Face Covering Policy:** As of May 19, 2021, face coverings are optional in TTU facilities and classrooms but, based on CDC guidelines, are recommended and welcome, especially for those who have not been vaccinated for COVID-19 or who may have susceptibilities to the virus. Face coverings are required in public transportation (e.g., Citibus) and in the Student Health Clinic.

- Your class has 80 students and we will be somewhat packed in our classroom, so you will be surrounded by other students for 50 minutes, 3 times per week. Dr. Smith recommends the use of masks in this course.

**In-Person Office Hours:** My office hours are posted in our syllabus. A typical faculty office is small especially in light of our pandemic. We can assess our comfort level. Many options exist – we could stand outside, we could visit in the back gym area, etc. Additionally, we all have Zoom, Skype, and the like. If you come to my office, you will be asked to wear a mask or to stand outside in the hallway if you are without one and choose not to go elsewhere. Pandemic or not, I find virtual meetings just as productive as sitting in the same room.

**Personal Hygiene:** We all should continue to practice frequent hand washing, use hand sanitizers after touching high-touch points (e.g., door handles, shared keyboards, etc.), and cover faces when coughing or sneezing.

**Illness-Based Absence Policy.** If at any time during this semester you feel ill, in the interest of your own health and safety as well as the health and safety of your instructors and classmates, you are encouraged not to attend face-to-face class meetings or events. Please review the steps outlined below that you should follow to ensure your absence for illness will be excused. These steps also apply to not participating in synchronous online class meetings if you feel too ill to do so and missing specified assignment due dates in asynchronous online classes because of illness.

- Student absences due to illness are to be considered as they were prior to the pandemic, with consideration given to the fact that students who are isolating with COVID-19 and students who are quarantining for symptoms or direct exposure may have extended days of absence. Makeup opportunities should be provided in a reasonable timeframe.
- If you test positive for COVID-19, report your positive test through TTU's reporting system: <https://www.depts.ttu.edu/communications/emergency/coronavirus/>. Once

you report a positive test, the portal will automatically generate a letter that you can distribute to your professors and instructors.

- Contact tracers will identify and advise other students who may have been directly exposed to a positive-reporting student and provide those students with appropriate documentation in support of absences, if needed. As noted above, vaccinated students (including those with medical or religious exceptions) that have been directly exposed to a positive-reporting student are not required to quarantine and can continue with normal activities while monitoring for any symptoms.
- Students who directly inform their instructors of having a known exposure to a COVID-19 positive person should be directed by the instructor to contact Student Health Services at 806-743-2848.
- There is no expectation that courses scheduled as face-to-face must provide an online option to students who report testing positive for COVID-19 or who are isolating or quarantining for exposure to someone with COVID-19. However, plans should be made to provide remote options or makeup opportunities in case instructors or students test positive or must quarantine during final exams or scheduled defenses.

2. If you are ill and can attribute your symptoms to something other than COVID-19:

- a. If your illness renders you unable to attend face-to-face classes, participate in synchronous online classes, or miss specified assignment due dates in asynchronous online classes, you are encouraged to visit with either Student Health Services at 806.743.2848 or your health care provider. Note that Student Health Services and your own and other health care providers may arrange virtual visits.
- b. During the health provider visit, request a “return to school” note;
- c. E-mail the instructor a picture of that note;
- d. Return to class by the next class period after the date indicated on your note.

Following the steps outlined above helps to keep your instructors informed about your absences and ensures your absence or missing an assignment due date because of illness will be marked excused. You will still be responsible to complete within a week of returning to class any assignments, quizzes, or exams you miss because of illness.

**Absence Due to Religious Observance.** "Religious holy day" means a holy day observed by a religion whose places of worship are exempt from property taxation under Texas Tax Code §11.20. A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. A student who is absent from classes for the observance of a religious holy day shall be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence. A student who is excused under section 2 may not be penalized for the absence; however, the instructor may respond appropriately if the student fails to complete the assignment satisfactorily.

**Absence due to Officially Approved Trips.** The *Texas Tech University Catalog* states that the person responsible for a student missing class due to a trip should notify the instructor of the departure and return schedule in advance of the trip. The student may not be penalized and is responsible for the material missed.

**Illness and Death Notification and Absences.** Whether an absence is excused or unexcused is determined solely by the instructor with the exception of absences due to religious observance and officially approved trips described above. The Office of the Dean of Students will notify faculty, at the student's request, when a student is absent for four consecutive days with appropriate verification of a health-related emergency. This notification does not excuse the student from class, it is provided as a courtesy. The service is explained as follows and can be found on the Office of the Dean of Students web site at: <http://www.depts.ttu.edu/dos/>.

The Office of the Dean of Students is responsible for notifying the campus community of student illnesses, immediate family deaths and/or student death. Generally, in cases of student illness or immediate family deaths, the notification to the appropriate campus community members occur when a student is absent from class for four (4) consecutive days with appropriate verification. It is always the student's responsibility for missed class assignments and/or course work during their absence. The student is encouraged to contact the faculty member immediately regarding the absences and to provide verification afterwards. The notification from the Office of the Dean of Students does not excuse a student from class, assignments, and/or any other course requirements. The notification is provided as a courtesy.

### **TTU Resources for Discrimination, Harassment, and Sexual Violence**

Texas Tech University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from gender and/or sex discrimination of any kind. Sexual assault, discrimination, harassment, and other [Title IX violations](#) are not tolerated by the University. Report any incidents to the *Office for Student Rights & Resolution*, (806)-742-SAFE (7233) or file a report online at [titleix.ttu.edu/students](http://titleix.ttu.edu/students). Faculty and staff members at TTU are committed to connecting you to resources on campus. Some of these available resources are: **TTU Student Counseling Center**, 806-742-3674, <https://www.depts.ttu.edu/scc/> (*Provides confidential support on campus.*) **TTU Student Counseling Center 24-hour Helpline**, 806-742-5555, (*Assists students who are experiencing a mental health or interpersonal violence crisis. If you call the helpline, you will speak with a mental health counselor.*) **Voice of Hope Lubbock Rape Crisis Center**, 806-763-7273, [voiceofhopelubbock.org](http://voiceofhopelubbock.org) (*24-hour hotline that provides support for survivors of sexual violence.*) **The Risk, Intervention, Safety and Education (RISE) Office**, 806-742-2110, [rise.ttu.edu](http://rise.ttu.edu) (*Provides a range of resources and support options focused on prevention education and student wellness.*) **Texas Tech Police Department**, 806-742-3931, <http://www.depts.ttu.edu/ttpd/> (*To report criminal activity that occurs on or near Texas Tech campus.*)

### **Department Kinesiology and Sport Management Academic Integrity Policy**

Adherence to the highest standards of academic honesty is required, with academic integrity a requirement. (See <https://www.depts.ttu.edu/studentconduct/academicinteg.php> for TTU's statement of academic integrity.) The faculty member in whose class academic dishonesty allegedly occurs will report the student(s) involved with the act of academic misconduct to the Office of Student Conduct using the [Academic Integrity Incident Report Form](#). All written assignments must be completed independently and individually, unless specified otherwise by the instructor. Any attempt by students to present as their own any work they have not completed themselves is regarded by the faculty as a serious offense and renders the student liable to serious

consequences, including possible removal from the program, and possible probation, suspension or expulsion from the University. Upon investigation and adjudication by the Office of Student Conduct, a referred student who is found responsible for a policy violation will be subject to the following outcomes. If plagiarism or another act of academic dishonesty is found to occur in any departmental course, students will receive a zero on that assignment. If a student cheats on an exam or allows another student to cheat from his or her exam or other graded assignment, each student found responsible for academic dishonesty will receive a zero on that exam or other graded assignment. No materials such as a smartphone or smartwatch are allowed during an exam. Any use of a smartphone during an exam (for any reason) is considered a violation. If academic dishonesty occurs a second time in the same course the student will be referred to the Office of Student Conduct for academic dishonesty for further disciplinary action. If the Office of Student Conduct determines the student is responsible for the violation, the student will receive an F in the course.

### **Academic Integrity and Student Conduct**

Responsible citizenship among college students includes honesty and integrity in class work; regard for the rights of others; and respect for local, state, and federal laws as well as campus standards. Specific standards concerning the rights and responsibilities of students and registered student organizations at Texas Tech are contained in the *Code of Student Conduct and Student Handbook*. Students are expected to become thoroughly familiar with and abide by these standards. The *Code of Student Conduct and Student Handbook* may be obtained from the Office of Student Judicial Programs, Student Union, (806) 742-1714, or online at [www.studentaffairs.ttu.edu](http://www.studentaffairs.ttu.edu) or [www.depts.ttu.edu/studentjudicialprograms](http://www.depts.ttu.edu/studentjudicialprograms).

### **Academic Integrity**

Academic integrity is taking responsibility for one's own class and/or course work, being individually accountable, and demonstrating intellectual honesty and ethical behavior. Academic integrity is a personal choice to abide by the standards of intellectual honesty and responsibility. Because education is a shared effort to achieve learning through the exchange of ideas, students, faculty, and staff have the collective responsibility to build mutual trust and respect. Ethical behavior and independent thought are essential for the highest level of academic achievement, which then must be measured. Academic achievement includes scholarship, teaching, and learning, all of which are shared endeavors. Grades are a device used to quantify the successful accumulation of knowledge through learning. Adhering to the standards of academic integrity ensures grades are earned honestly. Academic integrity is the foundation upon which students, faculty, and staff build their educational and professional careers. [Texas Tech University ("University") Quality Enhancement Plan, Academic Integrity Task Force, 2010].

### **Academic Misconduct**

**Scholastic dishonesty** includes, but is not limited to, cheating, plagiarism, collusion, falsifying academic records, misrepresenting facts, and any act designed to give unfair academic advantage to the student (such as, but not limited to, submission of essentially the same written assignment for two courses without the prior permission of the instructor) or the attempt to commit such an act.

**Cheating** includes, but is not limited to, the following:

1. Copying from another student's test paper.
2. Using materials during a test that have not been authorized by the person giving the test.
3. Failing to comply with instructions given by the person administering the test.
4. Possessing materials during a test that are not authorized by the person giving the test, such as class notes or specifically designed "crib notes." The presence of textbooks constitutes a violation only if they have been specifically prohibited by the person administering the test.
5. Possessing, using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program.
6. Collaborating with or seeking aid or receiving assistance from another student or individual during a test or in conjunction with an assignment without authority.
7. Discussing the contents of an examination with another student who will take the examination.
8. Divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned to or kept by the student.
9. Substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course related assignment.
10. Paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program, or information about an unadministered test, test key, homework solution, or computer program.
11. Falsifying research data, laboratory reports, and/or other academic work offered for credit.
12. Taking, keeping, misplacing, or damaging the property of the university, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct.

**Plagiarism** includes, but is not limited to, the appropriation of, buying, receiving as a gift, or obtaining by any means material that is attributable in whole or in part to another source, including words, ideas, illustrations, structure, computer code, other expression and media, and presenting that material as one's own academic work being offered for credit. Any student who fails to give credit for quotations or for an essentially identical expression of material taken from books, encyclopedias, magazines, Internet documents, reference works or from the themes, reports, or other writings of a fellow student is guilty of plagiarism.

**Self-plagiarism** which involves the submission of the same academic work more than once without the prior permission of the instructor and/or failure to correctly cite previous work written by the same student. This means you cannot provide the same/similar work from a previous semester or similar course assignment.

**Collusion** includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.

**Falsifying academic records** includes, but is not limited to, altering or assisting in the altering of any official record of the university, and/or submitting false information or omitting requested

information that is required for or related to any academic record of the university. Academic records include, but are not limited to, applications for admission, the awarding of a degree, grade reports, test papers, registration materials, grade change forms, and reporting forms used by the Office of the Registrar. A former student who engages in such conduct is subject to a bar against readmission, revocation of a degree, and withdrawal of a diploma.

**Misrepresenting facts** to the university or an agent of the university includes, but is not limited to, providing false grades or resumes; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual; or providing false or misleading information in an effort to injure another student academically or financially.

**Civility in the Classroom** is expected that all students in the class will treat fellow classmates, the professor, the assistant, and guests in the classroom with respect. Respect includes, but is not limited to, arriving to class on time, not making unnecessary noise or speaking when others are speaking, attending to those who are speaking, and not engaging in disruptive behaviors. A student lacking civility will be asked to leave the classroom. If the behavior continues, the students will be asked not to return to the classroom.

#### **Students with Disabilities ADA Statement**

Any student who, because of a disability, may require special arrangements in order to meet the course requirements should contact the instructor as soon as possible to make any necessary arrangements. Students should present appropriate verification from Student Disability Services during the instructor's office hours. Please note: instructors are not allowed to provide classroom accommodations to a student until appropriate verification from Student Disability Services has been provided. For additional information, please contact Student Disability Services in West Hall or call 806-742-2405.

The **Ombudsman for Students** is available to assist students with any conflict or problem that has to do with being a student at Texas Tech University. You may visit the Ombudsman in 237 Student Union Building or call 742-SAFE.