

# KIN 3318 - Exercise and Sport Psychology

## Faculty Information:

Chad Smith, Ph.D.

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Office: Kinesiology and Sport Management, Room 144

Class times: 11:00-11:50am 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>
Apply social and psychological factors to their future careers.	<ul style="list-style-type: none"> <li>• Application Assignments</li> </ul>

**Methods of Assessment**

- Examinations (Tests worth 14 points each; Quizzes worth 5 points each)
  - There will be 3 tests with 50 questions 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 any 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 (Worth .7-1.36 points each)
  - 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.
- If you are in attendance when the assignment is given or have a reasonable/valid excuse/doctor's note, and miss the assignment due date/time, you can submit the assignment as late within 24 hours to receive up to half credit. Anything after that grace period will not be accepted.
- 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 .73 points 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 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:

Item	Points	Points earned	Grade
Test 1-3	42	> = 90 points	A
Reading Quizzes	25	80.00 to 89.99 points	B
Workbook activities	15	70.00 to 79.99 points	C
Participation/Attendance	9.5	60.00 to 69.99 points	D
Pre-/Post-Tests & Applications	8.5	< = 59.99 points	F
<b>Total: 100</b>			

**\*\*Note:** The total score of 15 points for the workbook activities and 18 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 100 points for the entire class may also be subject to adjustment.

### Tentative schedule of topics covered:

Week	Date	Readings	Topic
Week 1	F Aug 25	NONE	Syllabus Discussion & Module 1 - Introduction to Sport Psychology
Week 2	M Aug 28	Gill (1995), Gould (1995)	Module 2 (some 3) - History & Overview of Sport Psychology
	W Aug 30	Biddle (2006), Forscher (1963)	Module 2/3 cont. – Pre-Test due by 10pm Today
	F Sept 1	P. 12-17; Piedmont (1999)	Module 2 cont. - Module 4 – Personality – Online Reading Quiz 1 over Module 2 Opens at 8am on Thursday, August 31st - Closes at 10pm on Friday, September 1 <sup>st</sup>

<b>Week 3</b>	<b>M Sept 4</b>		<b>NO CLASS</b>
	<b>W Sept 6</b>	<b>P. 19-21</b>	<b>Personality cont.</b>
	<b>F Sept 8</b>		<b>Personality cont. – <u>Individual Meeting with Dr. Smith must be completed by today</u></b>
<b>Week 4</b>	<b>M Sept 11</b>	<b>P. 26-28</b>	<b>Personality cont. – Module 5 – Motivation</b>
	<b>W Sept 13</b>	<b>Ryan &amp; Deci (2000)</b>	<b>Motivation cont.</b>
	<b>F Sept 15</b>		<b>Motivation cont. - Online Reading Quiz 2 over Modules 3 &amp; 4 Opens at 8am on Thursday, September 14<sup>th</sup> - Closes at 10pm on Friday, September 15<sup>th</sup></b>
<b>Week 5</b>	<b>M Sept 18</b>		<b>Motivation cont. &amp; Test 1 Review</b>
	<b>W Sept 20</b>		<b>Test 1 over Modules 1-5</b>
	<b>F Sept 22</b>	<b>P. 32-34</b>	<b>Module 6 - Goal Setting</b>
<b>Week 6</b>	<b>M Sept 25</b>	<b>Weinberg (2001)</b>	<b>Goal Setting cont.</b>
	<b>W Sept 27</b>		<b>Goal Setting cont.</b>
	<b>F Sept 29</b>	<b>P. 40-41</b>	<b>Module 7 – Concentration - Online Reading Quiz 3 over Modules 5 &amp; 6 Opens Thursday, September 28<sup>th</sup> at 8am - Closes on Friday, September 29<sup>th</sup> at 10pm</b>
<b>Week 7</b>	<b>M Oct 2</b>	<b>Oudejans (2010)</b>	<b>Concentration cont.</b>
	<b>W Oct 4</b>	<b>Arent (2003), Hardy (1991)</b>	<b>Concentration cont. - Module 8 - Arousal, Stress, &amp; Anxiety</b>
	<b>F Oct 6</b>	<b>P. 46-53</b>	<b>Arousal, Stress, &amp; Anxiety cont.</b>
<b>Week 8</b>	<b>M Oct 9</b>		<b>Arousal, Stress, &amp; Anxiety cont.</b>
	<b>W Oct 11</b>		<b>Arousal, Stress, &amp; Anxiety cont.</b>
	<b>F Oct 13</b>	<b>P. 84-85</b>	<b>Module 13 - Burnout and Overtraining - Online Reading Quiz 4 over Modules 7 &amp; 8 Opens at 8am Thursday, October 12<sup>th</sup> - Closes on Friday, October 13<sup>th</sup> at 10pm</b>
<b>Week 9</b>	<b>M Oct 16</b>	<b>Cresswell (2006) &amp; Cresswell (2007)</b>	<b>Burnout and Overtraining cont.</b>
	<b>W Oct 18</b>		<b>Burnout and Overtraining cont.</b>

	<b>F Oct 20</b>		<b>Burnout and Overtraining cont. &amp; Test 2 Review</b>
<b>Week 10</b>	<b>M Oct 23</b>		<b>Test 2 over Modules 6, 7, 8 &amp; 13</b>
	<b>W Oct 25</b>	<b>P. 60-62; Beauchamp (2002)</b>	<b>Module 9 - Self-Confidence</b>
	<b>F Oct 27</b>	<b>Hays (2009); Myers (2004)</b>	<b>Self-Confidence cont.</b>
<b>Week 11</b>	<b>M Oct 30</b>		<b>Self-Confidence cont.</b>
	<b>W Nov 1</b>	<b>P. 66-70</b>	<b>Module 10 - Imagery in Sport and Exercise</b>
	<b>F Nov 3</b>		<b>Imagery in Sport and Exercise cont. - Online Reading Quiz 5 over Modules 9 &amp; 13 Opens at 8am on Thursday, November 2<sup>nd</sup> - Closes on Friday, November 3<sup>rd</sup> at 10pm</b>
<b>Week 12</b>	<b>M Nov 6</b>		<b>Imagery in Sport and Exercise cont.</b>
	<b>W Nov 8</b>	<b>P. 76</b>	<b>Module 11 - Athletic Injury</b>
	<b>F Nov 10</b>	<b>Tracey (2003)</b>	<b>Athletic Injury cont.</b>
<b>Week 13</b>	<b>M Nov 13</b>	<b>Podlog (2006)</b>	<b>Athletic Injury cont.</b>
	<b>W Nov 15</b>		<b>Athletic Injury cont.</b>
	<b>F Nov 17</b>	<b>P. 80; Grange (2010)</b>	<b>Module 12 – Aggression</b>
<b>Week 14</b>	<b>M Nov 20</b>	<b>Goldstein (2008)</b>	<b>Aggression cont.</b>
	<b>W Nov 22 - F Nov 24</b>		<b>NO CLASS – THANKSGIVING</b>
<b>Week 15</b>	<b>M Nov 27</b>		<b>Aggression cont.</b>
	<b>W Nov 29</b>	<b>P. 90-92; 96-97</b>	<b>Aggression cont. - Modules 14 &amp; 15 – Team Cohesion and Group Dynamics</b>
	<b>F Dec 1</b>		<b>Team Cohesion and Group Dynamics cont. - Online Reading Quiz 6 over Modules 11 &amp; 12 Opens at 8am on Thursday, November 30<sup>th</sup> - Closes on Friday, December 1<sup>st</sup> at 10pm</b>
<b>Week 16</b>	<b>M Dec 4</b>		<b>Team Cohesion and Group Dynamics cont. - Review for Test 3 &amp; Class Summary</b>
<b>Final</b>	<b>Th Dec 7</b>		<b>Test 3 over Modules 10-14 on Thursday, December 7<sup>th</sup> at 1:30pm</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**

<b>Application</b>	<b>Workbook</b>	<b>Points</b>	<b>Reading Quiz</b>	<b>Points</b>	<b>Test</b>	<b>Points</b>
.6 pts each	M1, E1	.7	1	5	1	14
	Page 12	.7	2	5	2	14
	M4, E1	1.36	3	5	3	14
	M6, E2	1.36	4	5		
	M7, E1	1.36	5/6	5		
	M8, E1	1.36	Pre- & Intro	.7		
	M13, E1	1.36	Post-Test	1.8		
	Confidence	1.36				
	Imagery	1.36				
	M11, E1	1.36				
	M12, E1	1.36				
	Cohesion	1.36				
<b>Total - 6</b>		<b>15</b>		<b>27.5</b>		<b>42</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. For every unexcused absence **beyond two (2)** (unless excused by the Instructor), your participation points will be lowered by .73 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 Thursday, December 7<sup>th</sup> from 1:30pm – 4:00pm 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>

**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.

**ACADEMIC INTEGRITY STATEMENT:**

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].

**RELIGIOUS HOLY DAY STATEMENT:**

"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.

**STATEMENT OF ACCOMMODATION FOR PREGNANT STUDENTS**

Any pregnant student will be provided reasonable accommodations as would be provided to a student with a temporary medical condition including:

1. ability to maintain a safe distance from hazardous substances, areas, or activities;
2. excused absences;
3. ability to make up missed assignments or assessments;
4. additional time for assignment completion; and access to instructional materials and recordings of classes for which the student has an excused absence.

Any student who is pregnant or parenting a child up to age 18 may contact Texas Tech's designated Pregnancy and Parenting Liaison to discuss support available through the University. The Liaison can be reached by emailing [titleix@ttu.edu](mailto:titleix@ttu.edu) or calling 742-7233. Additional information is available [online](#).

**Additional Texas Tech Policies**

<https://www.depts.ttu.edu/tlpc/RecommendedSyllabusStatements.php>

**KSM Department 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.

**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.