

KIN 3318- Exercise and Sport Psychology (Online)

Faculty Information:

Chad Smith, Ph.D.

Email: chad.w.smith@ttu.edu

Office: Kinesiology and Sport Management 144

Phone: 806-834-1689

Office hours: Tuesdays from 10:00-11:00am or By appointment; in person or via Zoom

Course Information:

KIN 3318 Workbook - *Sport Psychology in Action*: To be purchased through the TTUHSC Printing Center at: <https://laserfiche.ttuhs.edu/Forms/KIN3318>

Additional required readings will be provided through Blackboard.

Course Description and Purpose

This course examines psychological theories and research related to sport behavior. The course is designed to introduce you to the field of sport psychology by providing a broad overview of major topics in the area. The course focuses on intra-individual (i.e., within) person processes that influence sport and exercise involvement. The goal is that you will develop an interest in further study in a topic covered.

Methods of Assessment

Each week will run from Monday-Friday with no Posts due on the weekends (Saturday/Sunday). Some engagements will be due on Saturday as will Test 3. All assessments will be due by 10pm Central time on the respective due date.

- Examinations
 - There will be 3 tests with 50 questions (40 minutes to complete each) covering the workbook materials and corresponding Module slides and additional reading materials. Articles for quizzes are not on the tests.
 - There will be 5 quizzes with 20 questions (30 minutes to complete each) covering the reading list.
 - Make-up exams 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.
 - Missed exams/quizzes will **NOT** be allowed to be taken.
- Discussion Board Posts
 - You will be required to complete 14 workbook activities as posts (worth 5 points each).

- Any LATE work submitted will **NOT** be accepted without a reasonable/valid excuse at the discretion of the instructor. Any late work accepted will have points taken off.
- Engagement with other Students
 - You will be required to comment on at least two other student's Posts for 11 of the 14 Posts (excluding Posts 6, 10, 14). Both engagements are worth 2 points total **for both**. No engagements or only one engagement for the post will result in 0 points.
 - All Engagements/Comments are due 24 hours after the Post assignment is due. **For example**, Post 1 is due by 10pm on Wednesday, June 2nd, so the interactions are due by 10pm on Thursday, June 3rd.
 - **Responses should be at least 40 words**. If you have 39 or less words, you will not receive any credit. Any greetings or words like "Great post!" etc. do not count towards your total of 40+ words.
 - Comments/Engagements should be more than "Great post!", "I agree that is interesting.", and etc. Respond as if you were having a conversation with them in real life, ask questions about their posts (nicely), make good, well thought out comments. If you respond/interact with other's engagements and comments throughout the semester, I may be inclined to provide some extra credit.
 - **If a classmate asks you a question regarding your post and it is on time (before the engagement due date) you are required to respond to that question within 48 hours before losing credit to your engagement/interaction grade for that Post.** Yes, you are only required to engage with 2 other posts, but if someone engages with you and asks you a question on your Post (not one of your engagements), then that is still part of your required interactions for that Post.

Grading Turnaround Time

- The course is organized around Monday to Friday. There will not be assignments due on Saturday or Sunday or any University holidays. There will be comments/engagements due some Saturdays as well as the final test.
- Tests and Quizzes will be automatically graded after submission if they do not include short answer/essay questions. If they do include those types of questions, tests and quizzes will be graded within 3 working days (not including Saturday or Sunday) following the due date and time. If your test or quiz is submitted after the deadline, Blackboard will mark it as late, but you will not lose points for this. If you are able to start and take the test or quiz, you are fine.
- Discussion Board posts and engagements will be graded within 5-6 working days (not including Saturday or Sunday) following the engagement due date and time.

Course/Assignment Questions

- There is a public forum in the Discussion Board for you to post questions about the course to your fellow classmates or the instructor. You are also always welcome to email the instructor any questions you may have about the course or any of its material. My goal is to reply as soon as possible, but please allow 24 hours during the week and 48 hours on the weekend. Email will almost always receive a quicker response.

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.

Expected Learning Outcomes:

Assessment Methods:

Upon completion of the course, students will be able to: Identify and explain the influence that selected psychological factors (i.e., personality, motivation, arousal, stress, concentration) have on involvement and performance in sport and physical activity settings.	<ul style="list-style-type: none">• Discussion Board Posts• Quiz• Exam
Describe the psychosocial antecedents (i.e., causes) and consequences of injury and aggression in sport settings.	<ul style="list-style-type: none">• Discussion Board Posts• Quiz• Exam
Recognize and describe goal-setting, confidence, cohesion, and group dynamics effects in sport settings.	<ul style="list-style-type: none">• Discussion Board Posts• Quiz• Exam
Identify and explain how imagery enhances learning and performance of sport skills.	<ul style="list-style-type: none">• Discussion Board Posts• Quiz• Exam
Distinguish the causes and consequences of burnout in sport settings.	<ul style="list-style-type: none">• Discussion Board Posts• Quiz• Exam
Describe the history of sport psychology and apply how to effectively read and write academic papers.	<ul style="list-style-type: none">• Discussion Board Posts• Quiz• Exam

Grading Scale:

Item	Points	Points earned	Grade
Tests 1-3	150	308-344 (90-100%)	A
Assignment Posts	70	274-307 (80-89%)	B
Reading Quizzes	100	240-273 (70-79%)	C
Engagements	22	205-239 (60-69%)	D
Fun Question Practice Quiz	2	204 and below (< 60%)	F
Total: 344			

NOTE: The total score of 70 points for the Posts and 22 points for Engagements are subject to adjustment. Thus, the overall score of 344 points for the entire class may also be subject to adjustment.

Written Assignment Grading Rubric

The following rubric will be used for written assignments 2-14.

Points	What occurred
0	Did not follow at least one of the posting rules; content of the post does not matter.
1	All posting rules followed; content of post did not address assignment.
2	All posting rules followed; content of post demonstrates minimal understanding of topic.
3	All posting rules followed; content of post demonstrates basic understanding of topic.
4	All posting rules followed; content of post demonstrates good understanding of topic.
5	All posting rules followed; content of post demonstrates exceptional understanding of topic.

Point Value of Activities

Post #	Points	Post #	Points	Tests/Quizzes	Points
1	5	8	5	Practice Quiz	2
2	5	9	5	Reading Quiz 1	20
3	5	10	5	Reading Quiz 2	20
4	5	11	5	Test 1	50
5	5	12	5	Reading Quiz 3	20
6	5	13	5	Reading Quiz 4	20
7	5	14	5	Test 2	50
				Reading Quiz 5	20
				Test 3	50
Total	35		35		252

June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
** Tentative Course Schedule for Assignments*	All Assessments are due by 10pm (CT) on date listed.	2 *Watch Introduction Video* Module 1: Post 1	3 Module 2: Post 2 <u>Fun Question Practice Quiz</u> <u>Due @ 10pm</u>	4 Module 3: Post 3 Post 4 & Reading Quiz 1 Open
7 Module 4: Post 4 <u>Reading Quiz 1 Due @10pm</u>	8 Reading Quiz 2 opens	9 Module 5: Post 5 <u>Reading Quiz 2 Due @10pm</u>	10 Test 1 over Modules 1-5 opens	11 <u>Test 1 Due @ 10pm</u> Post 6 Opens
14 Module 6: Post 6 Reading Quiz 3 opens	15 Module 7: Post 7 <u>Reading Quiz 3 Due @10pm</u>	16 Work on Modules 8 & 9 and articles for Reading Quiz 4	17 Module 8: Post 8	18 Module 9: Post 9 Reading Quiz 4 opens
21 <u>Reading Quiz 4 Due @10pm</u> Test 2 over Modules 6-9 opens	22 <u>Test 2 Due @ 10pm</u>	23 Module 10: Post 10	24 Work on Modules 11 & 12 and articles for Reading Quiz 5	25 Module 11: Post 11
28 Module 12: Post 12	29 Work on Modules 13 & 14 Reading Quiz 5 opens	30 Module 13: Post 13 <u>Reading Quiz 5 Due @10pm</u>	July 1 Module 14: Post 14 Extra Credit Due	2/Sat 3 Test 3 over Modules 10-14 <u>Opens</u> on Friday the 2 nd <u>Test 3 Due on 3rd</u>

NOTE: Comments/Interactions with other student's posts are due 24 hours after the Post is due. For example, Post 1 is due by 10pm on Wednesday, June 2nd, so the interaction is due by 10pm on Thursday, June 3rd. **ALSO**, Posts are due on the date in which they are listed on the calendar above unless otherwise noted!

NOTE 2: Reading Quiz 1 is over Module 2 readings, Quiz 2 is over Modules 3 & 4, Quiz 3 is over Modules 5 & 6, Quiz 4 is over Modules 7 & 8, and Quiz 5 is over Modules 11, 12, & 13.

Online Interactions - This section details information concerning our online interactions.

General Netiquette Rules

- **Make the Connection.** Electronic communication (email, discussion forums, etc.) is how you share ideas with other participants in this course. Online environments can separate the person from the ideas received in this course. Remember, like you, someone is on the other side of an email or discussion posting. Communicate with fellow participants as you would in a face-to-face course.
- **Be Professional.** Your coursework is more than learning facts; you are preparing for a career. You are learning to interact with your fellow course participants as you would in your future professional life. Your conduct in this course should reflect this. Your communication should follow standard rules for grammar and spelling (unless in an online chat) and be clear, concise, and intelligent. Pay attention to your “tone”.
- **Have Opinions.** Everyone is entitled to have an opinion. In discussion forums, everyone is encouraged to share them.
- **Respect Disagreement.** People have the right to disagree with you. However, disagreement should never be personal. Online discussions are a means to share ideas and practice the skill of persuasion. Persuasive speech cannot be achieved with hurtful, hateful, or inappropriate language. Review your posts before you publish and reread them for unintended meanings.
- **Ask Questions.** Cultural influences can influence communication in terms of phrasing and word choice. The lack of visual and auditory clues may affect meaning as well. Before jumping to conclusions, ask for clarification.
- **Be Forgiving.** For the majority of the population, online communication is straightforward, but sometimes unintended meanings are conveyed.
- **Think about what you have written before you submit it.**

Computer Emergency Plan

If you have an issue with your computer, you need to email me during the issue. All due dates and times will be at 10pm, so that we are all able to communicate during the day. Let me know of your issue asap as I cannot/will not help you after the fact.

Posting Rules

Please see the Posting Rules on Blackboard in the Discussion Board and the Getting Started tab.

Students in KIN Courses:

The following information applies to all courses taught in KIN: 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.

Grade appeals

Students initiating grade appeals should follow the official grade appeal procedure outlined by the University.

Absence Due to Religious Observance. A student who is absent from classes for the observance of a religious holy day, according to the legal definition, will be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence if, not later than the 15th day after the first day of the semester, the student has notified the instructor of each scheduled class that the student will be absent for a religious holy day. This notification will be in writing and will be delivered by the student personally to the instructor of each class, with receipt of the notification acknowledged and dated by the instructor, or by certified mail, return receipt requested, addressed to the instructor of each class. A student who is excused under this policy must not be penalized for the absence, but the instructor may appropriately respond if the student fails to satisfactorily complete the assignment.

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. 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 (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 (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 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 or www.depts.ttu.edu/studentjudicialprograms.

Academic Integrity

It is the aim of the faculty of Texas Tech University to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense

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and renders the offenders liable to serious consequences, possibly suspension. The instructor in a course is responsible for initiating action for dishonesty or plagiarism that occurs in his or her class. In cases of convincing evidence of or admitted academic dishonesty or plagiarism, an instructor should take appropriate action. Before taking such action, however, the instructor should attempt to discuss the matter with the student. If cheating is suspected on a final exam, the instructor should not submit a grade until a reasonable attempt can be made to contact the student, preferably within one month after the end of the semester. See the section on “Academic Conduct” in the *Code of Student Conduct* for details of this policy.

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 course requirements should contact the instructor as soon as possible to make any necessary accommodations. Student should present appropriate verification from AccessTECH. No requirement exists that accommodations be made prior to completion of this approved university procedure. Students with disabilities are encouraged to use AccessTECH which publishes a Desk Reference for Faculty and Staff that is very helpful. You may call the AccessTECH Office at 742-2092 to request a copy.

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.