

**Texas A&M University - Central Texas  
PSYK 3360-125 SPORT PSYCHOLOGY**

**INSTRUCTOR AND CONTACT INFORMATION**

**Instructor:** Mrs. Kimberly Berry

**Office:** N/A

**Phone:** 806-281-8463

**Email:** [k30@tamuct.edu](mailto:k30@tamuct.edu) or “messages” within Canvas

**Office Hours:** Available by appointment only

**Mode of instruction and course access:**

This course will be presented as a Blended course meaning 50% will be accessed via Blackboard and 50% in the classroom. The scheduled days for Blackboard access are Tuesdays. The scheduled days for classroom instruction are Thursdays.

**Student-instructor interaction:**

In the event that I need to be contacted, email is best as I will be checking emails regularly throughout the week. During the weekend, there may be a slight delay in email reply; however, please email first before phone call/text. If there is a serious emergency, you may call/text me.

**Instructor’s Personal Statement**

Sport Psychology is a fascinating field of study. Not only will the presented theories and concepts apply to sport, but through this course, you will find areas of your life that pertain to this course. As the instructor, I hope to provide you with the foundation that you can build upon in your own personal endeavors.

**UNILERT**

Emergency Warning System for Texas A&M University – Central Texas

UNILERT is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in UNILERT through their myCT email account. Connect at [www.TAMUCT.edu/UNILERT](http://www.TAMUCT.edu/UNILERT) to change where you receive your alerts or to opt out. By staying enrolled in UNILERT, university officials can quickly pass on safety-related information, regardless of your location.

## COURSE INFORMATION

**Course Overview and description: Sport Psychology.** 3 Hours. This course will provide students with an overview of the theories and research related to sport and exercise behavior. Topics to be covered include the history of sport psychology, behavioral principles, anxiety, motivation, leadership, group dynamics, gender, and personality. The course will also be designed to relate these principles to exercise and sport performance. Prerequisite(s): PSYC 2301 or approval of Department Chair.

### Course Objective:

#### Student Learning Outcomes

1. *Demonstrate factual knowledge (terminology, classifications, methods, trends).*  
Students will read, write, discuss, and respond to factual information regarding sport psychology from the textbook and supplemental material. Assessments in which students will demonstrate this objective are reading assessments, discussion boards, application activities, individual presentation and two exams.
2. *Develop specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.* Students will read, write, discuss, and respond to theoretical information regarding sport psychology from the textbook and supplemental material.
3. *Apply course material (to improve thinking, problem solving, and decisions).*  
Students will self-select topics from the textbook to complete discussions and an individual presentation. Assessments in which students will demonstrate this objective are module application discussion posts and replies (public) and presentation. Students will apply and extend their depth of knowledge from the course text and supplemental material by reading, and summarizing first-hand empirical research in an area of sport psychology. Assessments in which students will demonstrate this objective are application activities (article summaries).
4. *Develop a clearer understanding of, and commitment to, personal values.*  
Every week, students will submit discussion board postings. Written expression will be evaluated and discussed with students as needed. Assessments in which students will demonstrate this objective are module application discussions and replies.

### Required Reading – Textbook:

Cox, R.H. (2012). *Sport Psychology: Concepts and Applications* (7th Ed.). Boston, MA: McGraw-Hill. (ISBN: 978-0078022470)

## COURSE REQUIREMENTS

### Course Requirements: (include point values for each- not just a percentage)

- *All discussion board postings, application activities and individual presentation should follow APA formatting guidelines.*

**Exams (30% of Overall Course Grade).** Two exams (mid-term & final) consisting of multiple choice items will be scheduled throughout the semester (see Course Calendar for dates). These exams will cover content from the assigned readings listed in the Course Calendar. All exams must be completed independently via Canvas with no assistance from others.

**Application Discussions (20% of Overall Course Grade).** Weekly discussions allow students to select and integrate course content in ways that are meaningful to them. Students are required to submit one discussion each week (300 word minimum) on concepts (i.e., theories, topics, constructs). **No credit will be awarded for quoted (or plagiarized) content. ALL content should be written in the student's own words.** If gathering information from a source, make sure to cite the source within the discussion. The specific content in each submission will vary weekly. Each discussion will be worth a total of 15 points and will be due by Tuesday at 11:59pm.

**Application Activities (25% of Overall Course Grade).** Three application activities will be assigned in this course. These activities will require the summary of a research article and will be submitted through Canvas. Application Activities are due on the corresponding Sunday by 11:59pm. These summaries will be written based on a first-hand empirical research article that is listed in the Supplemental Material section in Blackboard. Article summaries will be worth 50 points each. All summaries must be between 2-3 pages in length and written in APA format. **All papers must be submitted to Canvas and revised prior to submission to the professor for grading. Students are not allowed to quote or use close paraphrases for any writing assignment in this course.** If students have content that is identical to another work, students will not be credited for the assignment. The following categories should be included in the application activity:

- Introduction
- Purpose of study
- Participants
- Methods/Procedures
- Results
- Discussion
- Personal Reflection

Since this assignment is an application of a research article, it is expected that information will be used from the article. In the event that you write about important aspects of the article, it is expected that proper citations will occur.

**Individual Presentation (25% of Overall Course Grade).** At the end of the semester, an individual **5-10 minute** presentation will be conducted. The presentation topic must first get approval from the instructor and should cover a subject that is found within the textbook. Students may design a PowerPoint presentation that is original and **no more** than 10 slides. Students may use information from the textbook and outside journal articles, books, or other scholarly resources. It is expected that all resources are cited and referenced appropriately in accordance with APA formatting. **All presentations must be submitted to Canvas and revised prior to submission to the professor for grading. Students are not allowed to quote or use close paraphrases for any writing assignment in this course.** If students have content that is identical to another work, students will not be credited for the assignment. The individual presentation should be between 5-10 minutes in length and will be worth 100 points. The grading rubric will be provided to the class.

### Grading Criteria Rubric and Conversion

Graded Assignments	# Due	Points Each	Points Total	% of Overall Grade
Module Exams	2	100	200	30.0
Application Discussion	6	15	90	20.0
Individual Presentation	1	100	100	25.0
Application Activities	3	70	210	25.0
			600	100%

### Posting of Grades:

- **For this course, all grades will be posted to Canvas within a week of submission.**

Grade	University Definition	Percentage
A	Excellent	90-100
B	Good	80-89
C	Fair	70-79
D	Passing	60-69
F	Failing	59 or below

### TECHNOLOGY REQUIREMENTS AND SUPPORT.

#### Technology Requirements.

This course will use the TAMUCT Canvas learning management system.

Logon to <https://tamuct.instructure.com/login/ldap> to access the course.

Username: Your MyCT username

(xx123 or everything before the "@" in your MyCT e-mail address)  
 Initial password: Your MyCT password

**Technology Support.** For technology issues, students should contact Help Desk Central.  
 24 hours a day, 7 days a week:  
 Email: helpdesk@tamu.edu  
 Phone: (254) 519-5466  
 Web Chat: <http://hdc.tamu.edu>

*When calling for support please let your support technician know you are a TAMUCT student.  
 For issues related to course content and requirements, contact your instructor.  
 Technology issues are not an excuse for missing a course requirement – make sure your  
 computer is configured correctly and address issues well in advance of deadlines.*

### COURSE OUTLINE AND CALENDAR

#### Complete Course Calendar

<u>Week</u>	<u>Module</u>	<u>Instructional Activities</u>	<u>Assignments Due</u>
	Getting Started	Check computer compatibility on Canvas Establish library access from home Create a quiet study environment Resolve all computer difficulties Find 2 'back-up' computers w/internet	<b>All assignments are due by Sunday at 11:59pm</b> <b>All discussions are due by Tuesday at 11:59pm</b>
October 22-28	<b>Module 1:</b> Foundations of Sport Psychology, Personality, Self-Confidence and Motivation, And Goal Perspective Theory	Read Cox Chapters 1-2 (online) Cox Chapters 3-4 (class) Review Supplemental Material Write Application Discussion	Discussion Post
October 29-November 4	<b>Module 2:</b> Youth Sports, Attention and Concentration, and Anxiety, Stress and Mood	Read Cox Chapters 5 (online) Cox Chapters 6-7 (class) Review Supplemental Material Write Application Discussion	Discussion Post

<i>November 5-11</i>	<b>Module 3:</b> Alternatives to Inverted-U, Coping, and Goal Setting	Read Cox Chapters 8 (online) Cox Chapters 9-10 (class) Review Supplemental Material Write Application Discussion Review for Mid-term Exam	Application Activity Discussion Post
<i>November 12-18</i>	<b>Module 4:</b> Imagery and Hypnosis, and Psychological Skills Training	Read Cox Chapters 11-12 (class) Review Supplemental Material Complete Mid-term Exam <b>(Nov 12-14)</b> Submit Application Activity	Mid-term Exam Submit Presentation topic
<i>November 19-25</i>	<b>Module 5:</b> Aggression and Violence, Audience and Self-Presentation, and Team Cohesion	Read Cox Chapter 14 (online) Cox Chapters 13 & 15 (class) Review Supplemental Material Write Application Discussion	Discussion Post Application Activity
<i>November 26-December 2</i>	<b>Module 6:</b> Leadership and Communication, Exercise Psychology	Read Cox Chapter 16 (online) Cox Chapter 17 (class) Review Supplemental Material Write Application Discussion	Discussion Post
<i>December 3-9</i>	<b>Module 7:</b> Psychology of Athletic Injuries, and Negative Aspects of Sport and Exercise	Read Cox Chapter 18 (online) Cox Chapter 19 (class) Review Supplemental Material Write Application Discussion Review for Final Exam Individual Presentations (Thursday)	Discussion Post Application Activity
<i>December 10-14</i>	<b>Module 8:</b> Final Exam and Individual Presentations	Individual Presentations (Thursday) Take Final Exam <b>(Dec10-14)</b>	Final Exam

## TECHNOLOGY REQUIREMENTS AND SUPPORT

### Technology Requirements.

This course will use the A&M-Central Texas Instructure Canvas learning management system. Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com>].

Username: Your MyCT username (xx123 or everything before the "@" in your MyCT e-mail address)

Password: Your MyCT password

### **Technology Support.**

For log-in problems, students should contact Help Desk Central.

24 hours a day, 7 days a week:

Email: [helpdesk@tamu.edu](mailto:helpdesk@tamu.edu)

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [<http://hdc.tamu.edu>]

*Please let the support technician know you are an A&M-Central Texas student.*

For issues with **Canvas**, select “chat with Canvas support,” submit a support request to Canvas Tier 1, or call the Canvas support line: 1-844-757-0953, links to all are found inside of Canvas using the “Help” link.

For issues related to course content and requirements, contact your instructor.

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## **COURSE AND UNIVERSITY PROCEDURES AND POLICIES**

**Drop Policy.** If you discover that you need to drop this class, you must go to the Records Office and ask for the necessary paperwork. Professors **cannot** drop students; this is always the responsibility of the student. The record’s office will provide a deadline for which the form must be returned, completed and signed. Once you return the signed form to the records office and wait 24 hours, you must go into Warrior Web and confirm that you are no longer enrolled. Should you still be enrolled, FOLLOW-UP with the records office immediately? You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the deadline or fail to follow the procedure, you will receive an F in the course.

**Academic Integrity.** Texas A&M University -Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Academic integrity is defined as a commitment to honesty, trust, fairness, respect, and responsibility. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. Academic misconduct is any act that improperly affects a true and honest evaluation of a student’s academic performance and includes, but is not limited to, cheating on an examination or other academic work, plagiarism and improper citation of sources, using another student’s work, collusion, and the abuse of resource materials. All academic misconduct concerns will be reported to the university’s Office of Student Conduct. Ignorance of the university’s standards and expectations is never an excuse to act with a lack of integrity. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

**Disability Support and Access Services.** At Texas A&M University – Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to an education that is barrier-free. The Office of Disability

Support and Access is responsible for ensuring that students with a disability enjoy equal access to the University's programs, services and activities. Some aspects of this course or the way the course is taught may present barriers to learning due to a disability. If you feel this is the case, please contact Disability Support and Access at (254) 501-5831 in Warrior Hall, Ste. 212. For more information, please visit their website at [www.tamuct/disabilitysupport](http://www.tamuct/disabilitysupport). Any information you provide is private and confidential and will be treated as such.

**Tutoring.** Tutoring is available to all TAMUCT students, both on-campus and online. Subjects tutored include Accounting, Finance, Statistics, Mathematics, and Writing, and APA formatting. Tutors are available at the Tutoring Center in Warrior Hall, Room 111. Visit [www.ct.tamus.edu/AcademicSupport](http://www.ct.tamus.edu/AcademicSupport) and click "Tutoring Support" for tutor schedules and contact information. If you have questions, need to schedule a tutoring session, or if you are interested in becoming a tutor, contact Academic Support Programs at 254-501-5830/5836 or by emailing [Cecilia.morales@ct.tamus.edu](mailto:Cecilia.morales@ct.tamus.edu). Chat live with a tutor 24/7 for almost any subject on your computer! Tutor.com is an online tutoring platform that enables TAMUCT students to log-in and receive FREE online tutoring and writing support. This tool provides tutoring in Mathematics, Writing, Career Writing, Chemistry, Physics, Biology, Spanish, Calculus, and Statistics. To access Tutor.com, log into your Blackboard account and click "Online Tutoring."

**University Library.** The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 250,000 eBooks and 82,000 journals, in addition to the 72,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at TAMUCT are available through our website to help students navigate these resources. On-campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available twenty-four hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place on Skype or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the TAMUCT main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our homepage: <http://www.tamuct.edu/departments/library/index.php>

### **A Note about Sexual Violence at A&M-Central Texas**

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at A&M-Central Texas, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Counseling Services (254-501-5956) located on the second floor of Warrior Hall.

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/departments/compliance/titleix.php) [<https://www.tamuct.edu/departments/compliance/titleix.php>].

### **INSTRUCTOR POLICIES.**

You are encouraged to submit all work (assignments and discussion boards) by the due date to receive full credit. Work that is submitted past the due date will receive the following point deductions:

- 1 day late = 5pts
- 2 days late = 7pts
- 3 days late = 10pts
- 4 days late = 15pts
- 5 days late = 20pts
- 6 or more days late = 35pts

### **Copyright Notice.**

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas' Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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