Texas A&M University - Central Texas
PSYK 3360-115 SPORT PSYCHOLOGY

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Mrs. Kimberly Berry
Office: N/A
Phone: 806-281-8463
Email: 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 an online course and all instruction, assignments and course materials will be available via Canvas.

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 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:

COURSE REQUIREMENTS

Course Requirements:
- All discussion board postings and application activities should follow APA formatting guidelines.

Exams. Two exams (mid-term & final, 15% of grade each) **Mid Term Feb 3-9; Final Exam March 2-8.** 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. Each exam will have a time limit of 90 minutes and 50 questions.

Application Discussions. (20% of grade) Weekly discussions allow students to select and integrate course content in ways that are meaningful to them. Students are required to submit one original discussion each week (250 word minimum) and two peer replies (100 word minimum) on concepts (i.e., theories, topics, constructs). Original discussion posts are to be submitted on the **Friday** within the module and the peer replies are to be submitted by **Sunday**, both by 11:59pm. **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. **Original post due on Fridays. Replies due on Sundays.**

Application Activities. (25% of grade) **Due February 2nd.** One application activity will be assigned in this course. This activity will require the summary of a research article and will be submitted through Canvas. The summary will be written based on a first-hand empirical research article that is listed in the Supplemental Material section in Blackboard or found in the university’s online database. Article summaries will be worth 100 points each. All summaries must be between 2-3 pages, not including cover & reference pages, in length and written in APA format (abstract is NOT needed). **All papers must be submitted to Canvas and revised prior to submission to the professor for grading.** 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.

**Athlete Interview:** (25% of grade) **Due February 23rd.** For this assignment, you are to interview an athlete that plays either at the Varsity High School level or higher. Be prepared for any unplanned follow-up questions for the athlete if you need to dig deeper. The requirements and questions for the interview are as follows:

- **Ask 2 open-ended questions pertaining to mental imagery use during practice and during performance.**
  - In what ways are you currently implementing imagery into your practice as a way to improve your skills?
  - During a game, what type of imagery do you use to help with your performance execution?
- **Ask 1 open-ended question regarding aggression within their sport.**
  - In your sport, how do athletes use aggression to their advantage or to help them win the game?
- **Ask 1 open-ended question regarding the athlete’s goal setting strategy/approach.**
  - What type of experience do you have with goal setting as it relates to your sport?
- **Ask 1 open-ended question pertaining to the anxiety or stress that they undergo in order to be a successful athlete.**
  - As an athlete, what type of anxiety or stress do you typically experience during the season?

This assignment is your interview to conduct and follow through with. You are responsible for contacting an athlete, scheduling an interview time and conducting the interview. If your athlete is a high school student, you will need to have the athlete and their parent/guardian complete a waiver. The interview does NOT need to be recorded unless you want to record for the purposes of this assignment. You will want to have a transcript or notes from the interview for the purposes of the paper submission.

Once you have completed the interview, you will then complete a paper that discusses the interview. The following sections must be covered in your paper submission:

- Athlete’s age, sport played and number of years playing the sport
- Each question asked should be its own paragraph
- A summary of the athlete’s answers for each question (avoid quoting the athlete)
- Your personal reflection on the athlete’s answers and how they have incorporated aspects of sport psychology into their sport

If there are any references used in your paper, make sure to include a reference section. The paper needs to be written in APA formatting: 12pt font, Times New Roman, double spaced, cover page. You do NOT need to include an abstract. If you have questions
regarding APA formatting, please visit the TAMUCT Writing Center or
https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html

Grading Criteria Rubric and Conversion

<table>
<thead>
<tr>
<th>Graded Assignments</th>
<th># Due</th>
<th>Points Each</th>
<th>Points Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module Exams</td>
<td>2</td>
<td>100</td>
<td>200</td>
</tr>
<tr>
<td>Application Discussion</td>
<td>6</td>
<td>15</td>
<td>90</td>
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<tr>
<td>Athlete Interview</td>
<td>1</td>
<td>100</td>
<td>100</td>
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<tr>
<td>Application Activity</td>
<td>1</td>
<td>100</td>
<td>100</td>
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</table>

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

<table>
<thead>
<tr>
<th>Grade</th>
<th>University Definition</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>Excellent</td>
<td>90-100</td>
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<tr>
<td>B</td>
<td>Good</td>
<td>80-89</td>
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<tr>
<td>C</td>
<td>Fair</td>
<td>70-79</td>
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<tr>
<td>D</td>
<td>Passing</td>
<td>60-69</td>
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<tr>
<td>F</td>
<td>Failing</td>
<td>59 or below</td>
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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://hdctamu.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

<table>
<thead>
<tr>
<th>Week</th>
<th>Module</th>
<th>Instructional Activities</th>
<th>Assignments Due</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Getting Started</td>
<td>Check computer compatibility on Canvas</td>
<td>All assignments are due by <em>Sunday at 11:59pm</em></td>
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<td></td>
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<td>Establish library access from home</td>
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<td>Create a quiet study environment</td>
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<td>Resolve all computer difficulties</td>
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<td></td>
<td></td>
<td>Find 2 ‘back-up’ computers w/internet</td>
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<tr>
<td>Jan 13-19</td>
<td><strong>Module 1:</strong> Foundations of Sport Psychology, Personality, Self-</td>
<td>Read Cox Chapters 1-4</td>
<td>Discussion Post</td>
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<td></td>
<td>Confidence and Motivation, And Goal Perspective Theory</td>
<td>Review Supplemental Material</td>
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<td>Write Introduction Discussion</td>
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<td>Jan 20-26</td>
<td><strong>Module 2:</strong> Youth Sports, Attention and Concentration, and Anxiety,</td>
<td>Read Cox Chapters 5-7</td>
<td>Discussion Post</td>
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<td></td>
<td>Stress and Mood</td>
<td>Review Supplemental Material</td>
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<td>Write Application Discussion</td>
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<td>Jan 27-Feb2</td>
<td><strong>Module 3:</strong> Alternatives to Inverted-U, Coping, and Goal Setting</td>
<td>Read Cox Chapters 8-10</td>
<td>Application Activity Discussion Post</td>
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<td></td>
<td>Review Supplemental Material</td>
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<td>Write Application Discussion</td>
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<td>Create Discussion Replies</td>
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<td>Review for Mid-term Exam</td>
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<tr>
<td>Feb 3-9</td>
<td><strong>Module 4:</strong> Imagery and Hypnosis, and Psychological Skills Training</td>
<td>Read Cox Chapters 11-12</td>
<td>Mid-term Exam</td>
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<td>Review Supplemental Material</td>
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<td>Complete Mid-term Exam</td>
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<tr>
<td>Feb 10-16</td>
<td><strong>Module 5:</strong> Aggression and Violence, Audience and Self-</td>
<td>Read Cox Chapters 13-15</td>
<td>Discussion Post</td>
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<tr>
<td>Date</td>
<td>Module</td>
<td>Activity</td>
<td>Notes</td>
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<td>Feb 17-23</td>
<td><strong>Module 6:</strong> Leadership and Communication, Exercise Psychology</td>
<td>Read Cox Chapters 16 &amp; 17</td>
<td>Discussion Post Athlete Interview</td>
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<td></td>
<td></td>
<td>Review Supplemental Material</td>
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<td>Write Application Discussion</td>
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<tr>
<td>Feb 24-March 1</td>
<td><strong>Module 7:</strong> Psychology of Athletic Injuries, and Negative Aspects of Sport and Exercise</td>
<td>Read Cox Chapters 18 &amp; 19</td>
<td>Discussion Post</td>
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<tr>
<td></td>
<td></td>
<td>Review Supplemental Material</td>
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<td></td>
<td></td>
<td>Write Application Discussion</td>
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<tr>
<td>March 2-8</td>
<td><strong>Module 8:</strong> Final Exam</td>
<td>Take Final Exam</td>
<td>Final Exam</td>
</tr>
</tbody>
</table>

**TECHNOLOGY REQUIREMENTS AND SUPPORT**

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**Technology Support.**
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Email: 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.

**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. 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 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 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](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).
INSTRUCTOR POLICIES.
You are encouraged to submit all work by the due date to receive full credit. Work (discussions, application activities, module assessments) 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

Deductions for discussion posts:
- Missing 1 reply = 3pts
- Missing 2 replies = 6pts
- Missing original post but has replies = 10pts

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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