

APSM 4310: Psychology of Sport

Annette Caldwell Simmons School of Education & Human Development
May Term 2017

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General Course Information:

May Term 2017 Semester: May 18th – June 2nd (No Class Memorial Day, Monday May 29th)
Course Meeting Times: 4-hours per day Monday – Friday, Start Time TBA
Location: TBA

Course Catalog Description:

This course is designed to introduce the field of sport and exercise psychology by exploring various psychological theories and research related to sport and exercise behavior.

Required Text:

Foundations of Sport and Exercise Psychology 6th Edition
Author: Dr. Robert Weinberg & Dr. Daniel Gould
Publisher: Human Kinetics
ISBN13 – 978-1450469814

Course Overview:

The course is designed in four units, “Motivation”, “Team Building and Leadership”, “Psychological Skills Training” and “Current Issues and Trends in Sport Psychology”. These four foundational units will provide the student the necessary educational opportunities to gain an awareness and understanding of sport psychology topics necessary for their future role as a sport leader. The class discussions and assignments will facilitate the transition from book learning to practical application. Students will learn how to use the application of sport psychology to improve their own performance, as well as those they will lead in the future in sport and in life.

Instructor Biography:

Applying Sport Psychology is a passion of mine. It began when I was a 23 year-old head Coach at a NCAA Division 2 University who miss applied a simple psychological theory that caused the team's lone all-conference performer to quit. I recognized that beyond talent and hard work, successful athletes have mental abilities to perform their best on command. I went back to school to find the answer to “how can sport leaders best teach mental skills to those they work with?” The pursuit of this answer lead to a position as a Mental Performance Coach with the University of Missouri Athletic Department. For three years I

applied sport psychology with coaches and athletes at the University of Missouri. I have continued to work as a mental performance consultant with Southern Methodist University Track and Field / Cross-County and have conducted research on Olympic Medalists. I draw on the experiences with some of the best coaches and athletes in world to teach the students of SMU the answers I have found and continue to find.

Students will benefit from taking this course by:

- Learning Psychological Skills that will enhance their performance in any context of life
- Learning and applying how to teach others these psychological skills
- Exploring leadership and team dynamics which facilitate performance in sport and other context
- Practicing and studying goal setting and its influence on motivation
- Analyzing various theories and perspectives of motivation and its role in performance

Reading Assignments:

Reading assignments are posted in the class schedule below. Topics in this course are current and the instructor will attempt to find current examples of the course content. Additional readings will be posted to blackboard during the semester. It is good practice to regularly check blackboard for course updates.

Examinations, Assignments and Grading:

<u>Assignment</u>	<u>Point Value</u>
Application of Psychological Skill Worksheet	5
Online Quizzes (5 quizzes, 4 points each)	20
Consumer Primary Research Assignment	5
Discussion Board (2 points per board, 10 boards)	20
Mid-Term Exam	20
Final Exam	20
Class Participation	10
Total Points	100

APSM Grade Scale:

A = 94-100%	C = 74-76%
A- = 90-93%	C- = 70-73%
B+ = 87-89%	D+ = 67-69%
B = 84-86%	D = 64-66%
B- = 80-83%	D- = 60-63%
C+ = 77-79%	F = Below 60

Course Policies

Disability Accommodations

Students needing academic accommodations for a disability must first register with Disability Accommodations & Success Strategies (DASS). Students can call 214-768-1470 or visit <http://www.smu.edu/Provost/ALEC/DASS> to begin the process. Once registered, students should then schedule an appointment with the professor as early in the semester as possible, present a DASS Accommodation Letter, and make appropriate arrangements. Please note that accommodations are not retroactive and require advance notice to implement.

Religious Observance

Religiously observant students wishing to be absent on holidays that require missing class should notify their professors in writing at the beginning of the semester, and should discuss with them, in advance, acceptable ways of making up any work missed because of the absence. (See University Policy No. 1.9.)

Excused Absences for University Extracurricular Activities

Students participating in an officially sanctioned, scheduled University extracurricular activity should be given the opportunity to make up class assignments or other graded assignments missed as a result of their participation. It is the responsibility of the student to make arrangements with the instructor prior to any missed scheduled examination or other missed assignment for making up the work. (University Undergraduate Catalogue)

Student Learning Outcomes

Individuals, Institutions, and Cultures (IIC) – Level 2 SLOs

1. Students will be able to analyze different theoretical or interpretive perspectives in the study of individuals, institutions, and cultures that shape economic, political and social experiences.
2. Students will be able to evaluate critically the research outcomes, theory, and/or theoretical applications in the study of individuals, institutions, and cultures that shape economic, political and social experiences.

Additionally Students will:

- Be able to debate the presence and application of theories of intrinsic and extrinsic motivation in sport.
- Analyze the four theories of achievement motivation
- Employ effective use of Psychological Skills Training (PST)
- Recognize different forms of leadership and team building
- Demonstrate an understanding of the skill of focus and its application to sport
- Discuss a contemporary issues in sport psychology
- Explain growth mindset and its application to sport
- Discuss the history and role of sport psychology
- Demonstrate an ability to critically reflect on important concepts in sport psychology
- Identify and discuss current trends and issues in sport psychology

Final Exams

Final course examinations shall be given in all courses where they are appropriate, and some form of final assessment is essential. Final exams or final assessments must be administered as specified in the official examination schedule, and shall not be administered during the last week of classes or during the Reading Period. The final exam for May Term 2017 Classes is June 2nd.

Attendance / Class Participation

The professor reserves the right to adjust any and all grades based on classroom performance and/or attendance. Students whose absences exceed 25% of the scheduled class meetings of this class will receive no credit for the class. If a student has an extenuating circumstance that requires the student to miss class, then he or she shall communicate the extenuating circumstance to the professor in writing on or before the date of the absence.

Instruction Method

Interactive lecture format. Students are encouraged to participate in course discussion relating to the topics introduced. A strong emphasis will be placed on bridging the gap between crystalized knowledge and practical application.

Academic Integrity Statement and Policy / Plagiarism

Your actions are governed by the university's Code of Conduct.

Quality of Work

All written work must be typed (unless otherwise instructed) and must meet the high quality standards expected of an outstanding student and future professional. Students are encouraged to proof read assignments prior to turning them in. ALL WORK IN THIS COURSE IS INDIVIDUAL WORK – NO GROUP WORK. Collaboration on homework is encouraged however, every students' work is to be unique and their own. Students turning in identical or very similar work will receive a zero on the assignment and be subject to the university's code of conduct.

Requests for Help with Assignments

Students should feel free to talk to the instructor, this can be at the beginning or conclusion of class or during office hours. Questions may also be asked through email; however, the student should always make an effort to begin the assignment before asking for help. The instructor will attempt to answer all questions asked through email within 24 hours, however the student should not anticipate an immediate response. Emailing the instructor the night before an assignment is due not the optimal time for questions nor is a reason for an extension of the due date.

Professionalism & Participation

Students are expected to be prepared for class, this includes having completed required readings and have assignments due with them at the beginning of the class. Electronic devices that are not being used for specific purposes assigned by the instructor or for note taking purposes are not permitted to be out during class. Students are expected to

regularly check SMU email and Blackboard. Additional information will be disseminated throughout the course of the semester through these outlets. “Not Checking” these forms of communication is not an excuse for incomplete readings or assignments.

Date	Day	Topic / Content	Reading
May 18	Thursday	Introduction to Sport Psychology / Thinking Right in Sport / Focus Skill	Chapter 1 / Canvas “Focus Skill” Document
May 19	Friday	Time Orientation / Positive Self-Talk / Composure	Chapter 4 & 12
May 22	Monday	Concentration / Confidence	Chapter 14 & 16
May 23	Tuesday	Personality / Motivation	Chapter 2 & 3
May 24	Wednesday	Intrinsic Motivation / Self-Determination Theory / Review for Mid-Term	Chapter 6 & “SDT in Sport” on Canvas
May 25	Thursday	Mid-Term / Goal Setting for Goal Achieving	Chapter 15
May 26	Friday	Team Dynamics / Team Cohesion	Chapter 8 & 9
May 30	Tuesday	Leadership / Team Standards	Chapter 10
May 31	Wednesday	Deliberate Practice / Mastery / Growth Mindset	Dweck Article on Canvas
June 1	Thursday	Burnout / Psychology of Injury / Flow in Sport / Psychology of Drug use in Sport	Chapter 21 / Chapter 20
June 2	Friday	Final	

Description of Assignments

Consumer of Primary Research Assignment

The intent of this assignment is to facilitate the awareness of primary research in the field of sport psychology and the application / implementation of this research by the coach, sport psychologist or sport leader. The learner will be responsible for locating and evaluating a peer reviewed published research study in the field of sport psychology. The learner will expand beyond a review of the research study by providing an explanation of its application to their desired role (Coach, Sport Psychologist, Administrator) in sport and explain a plan to implement this in the desired role. The assignment instructions, rubric and an example of this assignment is available on blackboard.

Online Quizzes

The course will have 5 online quizzes that are to be accessed through Canvas. Each quiz will be multiple choice, matching and short answer. The content will include lecture PowerPoint material and assigned readings. Quizzes will have a set due date and no quizzes will be allowed to be turned in after the online due date / time.

Application of Sport Psychology Discussion Board

These 10 assignment will be used to continue the in class discussion on the important concepts introduced in class. Many of the topics in sport psychology are compressive and multifaceted, there is a great deal to be learned from others perspectives on the same situation. The instructor will post to the discussion board a sport situation at the end of each class. Students will be asked to apply the sport psychology concepts discussed in class to the situation in a minimum of 200-word reply. Students will also be required to comment on at least one other students post per day. Credit will not be awarded to posts after made after the start of the next day's class.

Examination / Application of Psychological Skills Training

These assignments are designed to introduce students to the practical application of psychological skills training. Students will be provided worksheets that will reinforce and apply the concepts to their experiences in sport performance.

Examinations

There will be two examinations in this course. The midterm exam will take place after the conclusion of unit two as specified on the course outline. The midterm will cover all course content covered in the first two units. The final will take place during the assigned time and date during the final exam period. The final is comprehensive and will cover all course content. Examinations will consist of multiple choice, short answer and essay questions. Both exams are closed book and note.