

University of British Columbia
The Psychology of Sport
Psych 311-921(3 credits)

	<i>Course Outline</i>
Course Weeks	May 6 th - June 12 th , 2008
Course Dates	Tuesday and Thursdays, 5:00-7:30pm
Room	Swing 222
Instructor:	Dr. Andrea Perrino
E-Mail:	aperrino@psych.ubc.ca
Office Hours	by appointment
Office Location	Kenny 2524
Messages	Main Psychology Office UBC: 604-822-2755
Teaching Assistant:	Jason Chin
E-mail:	jchin@psych.ubc.ca
Office Hours	by appointment
Office Location	Kenny 3605

1. Course Description: The purpose of the course is to introduce students to the world of sport and exercise psychology. Students will be able to answer questions regarding how research is conducted in sport psychology, how stress and arousal affect performance, how to foster teamwork, how to provide effective criticism, how to encourage successful exercise adherence, how to recognize overtraining, and psychological reactions to injury, as well as several other topics. As a focus, students will be expected to learn and practice evaluative and critical thinking, and to apply what they study in the course to situations that may be encountered in the “life of a Sport and Exercise Psychologist”. This will be accomplished by means of discussion within the class, and in the preparation and completion of the assignments and exams.

2. Prerequisites: Prerequisite: Either (a) PSYC 100 or (b) all of PSYC 101, PSYC 102 OR six credits of 200-level Psychology (but not 205 or 263). Credit will not be given for both PSYC 311, and Psych 205 – entitled Sport and Exercise Psychology, and HKIN 231 or HKIN 364.

3. Format of the course: The format of the course will be lectures in which active and lively discussion will be encouraged.

4. Required Textbook:

Cox, R. H. (2007). Sport Psychology: Concepts and Application (6th Edition). Boston IL: McGraw Hill

5. Course Requirements and Grading:

1. Exams:

In-class Exam 1 (30%): 2 hour exam (May 22nd)
 Final Exam (50%) : 2-2.5 hour exam (June 12th)

2. Assignments:

1- Paper (20%): “real life” case study assignment

More details.....

i. Exams

You are responsible for all material in the textbook, and any assigned readings, and all lecture material (which will differ considerably, as well as reflect content in the text).

The exams will be presented in multiple-choice (e.g., an answer sheet in scan-tron format), short answer and essay format. The exams will be generally non-cumulative, meaning that understanding of the information presented early in the course is crucial to the integration of knowledge needed for the final exam, although direct testing regarding details which appear in the earlier material, will be avoided.

Please bring a HB pencil and eraser each time you write an exam for electronic scoring, **PEN WILL NOT BE ACCEPTED BY THE MACHINE.** For the written sections, black or blue pen is required.

Students have the right to view their midterm exam for one week following the posting of grades, and for final marked examinations only if they apply to do so within a month of receiving their final grades. This review is for pedagogical purposes. The examination remains the property of the university.

Also, due to the condensed nature of the course, *no make-up exams can be provided (not even if a doctor's note is provided, or for work, family commitments, travel or any such other reasons).* All students must write the exams on the scheduled day and submit papers on the due dates, or be graded at 0% for the missed exam or assignment.

Something else to consider, regarding the assignments and exams: we welcome you to view your exam for learning purposes (e.g., study tips and understanding), although if you request that a Teaching Assistant or Proff. re-mark an exam or assignment, then any instructor reserves the right to remark the entire exam or assignment, and the grade that was originally assigned can either change to an increase or decrease

ii Essay

Considering that sport psychologists work with others on a regular basis, the essay will require that self-chosen pairs of students will work on this assignment. It is assumed that you will gain a varied perspective from your partner and that you will be diplomatic, cooperative, and able to resolve any possible conflicts.

The paper assignment topics from which to choose, will be provided in lecture. Each of these will be "a case study" of real clients or teams, or a business/Government Department or academic institution who requires your knowledge, consultation, and ability to communicate. You will be asked to answer a question, solve a problem, conduct a study and provide advice or direction, all while considering the literature. Each topic will reflect many real-life situations in which you may find yourself as a "real" practicing sport or exercise psychologist.

You will be required to have a minimum of 15 "quality" references, and you must reference in APA style (some topic choices may require this to a greater degree than others). These reference pages will be appended to the text. If you are not sure how to reference in this manner please see <http://www.library.ubc.ca/home/about/instruct/apastyle.html> and <http://www.apastyle.org/> for information.

The paper will be a minimum of 10 pages, maximum of 15 pages of text (references, appendices are not included in the 15 pages; you may add these as needed), double-spaced, 11 point, Times New Roman, with 1-inch margins. Proper organization and writing style (correct grammatical structure, spelling, etc)

will be considered in the marks allotted. No direct quotes, please. You also will submit the paper via Turn It In, at www.turnitin.com. The class name is Psych of Sport – Summer 08, class ID = 2264965, password = mindfully fit. Be sure you create an account and ONE PARTNER will submit the paper on the due date as well, as it will be programmed to be closed to submissions after that date.

More information on the papers will be provided in the lecture. You are welcome to discuss these with your TA, and attend office hours for further details or assistance as well.

6. Policies:

Attendance and class participation – The purpose of the lectures will be to amplify, explain, demonstrate, and expand on the material in the texts. Although there naturally will be overlap, unique material will be presented in lecture – we will discuss the literature, but many real athlete cases and stories will be discussed! Although no marks will be either allotted or subtracted, participation in the discussions in a positive and inquisitive manner will be strongly encouraged for learning and interest enhancement.

Communication – attempt to be on time for the start of lecture to ensure that you receive any necessary information regarding changes to the course content or scheduling, all of which will be made at the beginning of each class. If you miss this, please obtain this information by asking a fellow classmate. Also, considering the use of e-mail, please communicate with the Proff via email for urgent matters only. Do permit typically more than 24 hours before a response can be expected (e.g., sending another e-mail demanding a response is not a good idea and you may not receive a response the night before an exam or assignment). If you have questions that could be answered before/after or in class or require a long response or discussion, or you would like advice on how to improve on course assignments and exams, we would be happy to see you “in person”.

Electronics – To show consideration for your fellow students and the instructor, please turn off and put away electronics that make sound (e.g., phones, headsets). Laptop computers are welcomed for note taking purposes (please avoid displaying other potentially distracting material). Also, no electronics will be permitted in any exam (e.g., phone, dictionary).

Food and Scents– If you would like to bring food to class, simply be considerate of others (and the instructor) by refraining from bringing very odorous food or noisy wrapping. Furthermore, please refrain from wearing scents to class as many people (including your instructor) have severe allergies to airborne scents.

7. Distributions of Grades

Faculties, departments and schools reserve the right to scale grades in order to maintain equity among sections and conformity to university, faculty, and department or school norms. Students should therefore note that an unofficial grade given by an instructor may be changed by the faculty, department or school. Grades are not official until they appear on a student’s academic record.

8. The Psychology Department’s Position on Academic Misconduct

Cheating, plagiarism, and other forms of academic misconduct are very serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. In the first place, the Department has implemented software that can reliably detect cheating on multiple-choice exams by analyzing the patterns of students’ responses. In addition, the Department subscribes to *TurnItIn*—a service designed to detect and deter plagiarism. All materials (term papers, lab reports, etc.) that students submit for grading will be handed in, in this manner and thus will be scanned and compared to over 4.5 billion pages of content located on the Internet or in TurnItIn’s own proprietary databases. The results of

these comparisons are compiled into customized “Originality Reports” containing several, sensitive measures of plagiarism; instructors receive copies of these reports for every student in their class.

In all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the University. Strong evidence of cheating or plagiarism may result in a zero credit for the work in question. According to the University Act (section 61), the President of UBC has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension from the University, cancellation of scholarships, or a notation added to a student’s transcript.

All graded work in this course, unless otherwise specified, is to be original work done independently by individuals. If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult your instructor or teaching assistant. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>) and read the University’s Policy 69 (available at <http://www.universitycounsel.ubc.ca/policies/policy69.html>).

Finally, note that during exams, the instructor and invigilators reserve the right to move students in their seating arrangement with no explanation provided.

Psychology 311- 921 : The Psychology of Sport

(May-June,2008)

Schedule of Topics and Assigned Readings

Note: This list is meant for general reference, as a guide. It will likely undergo changes and adjustments given presently unforeseen circumstances. *Please be aware that changes and announcements that are pertinent to you will be provided in the beginning of the lectures only.*

DAY, WEEK	Topics or Exams	Readings
May 6 th	Intro to Sport and Exercise Psych	Cox (2007) Chpt 1
May 8 th	Personality and Sport	Chpt 2
May 13 th	Motivation	Chpt 4, 5
May 15 th	Goal Setting	Chpt 6, 10
May 20 th	Leadership Communication	Chpt 3
May 22 nd	MIDTERM EXAM	
May 27 th	Arousal – Effects and Regulation	Chpt 7, 8, 9, 11
May 29 th	Psychological Skills Training	Chpt 12
June 3 rd	Group and Team Dynamics	Chpt 15
June 5 th	Burnout, Overtraining and Injury Addictive and Unhealthy Behaviours	Chpt 16 (pgs 415-423), 17, 18, 19
June 10 th	PAPER DUE Aggression in Sport (if time permits)	Chpt 13
June 12 th	FINAL EXAM	