

## Psychology of Sport: PSYCH 311-901 (3 credits)

1. Prerequisites: Either (a) PSYC 100 or (b) all of PSYC 101, PSYC 102 OR six credits of 200-level Psychology. Credit will not be given for both PSYC 311, HKIN 231 or HKIN 364.

2. Course Structure: 3hr once a week traditional lecture style with active in-class discussions.

3. Schedule of Topics: found in the Calendar section.

4. Course Description and Learning Outcomes: The purpose of the course is to introduce students to the world of sport and exercise psychology. Students will be able to answer questions such as how sport psychology is conducted, if an “athletic personality” exists, how stress and arousal affect performance, how to build confidence and develop motivation, how to foster teamwork, how to provide effective criticism and cultivate effective coaching practices, the methods to recognize overtraining, burnout, and the psychological impact of 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 optional assignment and required exams.

5. Learning Materials: Required textbook : Weinberg, R.S., & Gould, D. (2019). Foundations of Sport and Exercise Psychology (7th ed.). Champaign IL: Human Kinetics Publishers. This text can be purchased at the Bookstore or online (approximate cost of \$125-180).

6. Assessment of Learning:

1. Exams :

i. Midterm (30% or 50%): a 2-2.5hr hour in-class test

ii. Final Exam (50%): 2.5 hour exam, scheduled by Registrar (generally non-cumulative) time and location scheduled by the University

iii. Optional Paper (20%): written as an individual or as a group of 2 (or more) students

More details.....

a. Exams

You are responsible for all material in the textbook, and any assigned readings, and all lecture material (which will most certainly differ 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; you must have an HB pencil to complete these forms), and short answer and long answer 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.

#### b. Optional Paper

You will have the option of writing a paper. If you choose not to write the paper, the midterm will count for 50% of your grade. If you write the paper, the grade you obtain is included in your final course mark (e.g., including the grade is not optional)

A number of topic content alternatives from which to choose will be provided for the paper. Each topic will reflect a real-life situation in which you will use principles learned in the course. The topics range from a problem identified by a client or team, or a request by the media, or a business/Government Department or academic institution that requires your knowledge, consultation, and ability to communicate. You will be asked to answer a question or solve a problem or conduct a small study and provide advice or direction, all the while considering and referring to the literature. Referencing in APA style is required and some topic choices may require this to a greater degree than others. The paper will range from 6-10 pages of text, and other details will be provided in the assignment information to come. You are welcome to discuss these with your TA, or Professor for further details and assistance throughout the term.

### 7. Policies

#### a. University Policies:

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. Details of the policies and how to access support are available on the UBC Senate website.

UBC provides appropriate accommodation for students with disabilities and for religious observances. Please let your instructor know in advance (within the first week, if possible) if you require any accommodation in this manner.

For course policies regarding in-term academic concessions (for illness or possible absence), please refer to the relevant UBC calendar entry:

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0> (Links to an external site.).' As such, please contact your Instructor as soon as possible if you must miss an exam or assignment deadline. Each case is judged individually. If a make-up exam is required it will be scheduled within the shortest time period possible. A unique exam will be created for you, and

the exam can change in format. If you miss the final exam, you must apply to write during the University's official deferred period.

UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is the suppression of academic freedom.

UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions.

#### b. Psychology Department's Policy on Grade Distributions and Scaling

In order to reduce grade inflation and maintain equity across multiple course sections, all psychology courses are required to comply with departmental norms regarding grade distributions. Scaling is likely to be used in order to comply with norms set out by the Department and therefore grades may be scaled up or down as necessary. Grades are not official until they appear on a student's academic record.

#### c. Course 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, and if the class is engaged, 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. Furthermore, many examples discussed and exemplified in class appear on the exams.

Communication – all announcements regarding class schedule or content changes, practice exams, policies, and other information will be presented at the start of lecture, and electronically via Canvas. If you are late or absent, rely on your fellow classmates in order to obtain this information. Summaries of the lecture material are available on Canvas. If you require further details, please see a fellow classmate (notes will not be sent on an individual basis).

Also, considering the use of any electronic communication: I send messages and will use Canvas to transmit information to the entire class when we are not meeting. Please ensure that your address is up-to-date with the University system, and do check it regularly. If you e-mail me, please permit more than 24 hours before a response can be expected. If you have questions that require a long response or discussion, we would be happy to help you "in person" at a pre-arranged office hour, or after class. I stay as long as necessary after each lecture to ensure all questions or concerns are addressed.

Electronics – Be considerate of your fellow students and the instructor, please turn off the sound, and put away electronics, beyond that of a laptop for note taking purposes. Noise from

phones ringing/alerts can be rather distracting to others and your instructor. If you decide to text, chat live, view a video/film or game, or use your electronics in a distracting manner, I reserve the right to ask you to leave the class at any time since you are clearly disinterested and affecting others. Also, no electronics will be permitted for use in any exam.

**Food and Scents**– If you would like to bring food to class, simply be considerate of the students who surround you (and the instructor) by refraining from very odorous food or noisy wrapping. Additionally, please refrain from wearing scents to class as many people, including your instructor may have severe allergies to many airborne fragrances (e.g., skin creams, hairspray, cologne/perfume). Also, food or beverages will not be permitted in any exams without discussion with the Instructor.

**Pets**- animals of any sort are not permitted in the lecture or at exams.

**Assignment Submission** - Please submit your paper in person, in class and on the due date. One other way you can submit your paper is at the Psychology Office however only do so if your paper will be handed in early. Ensure that the administrator documents your submission by placing a date and time stamp on the front page.

**Exams** - Midterm exams can be reviewed with your TA for 2 weeks following the grade posting. If there is any dispute, note that both instructors reserve the right to remark the entire exam and the grade that was originally assigned can either change to an increase or decrease or remain the same. Review of multiple choice questions would be for learning purposes only (and not argument or alteration).

Finally, note that for the exams: attend and be on time. If you are late, you will not be permitted to write if any one person has completed and left the room. Also, the instructor and invigilators reserve the right to move students in their seating arrangement with no explanation provided.

## 8. Academic Dishonesty

**Short version:** Don't try it, don't do it. The consequences are more grave than you may think: you will fail the course, and/or will be expelled from University, and unable to attend any other post-secondary institution in the future (Ugh. This HAS happened!).

**Long version:** 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 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.

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. For details on pertinent University policies and procedures, please see the UBC Calendar.

## 9. Copyright

All materials of this course (handouts, lecture slides, assessments, etc) are the intellectual property of the course Instructor or licensed to be used in this course by the copyright owner. Capturing or redistribution of these materials by any means without permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline. Please do not take any photos of the slides or the Instructor(s) or record the lectures without the expressed permission of the course instructor.

### Lecture Topics List:

Let's Go! Intro to Sport Psychology  
Sport Personality  
Motivation + Self Confidence  
Attention and Focus  
Arousal and Stress  
Arousal Regulation  
Psych Skills Training  
Goal Achievement and Goal Setting  
Leadership and Communication  
Group and Team Dynamics  
Burnout, Addictive and Unhealthy Behaviours  
Psychology of Injury and Athletic Termination