

KINE 4623
Exercise and Sport Psychology
Spring 2013
Kip Webster
Office: Haley 1468
Email: ekh0007@auburn.edu
Phone: 844-1480

AUBURN UNIVERSITY
SYLLABUS

- 1. Course Number:** KINE 4623 001 A
Course Title: Exercise and Sport Psychology, Distance Course
Credit Hours: 3 semester hours
Prerequisites: KINE 3020
Co-requisites: None
- 2. Term:** Spring 2013
Day/Time: Distance Education Course
Instructor: Elizabeth “Kip” Webster
Dr. Danielle Wadsworth
Office Address: Haley 1468
Contact Information: ekh0007@auburn.edu
wadswdd@auburn.edu
Office Hours: Distance course; available by email, phone conference or appointments by request
- 3. Text (Required):** Weinberg, R. & Gould, D. (2006) Foundations of Sport & Exercise Psychology (5th edition). Human Kinetics, Champaign, IL. ISBN: 978-0-7360-8323-2
- 4. Course Description:** Role of psychological factors in sport, exercise and physical activity.
- 5. Student Learning Outcomes:**
 - To increase your understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education settings.
 - To increase your understanding of how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved.
 - To help you acquire skills and knowledge about sport and exercise psychology that you can apply as a coach, teacher, athletic trainer, or exercise leader.

6. Course Content Outline:

Date	Due Date	Topic & Assignments	Quizzes
1/9	1/18	Introduction & Syllabus	Syllabus Quiz
1/9	2/8	Ch. 3: Motivation	Quiz 1 (Ch. 3)
1/9	2/8	Ch. 4: Arousal, Stress & Anxiety Ch. 12: Arousal Regulation	Quiz 2 (Ch. 4 & 12)
1/9	2/8	Ch. 6: Feedback, Reinforcement, & Intrinsic Motivation	Quiz 3 (Ch. 6)
1/9	2/8	Ch. 14: Self-Confidence	
1/9	2/8	Ch. 13: Imagery	Quiz 4 (Ch. 13 & 14)
1/9	2/8	Assignment 1 due	
1/9	3/1	Ch. 15: Goal Setting	
1/9	3/1	Ch. 16: Concentration	Quiz 5 (Ch. 15 & 16)
1/9	3/1	Ch. 9: Leadership	
1/9	3/1	Ch. 10: Communication	Quiz 6 (Ch. 9 & 10)
1/9	3/1	Assignment 2 due	
1/9	3/1	First 5 discussion questions should be posted	
1/9	3/29	Ch. 5: Competition and Cooperation	Quiz 7 (Ch. 5)
1/9	3/29	Ch. 7: Group & Team Dynamics Ch. 8: Group Cohesion	Quiz 8 (Ch. 7 & 8)
1/9	3/29	Assignment 3 due	
1/9	4/26	Ch. 21: Burnout and Overtraining	
1/9	4/26	Ch. 20: Addictive and Unhealthy Behaviors	Quiz 9 (Ch. 21 & 20)
1/9	4/26	Ch. 23: Aggression in Sport	
1/9	4/26	Ch. 24: Character Development and Good Sporting Behavior	Quiz 10 (Ch. 23 & 24)
1/9	4/26	Assignment 4 due	
1/9	4/26	Last 5 discussion questions should be posted	

7. Assignments/Projects:

Evaluations	Value	Description
1) Quizzes	150 points (10-20 points each)	Quizzes will be conducted online via Canvas. All quizzes will be close on a fading syllabus (see course calendar). Once the quiz is open you will have 10-30 minutes to take the quiz, depending on the number of questions. You can only take the quiz once. You may use your notes and book to answer the quiz questions. You may NOT work together to complete the quizzes. <i>You will also have a short quiz on the Introduction set of slides and the syllabus to ensure understanding and clarify any questions.</i>
2) Assignments	100 points (25 or 50)	Assignments are a mixture of observations, writing and discussing. Instructions are available on Canvas for the assignments and due

	points each)	dates are in the course schedule. No late assignments are accepted. Please read the assignment instructions for each option carefully. <i>Grading rubric is provided with each assignment option. You must complete a total of 100 points worth of assignments.</i>
3) Online Discussions	100 points (10 points each)	You will need to complete 10 discussions questions over the course of the semester. Each powerpoint contains a narration. The narration asks you to discuss certain questions on the discussion boards in Canvas. There are 15 discussion questions/powerpoints, meaning you will not post for 5 discussion questions. Only the first 10 you post will be graded. The order in which you submit discussions does not matter. Five responses need to be posted by mid-semester; the remaining five need to be posted by the last day of class. Grading rubric for discussion boards is below.

8. Rubric and Grading Scale:

Grade	Scale	Point Scale
A	100 – 90	350 - 315
B	89.9 – 80	314.9 - 280
C	79.9 – 70	279.9 - 245
D	69.9 – 60	244.9 - 210
F	Below 60	Below 209.9

Discussion Rubric	Point Value
1. Completed all parts of the discussion or activity	2.5
2. Quality of response	2.5
3. Ability to incorporate material from text and notes	2.5
4. Ability to apply information to real world settings	2.5
10	

9. Class Policy Statements:

- **Please pay close attention to the due dates posted on the syllabus. No late discussions, quizzes or projects will be accepted after the due dates.**
 - You can view your grades accumulated throughout the semester on Canvas. I will not round or give any points at the end of the semester. Please do not ask.
 - The University is conducted on a basis of common honesty. Dishonesty, cheating, plagiarism, or knowingly furnishing false information to the University is regarded as particularly serious offenses. Any form of this type of conduct will not be tolerated.
- A. **Attendance:** Due to the nature of this course there is no formal attendance policy. However, students are expected to follow the course outline and will be held responsible for all content covered in the syllabus and expected to meet all posted deadlines.
- B. **Make-Up Policy:** Due to the nature of this course there is no formal make-up or excused absences policy. Please remember that all course content is open at the beginning of the semester and you have several weeks to complete quizzes and assignments throughout the semester. However, if an extraordinary circumstance occurs and a deadline needs to be missed or cannot be completed in the time assigned you must contact the instructor immediately to explain the circumstances and the instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor about this prior to the occurrence, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the *Tiger Cub* for more information on excused absences.
- C. **Academic Honesty Policy:** All portions of the Auburn University student academic honesty code (Title XII) found in the *Tiger Cub* will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.
- D. **Disability Accommodations:** Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).
- E. **Course contingency:** If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials.
- F. **Professionalism:** As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College's conceptual framework. These professional commitments or dispositions are listed below:
- Engage in responsible and ethical professional practices
 - Contribute to collaborative learning communities
 - Demonstrate a commitment to diversity
 - Model and nurture intellectual vitality