**1. Course Number: KINE 4623-003**

**Course Title:** Exercise and Sport Psychology, Distance Course

**Credit Hours:** 3 semester hours

**Prerequisites:** None

**Co-requisites:** None

1. **Term:** Spring 2019

**Day/Time:** Distance Education Course

**Instructor:**Matthew W. Miller, Ph. D.

**Office Address:**Kinesiology Building, Room 164

**Contact Information:** mwm0024@auburn.edu

**Office Hours:**Tuesdays 2 - 4 PM and By Appointment

1. **Text (Required):** Weinberg, R. & Gould, D. (2014). Foundations of Sport & Exercise Psychology (7th edition). Human Kinetics, Champaign, IL.

**You have the option to purchase the book through the "All Access Format" located on the Modules Link on our Canvas page.  After clicking the Module access, you should select the Redshelf link to select the book option. With this format, you will find a more affordable option to follow the class and apply the content to your best convenience!**

1. **Course Description:** Role of psychological factors in sport, exercise and physical activity.

1. **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.

1. **Course Content Outline:**

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| --- | --- | --- |
| **Due Date** | **Topic & Assignments** | **Quizzes** |
| 01/11 | Introduction & Syllabus | Syllabus Quiz |
| 01/14 | Ch. 4: Motivation | Quiz 1 (Ch. 4) |
| 01/18 | Ch. 5: Arousal, Stress & Anxiety  Ch. 13: Arousal Regulation | Quizzes 2 & 3 (Ch. 5 & 13) |
| 01/25 | Ch. 7: Feedback, Reinforcement, & Intrinsic Motivation | Quiz 4 (Ch. 7) |
| 02/01 | Ch. 15: Self-Confidence |  |
| 02/08 | **Assignment 1 due** |  |
| 02/08 | Ch. 14: Imagery | Quizzes 5 & 6 (Ch. 14 & 15) |
| 02/15 | Ch. 16: Goal Setting |  |
| 02/22 | Ch. 17: Concentration | Quizzes 7 & 8 (Ch. 16 & 17) |
| 03/01 | Ch. 10: Leadership |  |
| 03/08 | Ch. 11: Communication | Quizzes 9 & 10 (Ch. 10 & 11) |
| 03/08 | **Assignment 2 due** |  |
| 03/22 | Ch. 6: Competition and Cooperation | Quiz 11 (Ch. 6) |
| 03/29 | Ch. 9: Team Dynamics and Cohesion | Quiz 12 (Ch. 9) |
| 04/05 | Ch. 22: Burnout and Overtraining |  |
| 04/05 | **Assignment 3 due** |  |
| 04/12 | Ch. 21: Addictive and Unhealthy Behaviors | Quizzes 13 & 14 (Ch. 21 & 22) |
| 04/19 | Ch. 24: Aggression in Sport |  |
| 04/26 | Ch. 25: Character Development and Good Sporting Behavior | Quizzes 15 & 16 (Ch. 24 & 25) |
| 04/29 | **Assignment 4 due** |  |

1. **Assignments/Projects:**

|  |  |  |
| --- | --- | --- |
| Evaluations | Value | Description |
| 1) Quizzes | 160 points    (10 points each) | Quizzes will be conducted online via Canvas. All quizzes will close on a fading syllabus (see course calendar). Once the quiz is open you will have 10 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.  *You will also have a short quiz on the Introduction set of slides and the syllabus to ensure understanding and clarify any questions*. |
| 2) Assignments | 100 points  (25 or 50 points each) | Assignments are a mixture of observations and writing.  Instructions are available on Canvas for the assignments and due dates are in the course schedule.  No late assignments are accepted. Please read the assignment instructions for each option carefully. A g*rading rubric is provided with each assignment option. You must complete a total of 100 points worth of assignments. You may not complete more than 100 points or complete the same option twice.* |

1. **Grading Scale:**

|  |  |
| --- | --- |
| Grade | Scale |
| **A** | 100 – 90.0 |
| **B** | < 90.0 - 80.0 |
| **C** | < 80.0 – 70.0 |
| **D** | < 70.0 – 60.0 |
| **F** | < 60.0 |

1. **Class Policy Statements:**

* **Please pay close attention to the due dates posted on the syllabus.** **No late quizzes or assignments 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 are regarded as particularly serious offenses.  Any form of this type of conduct will not be tolerated.

**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.

**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 1 week after the absence. Appropriate documentation for all excused absences is required. Please see the *Tiger Cub* for more information on excused absences.

**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.

**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. 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).

**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, and addendum to your syllabus and/or course assignments will replace the original materials.

**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 vitalit