# Advanced Sport Psychology

Instructor:Matthew W. Miller, Ph. D.

Email: mwm0024@auburn.edu (I usually respond to email 8 AM – 3 PM on weekdays)

## Virtual Office Hours (when I will be in my Zoom Office Hours Meeting):

Wednesday 12 – 2 PM and by appointment (Meeting ID: 858 7755 7935,

Passcode: KINE164)

Office Location:Kinesiology, Room 164

Course Number: KINE 7750-001

Class Meeting:Monday – Friday, 12:30 PM – 2:00 PM, Kinesiology, Room 126

Credit Hours: 3.000

Prerequisites: Undergraduate level HLHP 4620 (minimum grade of D) or Undergraduate level KINE 4620 (minimum grade of D)

Texts/Resources: Required Textbook: Sanderson, Catherine A. (2017). *Sport Psychology*. New York: Oxford University Press. ISBN-10: 0199917442/ISBN-13: 978-0199917440. **There should be an all-access option for this textbook.**

Non-Textbook Readings: The textbook will be supplemented with mandatory readings posted on Canvas.

Course Description: The examination of the interplay between psychological factors, sport performance, and psychological well-being.

Learning Outcomes: Students will be able to understand and apply sport psychology's body of knowledge as well as critically analyze scientific articles that contribute to that knowledge.

Learning Objectives: Students will gain a comprehension of sport psychology's body of knowledge through textbook and non-textbook readings. Students will analyze scientific articles contributing to that knowledge and understand how to apply that knowledge through guided class discussions.

Justification for Graduate Credit: Students will be challenged to critically evaluate research contributing to the sport psychology literature.

## Course Content (SUBJECT TO CHANGE)

Refer to Canvas for Exact Due Dates of Assignments

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| Week | Lectures/Discussions |
| 01/09 – 13  No Class 01/10 | Introduction to Class |
| 01/16 – 20 | Introduction & Research Methods   * Read Ch. 1 & Aschwanden (2015) * Ch. 1 & Aschwanden Quiz   Introduction & Research Methods Discussion   * Prepare for Discussion |
| 01/23 – 27  No Class 01/26 | Personality   * Read Ch. 2 * Ch. 2 Quiz   Personality Discussion   * Submit Response to Discussion Question on Canvas |
| 01/30 – 02/03 | Attribution & Cognition   * Read Ch. 3 * Ch. 3 Quiz   Attribution & Cognition Discussion   * Prepare for Discussion |
| 02/06 – 10 | Motivation   * Read Ch. 4 and White II & Sheldon (2014) * Ch. 4 and White II & Sheldon Quiz   Motivation Discussion   * Prepare for Discussion |
| 02/13 – 17 | Goal Setting   * Read Ch. 5 * Ch. 5 Quiz   Goal Setting Discussion   * Prepare for Discussion |
| 02/20 – 24 | Arousal & Anxiety   * Read Ch. 6 * Ch. 6 Quiz   Arousal & Anxiety Discussion   * Prepare for Discussion |
| 02/27 – 03/03 | Psychological Skills Training   * Read Ch. 7 and Beckmann, Gröpel, & Ehrlenspiel (2012) * Ch. 7 and Beckmann et al. Quiz   Psychological Skills Training   * Prepare for Discussion |
| 03/06 – 10  No Class |  |
| 03/13 – 17 | Aggression   * Read Ch. 8 * Ch. 8 Quiz   Aggression Discussion   * Prepare for Discussion |
| 03/20 – 24 | Stereotypes, Prejudice, & Discrimination   * Read Ch. 9 * Ch. 9 Quiz   Stereotypes, Prejudice, & Discrimination Discussion   * Prepare for Discussion |
| 03/27 – 03/31 | Team Cohesion   * Read Ch. 10 * Ch. 10 Quiz   Team Cohesion Discussion   * Prepare for Discussion |
| 04/03 – 07 | Leadership   * Read Ch. 11 and Manley, Greenless, Smith, Batten, & Birch (2014) * Ch. 11 and Manley et al. Quiz   Leadership Discussion   * Prepare for Discussion |
| 04/10 – 14 | Common Issues: Injury & Burnout   * Read Ch. 12 and Brewer & Cornelius (2010) * Ch. 12 and Brewer & Cornelius Quiz   Common Issues: Injury & Burnout Discussion   * Prepare for Discussion |
| 04/17 – 21 | Unhealthy Behaviors: Drug Abuse & Disordered Eating   * Read Ch. 13 * Ch. 13 Quiz   Unhealthy Behaviors: Drug Abuse & Disordered Eating Discussion   * Prepare for Discussion |
| 04/24 – 28 | Class Summary  Make-Up Class/No Class |

## Assignments:

### Quizzes (90% grade)

There will be 13 quizzes (no unannounced quizzes). All quizzes will be completed through Canvas and are open source with the exception that students cannot consult with another person. The purpose of the quizzes is to ensure that students are completing and understanding their reading assignments before the class meeting about each reading. Therefore, the quizzes are due at 11:59 PM the night before the class meeting related to the reading. The value of each quiz will be the number of questions on the quiz. The length of time for each quiz will be 45 seconds per question. If you do not complete a quiz by the due date for ‘unexcused reasons,’ then you may not have the opportunity to complete the quiz and, thus, could receive a grade of zero.

### Discussion (10% of grade)

In the class meeting after I give a lecture on a topic, you and your classmates will be asked to verbally answer discussion questions. Each class member will be asked to respond to one of several discussion questions that are presently listed on Canvas in the Discussion Questions Folder under Files. Discussion questions will be randomly assigned at the start of the class meeting, so you must prepare to answer each discussion question. Your preparation may include jotting down some notes about your thoughts related to each question, but you could also write out complete responses to read in class, or you could just take mental notes about your thoughts related to each question. Your response will be worth 10 points, and your grade will be determined by the degree to which you make logical, fact-based responses.

## Grading:

Percentages will be associated with the following letter grades:

A: 90.0% ≤

B: 80.0% ≤

C: 70.0% ≤

D: 60.0% ≤

F: 60.0% >

Students may withdraw without grade penalty until the 15th class day, and until mid-semester (although a W will appear on the student’s transcript if the student withdraws between the 16th and 36th class day).

Students who withdraw from the course between the 6th class day and the 15th class day will pay a course drop fee of $100.

## Class Policies:

Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence.

Excused Absences: Students are granted excused absences from class for the following reasons: Illness of the student or serious illness of a member of the student’s immediate family, death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for University classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance and religious holidays. Students who wish to have an excused absence from this class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required.

Make-Up Policy: Arrangements to make up missed major examination (e.g. hour exams, mid-term exams) due to properly authorized excused absences. Except in unusual circumstances, such as continued absence of the student or the advent of University holidays, a make-up exam will take place within two weeks from the time the student initiates arrangements for it. Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins. The format of the make-up exam will be (as specific by the instructor).

Academic Honesty Policy: All portions of the Auburn University Student Academic Honesty code (Title XII) found in the [Student Policy eHandbook](http://www.auburn.edu/student_info/student_policies/)will apply to this class. 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 make an individual appointment with the instructor during the first week of classes – or as soon as possible if accommodations are needed immediately. 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).

Class Communication: Communication will occur via Canvas. If you are new to Canvas, please see this link to a 7 minute: [“Getting Started with Canvas” video (and transcript)](https://vimeo.com/74677642). Communication via Canvas will appear in your Auburn email and on Canvas. You are responsible for regularly checking class emails and Canvas.

Emergency 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.

Professionalism: The Auburn University Classroom Behavior Policy is strictly followed in the course; please refer to the [Student Policy eHandbook](http://www.auburn.edu/student_info/student_policies/) for details of this policy.

## Mental Health:

If you are experiencing stress that feels unmanageable (personal or academic) during the semester, Auburn University’s Student Counseling & Psychological Services (SCPS) offers a variety of services to support you. The mission of SCPS is to provide comprehensive preventative and clinical mental health services to enhance the psychological well-being of individual students, as well as the broader campus culture. As an instructor, I am available to speak with you regarding stresses related to your work in this course, and I can assist in connecting you with the SCPS network of care. You can schedule an appointment yourself with the SCPS by calling [(334)844-5123](tel:+13348445123) or by stopping by their offices on the bottom floor of Haley Center or the second floor of the [Auburn University Medical Clinic.](http://auburn.edu/map/?id=150)

If you or someone you know needs to speak with a professional counselor immediately, the SCPS offers counseling during both summer term as well as the traditional academic year. Students may come directly to the SCPS and be seen by the counselor on call, or you may call [334.844.5123](tel:+13348445123) to speak with someone. Additional information can be found at <http://wp.auburn.edu/scs>.