AUBURN UNIVERSITY

SYLLABUS

1. **Course Number:**KINE 4620 D01-D02

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

Distance Course

**Credit Hours:**3 semester hours

**Prerequisites:**None

**Co-requisites:**None

2. **Term:**Spring 2025

**Day/Time:**Distance Education Course

**Instructor:**Mynor Rodriguez-Hernandez

**Office Address:**301 Wire Rd. (KINE BLDG)

**Contact Information:**mgr0018@auburn.edu

**Office Hours:**Distance course; available by email, phone conference or appointments by request

3. **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!**

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:**

|  |  |  |
| --- | --- | --- |
| **Due Date** | **Topic & Assignments** | **Quizzes** |
| 01/15 | Introduction & Syllabus | Syllabus Quiz |
| 01/20 | Ch. 4: Motivation | Quiz 1 (Ch. 4) |
| 01/27 | Ch. 5: Arousal, Stress & AnxietyCh. 13: Arousal Regulation | Quiz 2 (Ch. 3 & 13) |
| 02/03 | Ch. 7: Feedback, Reinforcement, & Intrinsic Motivation | Quiz 3 (Ch. 7) |
| 03/03 | **Assignment 1 due** |  |
| 02/10 | Ch. 15: Self-ConfidenceCh. 14: Imagery | Quiz 4 (Ch. 15 & 14) |
| 02/17 | Ch. 17: ConcentrationCh. 16: Goal Setting | Quiz 5 (Ch. 17 & 16) |
| 03/24 | **Assignment 2 due** |  |
| 02/24 | Ch. 11: CommunicationCh. 10: Leadership | Quiz 6 (Ch. 11 & 10) |
| 03/03 | Ch. 6: Competition and Cooperation | Quiz 7 (Ch. 6) |
| **03/07** | **First set of discussions** |  |
| Week of 03/10 | Spring Break, NO ASSIGNMENTS  |  |
| 03/24 | Ch. 9: Team Dynamics & Cohesion | Quiz 8 (Chp.9) |
| 04/07 | **Assignment 3 due** |  |
| 04/07 | Ch. 22: Burnout and OvertrainingCh. 21: Addictive and Unhealthy Behaviors | Quiz 9 (Ch. 22 & 21) |
| 04/21 | Ch. 24: Aggression in SportCh. 25: Character Development and Good Sporting Behavior | Quiz 10 (Ch. 24 & 25) |
| 04/30 | **Assignment 4 due** |  |
| **04/30** | **Second set of Discussions Due** |  |

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.*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, writing and discussing.  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. *Grading 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****.* |
| 3) Discussions  | 100 points  | There will be 10 discussion assignments. There are 15 total discussions available but… **ONLY DO 10!** **You will not receive credit for extra, I will grade the first 10 I see.** You will find the discussion question within the narration of the power points to the corresponding chapter. I am adjusting the syllabus with these directions. **DO NOT WAIT UNTIL THE LAST WEEK TO CRAM THESE**. I will remind you guys throughout the semester about them. |

\*\*College of Education SONA EXTRA CREDIT OPPORTUNITY

Your class can participate in the online research participation system, College of Education SONA. You will receive an email from SONA that enables you to sign up for research solicitations. If you do not receive this email by the third week of classes, please email **sona@auburn.edu**. If you are under 19 years of age you must get your parents’ consent to participate in each study. Forms are available online. It is your job to make sure that your earned extra credit goes to the correct course. You can modify this in your student SONA account. If you sign up for a study that has appointments, you are expected to attend. If you need to cancel, follow the directions for canceling an appointment for that study. Please pay attention to the cancellation deadlines for that study. If you fail to do so you will be marked as a “no-show” in SONA. Two “no-show” designations will result in you being locked out of SONA for the semester and you will not be able to receive extra credit through research participation for that semester.

Your instructor is not affiliated with SONA, so participation or non-participation will not influence your status in this course, other than the extra credit points you can earn. SONA will report the number of credits you have earned to the instructor of the course you select when registering for research solicitations.

There are several SONA systems on campus. To receive credit in this course you must participate in the College of Education SONA.

The School of Kinesiology or your instructor is not responsible for the availability or lack of availability of SONA extra credit.

½ points will not be credited to final grade.

1 30-minute session = 1 credit

2 credits = 1 point added to final grade

4 credits = 2 points added to final grade

6 credits = 3 points added to final grade

8 credits = 4 points added to final grade

10 credits = 5 points added to final grade (maximum allowed)

8. **Rubric and Grading Scale:**

|  |  |
| --- | --- |
| Grade | Scale |
| **A** | 100 – 90 |
| **B** | 89.9 – 80 |
| **C** | 79.9 – 70 |
| **D** | 69.9 – 60 |
| **F** | Below 60 |

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.

1. **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.

2. **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.

3. **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.

4. **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).

5. **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.

6. **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

 7. **AI ETHICS**: The use of AI (eg. ChatGPT) is accepted only for ACADEMIC PURPOSES. You can use it to prepare assignments, to improve your knowledge, and to do other tasks. However, the work you submit must show that it was done by you, incorporating your own thoughts and ideas to show originality. The assignments will be reviewed for AI use.