

Sport and Health Psychology

This course will cover primary theories and applications in sport and health behaviors. Theories will be drawn from social psychology, health psychology, cognitive psychology, exercise psychology, and sport psychology. Specific topics will include personality characteristics, motivation, goal-setting, attributions, concentration, imagery, aggression, group dynamics, communication and counseling techniques, research methodologies, and behavior modification.

The mission of McKendree University is to provide a high quality educational experience to outstanding students.

~Responsible Citizenship ~Engagement

~Academic Excellence ~Lifelong Learning

COURSE NUMBER AND COURSE TITLE: PSY 465/PED 465 SPORT AND HEALTH PSYCHOLOGY

ONLINE COURSES REQUIRE:

ORGANIZATION, TIME MANAGEMENT, & RESPONSIBILITY

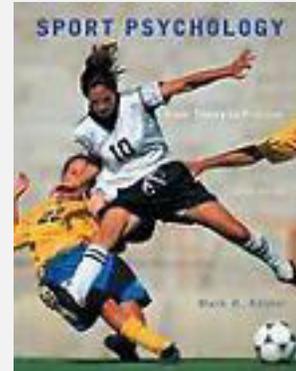
Course Objectives:

- 1.) Students will have an understanding of the research methods of health and sports psychologists.
- 2.) Students will learn basic applications including goal setting, imagery, relaxation, concentration, and motivation.
- 3.) Students will successfully work in teams and will be able to analyze these group experiences.
- 4.) Identify current events in the news that have psychological content and make connections to the book

Required Text

Anshel, Mark (5th edition).
**Sport Psychology: From
Theory to Practice.** Benjamin
Cummings Pearson
Education

ISBN: 0-321-73249-9



information.

5.) Become an engaged thinker, responsible citizen and lifelong learner.

Misc Info:

- The course is 8 weeks long. There will be something due EVERY WEEK!
- Discussion Boards (DB) are a place for all people to discuss and share. There is an all-class DB and a team/group DB.
- A blog is an individual post but all people can see it!
- The Wiki is a shared page for a group to work on.
- A journal is a private place for you to write and only you and the instructor can see.
- When you take a quiz, shut down all other applications (e.g., email, Facebook, etc.). You have to finish the quiz once you start and you only have one hour.



How to Succeed in this Course:

We have various resources to help students succeed at McKendree University, please visit the website or Blackboard for information on these resources.

Read your e-mails!

Don't Procrastinate!

Have FUN!

Work Hard!

Be respectful to your peers!

Set specific times each week to do your work for the class!

"I never stepped out onto the field or walked off a field where I didn't feel like I did everything I could possibly do to be the best."

– Brett Favre

SELECTED MCKENDREE UNIVERSITY COURSE POLICIES:

Academic Honesty:

Any student detected of cheating or engaging in plagiarism on any exam or paper, or participating in any other form of academic dishonesty, will receive the appropriate sanctions, which can include a failing grade ("F") for the course. Please visit with me regarding any questions. In cases of serious violations, additional sanctions (such as academic probation or suspension) are possible.

ADA Policy:

A student requiring assistance with the technical portions of the course should contact the Instructor or the Academic Support Center. Services for Students with disabilities are provided through the McKendree Academic Support Center (MASC) in order to help the student integrate into the entire university experience. MASC provides coordination and implementation of special accommodations for students with documented disabilities.

Challenges to Academic Decisions:

Students who think that their work has been improperly evaluated or who think that they have been unfairly treated in any academic decision may use the grievance procedures found in the catalog.

Course Deletions/Additions:

Students may drop or add courses according to the schedules posted by the Office of Academic Records for each semester. Drops and adds are not effective until recorded by the Registrar. A course may not be added after one week from the first class meeting.

Email:

Every student is issued a McKendree email account, which is one of the major means of communication from departments such as the Office of Academic Records, Student Affairs and the Business Office. All students are responsible for checking their McKendree email accounts regularly, and are accountable for information disseminated to their email accounts. Failure to read university communications sent to McKendree email accounts does not absolve students from knowing and complying with the content of these communications.

Assignments

The instructor reserves the right to make adjustments to the grading criteria. All students will be notified of any changes to the criteria.

ALL assignments must be done on time. A major part of this online class is taking responsibility and time management. Any late assignments will lose points. Also don't work too far ahead.

1. Quizzes

You will have 8 quizzes, one for each module. You can use your book and any notes, but you will only have 1 hour to complete the quiz. Don't try to take the quiz without first doing the reading, the discussion board, and going through the power points. When you take an online quiz, close all other websites and pages. Once you start the quiz you can't save and go back, you must complete it all in one setting.

2. Discussion Boards

You will have 8 discussion boards, one for each module. Please answer the question and also respond to at least two other posts. Impress me by using information from the book, think critically and creatively, and use appropriate grammar and spelling (it is OK to have some fun too).

0 = No Post

1=Post but did not use book or any critical or creative thinking

2=Post, did not respond to others

3=Average post, with average responses to at least 2 other students

4=Good post, used book, good answer, good responses to 2 other students

5=Excellent post and excellent responses to at least 2 other students



Grading Criteria

80 (8 quizzes)

+ 40 (8 discussion board posts)

+50 (Individual Journal)

+20 (current event Blog)

+20 (Team research project Wiki)

+10 (attendance, timeliness, participation, helpfulness, attitude, engaged with the class)

Total = 220 points

PLEASE NOTE: SIMPLY DOING THE MINIMUM WILL NOT GET YOU FULL POINTS. It is completion AND quality for grades.

Grades will be determined on a straight percentage. If you get an 89.5% that is a B+, I do not round up.

A	94-100%	A-	90-93%
B+	87-89%	B	83-86%
		B-	80-82%
C+	75-79%	C	70-74%
		C-	65-69%
D	50-64%	F	Below 50%

3. Individual Journal (50 points)

The Blackboard Journal in this class is a cumulative project that includes 4 main components. You will work on this project during the entire class. Just doing the journal is not enough to get the full points, you must put effort and thought into the journal. I STRONGLY SUGGEST YOU WRITE YOUR JOURNALS IN WORD AND THEN COPY THEM INTO THE JOURNALS. Please don't attach, but copy to ensure I can read them.

For the Blackboard Journals you must have the following:

a.) A table of contents so I can quickly see what you have included

b.) Four individual entries. Each entry should be approximately 4 paragraphs or around 2 pages.

For EACH of the four entries, you should include a summary of what you did, what you learned, and your reaction. Each entry MUST include at least 2 references from the book and at least 2 references from outside the book (e.g., another book, article, or website). These references also must be cited in the papers. Include your references at the bottom of your entry.

For example, in the movie *Murderball*, it shows athletes with disabilities. According to Smith, 2007 on the website www.exceptionalathletes.com, approximately 10% of athletes have a disability.

References

Smith, T.P (2007). *Exceptional athletes*. www.exceptionalathletes.com

c.) One overall conclusion entry of what you learned and how the things all integrate. Prove to me that you learned something valuable in the class and in your portfolio. So you will end up with 6 journal entries (4 entries, the conclusion, and TOC).

Every two weeks you will have one journal entry do and then you must include one additional journal entry before the end of the class.

Required:

1. Sport psychology famous athlete biography and analysis

Select a famous athlete and do some research on their life and career. Analyze some of their sport psychology behaviors (e.g., goals, dealing with adversity, making mistakes and bouncing back, etc.) Do some research, write a paper, include 2 references from the book, and at least two additional references.

2. Movie Summary

Write a summary paper and reaction post to a sport psychology movie, include 2 references (with page numbers from the text book) and two additional references (journal or website) that relates to each of the videos. I would you like to analyze a more serious sport movie (not just a fun sport movie). Some good sport movies include: Girl Fight, Love and Basketball, Remember the Titans, Murderball, Hoop Dreams, Miracle, Hoosiers, Friday Night Lights, A League of Their Own, Drive, Miracle, 42, etc. Use the discussion board to get other movies approved.

3. Observation

Watch a sporting event in person or on TV. It can be a professional sport or an amateur sport. It can be adults or youth. Write a summary paper and reaction post to the event, include 2 references (with page numbers from the text book) and two additional references (journal or website) that relates to what you saw (e.g., the Cardinals showed a complete lack of communication when XXXXX happened, this is similar to page 47 of our textbook that states XXXX).

4. You have choices in your fourth journal entry, you can either do an additional biography, movie summary, or observation or you can do one of the following:

CHOICE A: "AHA" Critical incident moment reflection and additional research Paper Hopefully there will be moments in the class where you will learn something particularly exciting, surprising, or personally relevant. Do some more research on this topic, write a paper, include 2 references from the book, and two additional references.

CHOICE B: COMMUNITY SERVICE Volunteer with a children's sport group, the Special Olympics, an Elderly Care Facility, YMCA, etc. Anything that has to do with sports or exercise and health. Once again write about a 2 page paper with 2 refs from the book and 2 outside additional references.

CHOICE C: CHANGE YOUR BEHAVIOR In psychology, we emphasize personal change and personal growth. One of the techniques is to journal and document your behavior, set specific goals for change, and then document your progress. If you select this option you will need to select a behavior that you would like to alter (e.g., exercise, negativity, diet, sleep, smoking, etc.), keep a baseline of your behavior. Do some research (find at least 2 websites, journal articles, or books) and also two pages from our book and develop a plan to make some behavior changes.

CHOICE D: INTERVIEW A FAMILY MEMBER Pick one family member who has an interesting story to tell about sports, exercise, or recreational activities. Interview the person and ask questions about their goal setting, setbacks, psychological strategies, etc. Make sure to include 2 references from the book and two additional references. Summarize the interview and you can use some of the specific questions and answers. Also make sure to integrate how the person fits the research in sport psychology.

CHOICE E: A letter to someone special For this assignment, you are to pick one person that is your family and write them a letter about sports, exercise, etc. This letter should be one that you could actually mail today or in the future to a daughter, son, niece, nephew, etc. It still needs 2 outside refs and 2 book refs. This could be a very special and meaningful assignment to someone, someday.



4.) Individual Current Event Blog (20 points)

Individual Sport, Health, Exercise related issues In the NEWS!

On our shared class Blog, each student will have to post a summary overview and reaction post about something that is currently happening in the news (and something that is “big” enough that most people have heard about it), include 2 references (with page numbers from the text book) and two additional reference (journal or website) that relates to the news event. Each student must also comment to 5 of the other Blogs. Once one person posts on a current event, you can’t also do that event unless something significant and new happens. In other words, each Blog post will be about something unique. The current events have to happen AFTER the start of the class. For example, the Tiger Wood’s sex scandal is old news UNLESS something brand new about Tiger comes out. In the title of your BLOG, include the date and brief news story (e.g., September 25: Tiger Woods in a slump.) Do not plagiarize and simply copy your blog from another page—write in your own words and relate it to sport psychology.

5.) TEAM PROJECT! In addition to getting points for your team projects, there will be a competition where the team captain can win up to 5 points. The team captain is expected to do a little more work and if their team has the best project they get extra credit!

GROUP RESEARCH—WIKI (20 points)

In your groups design a fairly simple wiki. A wiki is just a shared space where you can create a document. YOU WILL ONLY DO A ONE PAGE WIKI for the whole team (not separate pages!).

In your group you will also have your own mini discussion board where you can pick your topic, how you will split up the work, and who will be the team captain. Make sure to go to the big discussion board and pick your topic. Each group has to pick a different topic.

For your sport psychology research each member of your group should find at least five websites related to your topic and then your wiki should look like this:

- a.) Title
- b.) An overview of the topics...what is the issue you are focusing on?
- c.) Some research on the topic, how big of a problem is it, what could be done to help, etc.
- d.) What activity could a sport psychologist do to help the athlete
- e.) Finally a simple top 10 list that athletes/coaches/parents/sport psychologists should know
- f.) A list of all of your references (minimum of 5 but probably more)
- g.) You can also add fonts, pictures, etc. to make your page more interesting

Each team will select one of the following topics:

Every team has to do a different topic (post on the big DB to select a topic)

- Dealing with sport injuries, how to psychologically handle injury
- How to handle sport retirement or ending your career (e.g., leaving college)
- Mental toughness, how to bounce back, how to get over big disappointments
- Perfectionistic tendencies in athletes, how to help an athlete who wants to be perfect
- Team drama, how to help teams when members don't get along, are jealous, etc.
- Anger, how to handle anger and aggression in sports
- Keeping motivated during the off-season, a long season, and post-season (how to handle different periods of training, performing, etc.)
- Sport parenting, how parents can help athletes, common mistakes parents make
- Confidence building, how can an athlete be confident but not arrogant
- Athletes and sleep for best mental performance
- Unusual sport psychology things (e.g.,hypnosis, cupping, etc.)

You may also propose a different sport psychology topic, but I must approve it! 😊 I won't approve something that is well-covered in the text book or something that is not sport psychology.

TEAMS/GROUPS/COLLABORATION

Tips for the GROUP WIKI project:

Yes, I KNOW that working in groups is challenging. But it is also really important to learn to work in groups, especially in a psychology class. Here are some tips to help your groups succeed.

1. One person should become the team captain and pick one of the topics.
2. There are about 6 jobs depending on how you count them. Depending on how big your group is you will have different number of jobs to do. Some jobs are harder than others. And you can get feedback and edit your group work.
3. Go to the GROUP button (group for wiki and group db) and go to the group discussion board and say what parts/jobs you will do. For example, "I will do the 5 websites", "I will find 2 photos", etc.
4. Then go to the Group button and click on the "WIKI" link and you can go post on that page. It is just a shared page that you can add everything you need. The neat thing is everybody can edit it. A Wiki is just a shared page. (Think Wikipedia!) This is our own little Wikipedia page just for our class.
5. For the final WIKI make sure you have all of the parts included, but you can also be a little creative and change colors, fonts, etc. I don't have any notion of exactly how long or if it is written in complete sentences, it could be bullets. Think of it almost like you are designing a webpage (Again, Think Wikipedia).

Module Week	<u>Chapter</u>	<u>DB</u> All DB Posts by Thurs and 2 Responses by Sunday @ MIDNIGHT	<u>Quiz</u> All Quizzes due by Sunday	<u>Journal</u> One journal due every 2 weeks on SUN (Can work ahead!)	<u>Blog</u> One Blog and 5 responses due before Week 7	<u>Group Wiki</u> One group wiki due by end of Week 6
1:	Chapter 1: Introduction	Intro DB & DB 1	Q1			
2:	Chapter 2: Personality & Chapter 5: Attributions	DB 2	Q2	Biography		Go to TEAM, Team DB
3:	Chapter 6 & 7: Stress (Skim Chapter 8)	DB 3	Q3			Pick Captain & Topic
4:	Chapters 12 & 13: Teams & Leadership	DB 4	Q4	Movie		Divide up work; start work
5:	Chapters 4 & 8: Motivation	DB 5	Q5			Work on Wiki
6:	Chapter 11: Comm. (skim Chapter 9)	DB 6	Q6	Observation		GROUP WIKI IS DUE!
7:	Chapter 3 Youth Sports	DB 7	Q7		BLOG & responses due!	Team Eval.
8:	Chapter 14: Exercise	DB 8	Q8	4 th entry & TOC & Conclusion DUE FRIDAY		Course Eval.