

Course ID:	Course Title:	Fall 2017
KIN 334	Sports and Competition Psychology	Prerequisite: PS 121
		Credits: 3

Class Information		Instructor Information		Important Dates	
Days:	T/Th	Instructor:	Stephan Bonfield	First day of classes:	Wed., Sept. 6
Time:	2:30-3:45	Email:	s.bonfield@ucalgary.ca	Last day to add/drop, or change to audit:	Sun, Sept. 17
Room:	A2141	Phone:	403-410-2000 ext. 6913 but email is best	Last day to request revised exam:	Mon, Oct. 23
Lab/ Tutorial:	None	Office:	L2109	Last day to withdraw from course:	Mon, Nov. 13
		Office Hours:	By arrangement: phone, live appointment, facetime, skype etc.	Last day to apply for coursework extension:	Mon, Nov. 20
Final Exam:	None			Last day of classes:	Mon, Dec. 11

Course Description

Sport Psychology is the scientific study of people involved in sport and exercise activities. In this course, students will learn about how factors such as personality, motivational and emotional states can affect sport performance and exercise. Topics covered will include: sport and exercise environments, group processes, performance improvement, enhancing health and well-being, and facilitating psychological growth and development. Students will also learn how to effectively apply the latest knowledge and theories into various real life situations. Sport psychology is a foundational course for students who plan on pursuing a career in coaching, sport and exercise psychology, as well as kinesiology.

Sports Psychology is also the study of mental attitudes toward the very human need to compete, whether with another person or team, or simply with oneself. In PS 334 we study the motivations and derivations of the competitive spirit and the inner psychological game

of what it means to set goals in sport and exercise and how such goals are carried out and realized.

The course describes, through a series of modules, the issues facing the athlete today: the competitive personality, stress and aggression, competitive anxiety and psychological interventions designed to improve performance, leadership, cohesion and coaching, and finally exercise, aging and mental health.

Expected Learning Outcomes:

1/ Students will grasp the full range of issues confronting the inner game of athletic competition

2/ Students are expected to be able to articulate, in tests, class discussion and a term paper, the focused problems of how athletes cope and compete in all levels of sports and exercise training.

3/ Written responses on all five tests and final paper are expected to include APA-styled citations (author, year).

**Textbook: Sport and Exercise Psychology: A Canadian Perspective — Third Edition
Peter Crocker**

Schedule:

9/7 Introduction and Chapter 1: importance of research, academic papers and the lived experience of competition

9/12 Finish chapter 1 — begin debates and controversies in sport sessions: discussion — controversies in sport

9/14 Chapter 2: Personality in Sport and Exercise

9/19 Debate: When a competitive personality goes too far: fanatics, flakes and fighters

9/21 Chapter 3: Motivation and Behavioural Change; Review

9/26 Test 1

10/3 Chapter 4: Stress, Emotion and Coping in Sport and Exercise

10/5 Chapter 5: Anxiety in Sport and Exercise

10/10 Chapter 5, concluded; Debate: Coping with stress and anxiety in performance: the use of drugs in sport

10/10-12 Chapter 6: Aggression and Moral Behaviour

10/12 Chapter 6, concluded; Debate: The Athletic 'Code' — In-game behaviour, retaliation, and the boundaries of competitiveness

10/17 Test 2

10/19 Test 3 — Debates — essay test

10/24 Chapter 7: Sport Psychology Interventions: Practice, Skills, and the Mental Game
10/26-31 Debate and discussion: Why the media generally have no idea what it means to be an athlete
11/02 Off
11/6 – 11/10 Fall break
11/14 Chapter 8: Leadership in Sport and Exercise; Debate: Locker room leaders and clubhouse cancers
11/16 Chapter 9: Group Cohesion in Sport and Exercise
11/21 Test 4
11/23 Chapter 10: Youth Involvement and Positive Development in Sport
11/28-11/30 Chapter 11: Coaching Psychology; Debate and Discussion: What makes a good coach and what skills do good coaches apply in specific situations?
11/30 – 12/5 Chapter 12: Aging and Involvement in Sport and Exercise
12/5 Debate: The exercise craze: can we stave off illness and aging with exercise? The evidence for and against
12/7 Chapter 13/14: Physical Activity, Mental Health and Body Image in Sport
12/12 Take-home essay Test 5 due
12/16 On-line submission of Paper due in my office, Friday December 15th by midnight. **Hard copy due by Saturday at 11 PM. No extensions, please.**

Requirements and Evaluation:

5 Tests:

Test 1 = 10%

Test 2 and Test 3 = 15% + 15% = 30%

Test 4 = 10%

Test 5 = 15%

Debates and Participation, comments, papers and research information suggested to the class = 15%

Term paper (11-12 pages) = 20%

There is no midterm and no final exam in this course.

Paper Format and Plagiarism:

Choose a controversy in sports/exercise and discuss its differing perspectives from a media, athletic, and sponsorship point-of-view. The paper, like PS 121, is to be a collaboration with one other person only. Permission may be given to work alone on a topic.

Please hand in an electronic and a paper copy of your paper. Use standard formatting and in a font of your choice, but in regular 12-point print. Always hand in your paper single sided and double spaced. Your work must make use of bibliographies and appendices. All assignments must be written and handed in using original prose. When another source is used it must be cited correctly using APA style.

Plagiarism is a serious offence. Plagiarism is the act of reproducing, in whole or in part, the prose – or the ideas and/or intellectual property – of another author or authors without suitable citation credit, which regularly consists of quotation marks around the appropriated passage and/or the proper mention of the document from which the material has been taken. Ideas gleaned from other sources must be cited at all times even if it is without the use of quotation marks. Papers may be run through **Turnitin software.**

Any discovered plagiarism by a university instructor must, in accordance with our Faculty Handbook and guidelines, be reported to the registrar's office as a matter of policy at our university. Plagiarism is a serious academic offence anywhere in North American or European universities and meets with the stiffest penalties. Please also see the section "Academic Integrity" below.

If you are unsure, unclear, or uncertain in any way, trivial or otherwise about what constitutes plagiarism, please notify me and I will be happy to help you.

Attendance:

Show up or fail.

As with all my courses, attendance is compulsory. Your attendance grade is rolled up in your contributions to Friday classes and other contributions and questions you might choose to make. So, show up.

Every unexcused absence results in a loss of 2% to your final grade. Every absence is subtractive from how well you may do in your tests.

In the Psychology Department we believe that learning is an active and interactive process, a joint venture between student and teacher and between student and student (i.e., learning is not just “downloading” information from teacher to student). Therefore, it is expected that professors will come to each class well-read and prepared to engage students on the topic at hand, giving students the utmost attention and respect. In turn, it is expected that **students will take an active role in the learning process**. This includes: (a) regular class attendance, (b) reading course material in advance of class, (c) showing up to class on time, and (d) attentively and proactively being “present” at class (i.e., not on the internet, not texting, not conversing with the person beside you). Committing to this type of "active learning" significantly increases the learning experience for both teacher and student, and reflects the Christian ethos of excellence and respect that lies at the heart of the Ambrose educational experience.

Please note that attendance at class is expected from each student. **For each *unexcused absence*, a student will lose *2% of course mark* without exception.**

Tests must be taken at the times specified. *In the case of illness or other extenuating circumstances, exception will be made only with proof of an official medical document. In the case of other learning or testing criteria that require Accessibility Services mediating how much time taken may be taken for an exam, and when or where that exam takes place, a letter from Andrea Henson will be expected as proof that alternate testing times are required, and an accommodation will then be granted accordingly.*

Grade Summary:

The available letters for course grades are as follows:

<u>Letter Grade</u>	<u>Description</u>
A+	
A	Excellent
A-	
B+	
B	Good
B-	
C+	
C	Satisfactory
C-	
D+	
D	Minimal Pass
F	Failure

If you will be using percentages, please provide a scale which indicates how percentages in your class will be translated to letter grades. These equivalencies are at the discretion of the instructor, but MUST be stated in the syllabus. You can just cut and paste your scale into this space (removing what is here).

Because of the nature of the Alpha 4.00 system, there can be no uniform University-wide conversion scale. The relationship between raw scores (e.g. percentages) and the resultant letter grade will depend on the nature of the course and the instructor's assessment of the level of each class, compared to similar classes taught previously.

Please note that final grades will be available on student registration system. Printed grade sheets are not mailed out.

Ambrose University Academic Policies:

Communication

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, they will need to forward all messages from the Ambrose account to another personal account.

Registration

During the **Registration Revision Period** students may enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty or record. Courses should be added or dropped on the student portal by the deadline date; please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a "Request to Withdraw from a Course" form or by sending an email to the Registrar's Office by the **Withdrawal Deadline**; please consult the List of Important Dates on the my.ambrose.edu website. Students will not receive a tuition refund for courses from which they withdraw after the Registration Revision period. A grade of "W" will appear on their transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

Exam Scheduling

Students, who find a conflict in their exam schedule must submit a Revised Examination Request form to the Registrar's Office by the deadline date; please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) the student has three final exams within three consecutive exam time blocks; 3) the scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Electronic Etiquette

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to use electronics for purposes unrelated to the course during a class session. Turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. Some professors will not allow the use of any electronic devices in class. The professor has the right to disallow the student to use a

laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due to an emergency, please speak with the professor before the class begins.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information (information about an individual that may be used to identify that individual) may be required as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Extensions

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a course Extension from the Registrar's Office. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office by the deadline date; please consult the List of Important Dates. Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control."

Appeal of Grade

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Registrar's Office in writing and providing the basis for appeal within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal. If the appeal is sustained, the fee will be refunded.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to acknowledge to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university college. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Note: Students are strongly advised to retain this syllabus for their records.