

Western University
Faculty of Health Sciences
School of Kinesiology

KIN3388B – The Psychology of Sport [2017 Winter Term]

Instructor: Dr. Natascha Wesch
Email: nwesch@uwo.ca
Office Hours: By Appointment Only – Please email professor directly
Lecture Hours: Monday/Wednesday/Friday @ 9:30-10:30AM
Lecture Location: Somerville House SH-3345

DESCRIPTION

Calendar Description: The central purpose of this course is to explore individual human behavior in a physical activity and sports context. Emphasis will be placed on understanding psychological concepts which are pertinent to the field of sport and physical activity.

Course Description: This course is intended to provide you with an overview of sport psychology as it applies to the athlete, team, and coach. We will be focusing on the application of multiple theoretical constructs to athletic performance and will critically examine relevant research in this field.

Pre-requisite(s): Kinesiology 1088A/B or the former 288a/b.

Course Format: 3 lecture hours; 0.5 credit course

Recommended Online Texts:

Tod, David. (2014). *Sport Psychology The Basics*. Routledge.
Jarvis, Matt (2006). *Sport Psychology: A Student's Handbook*. Routledge.

Course Topics (Tentative):

- Current Issues and Research Approaches in Sport Psychology
- Individual Factors in Sport Psychology
- Group Dynamics
- Psychological Skills and Techniques
- Psychological Issues of Injury in Sport
- Coaching Psychology
- Sport Psychology in Specific Populations

Course Evaluation Summary: (subject to revision)

- Mid-Term Exam: 30%
- Assignment(s): 30%
- Final Exam: 40%

COURSE TEXT & COURSE CONTENT

Online course text @ Western Libraries: Tod, David. (2014). *Sport Psychology The Basics*. Routledge.

Week	Dates	Topic & Text Chapter Reference	Notes
WK 1	Jan 6	Course Overview & Introduction to Sport Psych (Ch. T0)	
WK 2	Jan 9/11/13	Personality & Characteristics (Ch. T1)	
WK 3	Jan 16/18/20	Motivation (Ch. T2)	
WK 4	Jan 23/25/27	Arousal, Stress, Anxiety (Ch. T3)	
WK 5	Jan 30/Feb 1/3	Self-Confidence (Ch. T4)	
WK 6	Feb 6/8/10	Competition & Audience Effects (Ch. T5)	Mid Term Feb 11
WK 7	Feb 13/15/17	Group Processes (Ch. T6)	
BREAK	Feb 20/22/24	Reading Week	
WK 8	Feb 27/Mar 1/3	Psychological Skills Training (Ch. T7)	Paper due Mar 3
WK 9	Mar 6/8/10	Physical Skills Training (Ch. T8)	
WK 10-13	Mar 13-Apr 7	Small Group Presentations	
FINAL	Exam Period	Final Exam	Final Exam TBC

EVALUATION

1. **Midterm Exam (30%).** The midterm exam will consist of multiple choice questions. The exam will take place OUTSIDE OF class time on **Saturday February 11, 2017 @ 10 AM-12 PM.**
2. **Position Paper (15%).** The assignment requires each student to locate a short online video or article that includes an example of an elite/professional athlete or team who “crumbles/fails to perform” under the demands of competitive sport. The student will describe the athlete/team, the scenario in which the athlete/team find themselves, and write a position paper providing the theoretical explanation (sport psychology-based) as to why the selected athlete/team failed to perform. The assignment is due by **Friday March 3, 2017 @ 9:30 AM.**
3. **Small Group Presentation (15%).** In groups of 3-4, students will locate a mainstream media article/story related to a sport athlete, team, or organization. Based on the particular assigned course topic, students will identify and relate the most important/salient theoretical constructs to the information presented directly within the article/story. Presentations will be 10 minutes in length (7-minute presentation; 3-minute Q&A) and each student must take equal part in the presentation. Presentation will take place during the last 4 weeks of the course.
4. **Final Exam (40%).** The final exam will consist of multiple choice and short answer questions. The exam will be scheduled during the FINAL EXAM PERIOD in April 2017 (3 hours).

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COURSE & UNIVERSITY POLICIES

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.
2. **Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counselling Office* of the student's Faculty/School of registration not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy. See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.
3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.
4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:
http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

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Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence 3 Policy in the Western Academic Calendar). All required papers might be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)

5. Computer marked **multiple-choice** tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.
6. **Formatting** (*as recommended by the course instructor*): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.
7. According to the **Examination Conflict policy**, “A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor.” **This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.
8. **Classroom Behaviour**: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn off/mute the sound. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on

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YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. **Audio and/or videotaping** of lectures is not permitted unless approval has been sought from the instructor in advance.

ADDITIONAL INFORMATION

1. **Student Code of Conduct:** The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>
2. **English Proficiency for the Assessment of Grades:** Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>
3. **Support Services:** There are various support services around campus and these include, but are not limited to:
 - Student Development Centre <http://www.sdc.uwo.ca/ssd/>
 - Student Health <http://www.shs.uwo.ca/student/studenthealthservices.html>
 - Registrar's Office <http://www.registrar.uwo.ca/>
 - Ombuds Office <http://www.uwo.ca/ombuds/>