

Western University  
Faculty of Health Sciences  
**School of Kinesiology**

**KIN 3388A 650 – The Psychology of Sport  
Summer 2024**

<p><b>Instructor:</b> Dr. Cassie Ellis  <b>Office:</b> virtual appointments by request  <b>Email:</b> <a href="mailto:cellis42@uwo.ca">cellis42@uwo.ca</a>  <b>Phone:</b>  <b>Office Hrs:</b> will provide weekly hours</p>	<p><b>Lectures:</b> asynchronous, online, posted weekly</p>
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**NOTE:** The course has a site on the new Learning Management System – OWL Brightspace - [brightspace.com](http://brightspace.com). All course information including grades, assignment outlines, deadlines, etc. will be housed here. This will include the learning modules and content for each week of the course. Check the website regularly for course announcements.

<p><b>Calendar Course Description (including prerequisites/anti-requisites):</b>          The central purpose of this course is to explore individual human behaviour 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.  <b>Prerequisite(s):</b> Kinesiology 1070A/B or the former Kinesiology 1088A/B.  <b>Extra Information:</b> 3 lecture hours.</p>
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*You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.*

***Statement on Prerequisite Checking***

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

**NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.**

## Learning Outcomes

Upon completion of this course, students will be able to:

1. Describe the importance of psychology and psychological intervention to sports performance, a basic history of the discipline, scope of practice, practice ethics and relevant careers;
2. Critically discuss and evaluate psychological traits, states and motivational tendencies that predict athletic performance over the short- and long-term;
3. Through case study and empirical research, apply short- and long-term strategies to modify and maintain a positive psychological state for performance;
4. Through case study, evaluate the characteristics of the sport environment (I.e., team dynamics, cohesion and coaching methods) and apply evidence-based methods to promote a positive motivational climate in a sport setting;
5. Discuss psychological factors involved in athletic injury, return to play and withdrawal from sport because of injury and identify how practitioners can support athletes through the injury and rehabilitation process; and
6. Through group work, in-class participation, written submissions, oral presentations, demonstrate effective self-management, research, written and verbal communication skills towards timely completion of high-quality course deliverables.

**Class Format:** The course will be delivered and completed asynchronously, allowing students to progress through the learning material at times that work best with their schedule. Readings, lecture material and media will be posted on Brightspace on the Monday prior to the week's two sessions. This will include a recorded lecture for each learning module. For each class, I will include a *forum* which will allow students an opportunity to discuss course content, videos, podcasts and other readings. Check *Content* for information for each class.

**Expectations:** Students are expected to observe all recorded lectures and read the assigned chapters from the textbook. Furthermore, students are to complete all examinations and other evaluations in the course on time; to maintain the highest standard of academic integrity; even if a student misses a recording, the *student* is responsible for any information that she/he missed regarding class material, group discussions, examination format and content, and important dates.

### Required Course Material/Text:

Robert S. Weinberg, Daniel S. Gould. (2023). *Foundations of Sport and Exercise Psychology, 8<sup>th</sup> Ed.*, Human Kinetics.

[https://bookstore.uwo.ca/textbook-search?campus=UWO&term=N2024&courses%5B0%5D=650\\_UW/KIN3388A](https://bookstore.uwo.ca/textbook-search?campus=UWO&term=N2024&courses%5B0%5D=650_UW/KIN3388A)

Most of the readings for the course will be based on the textbook, although class-by-class supplemental suggested readings list will be provided on Brightspace.

I recommend you download the [Brightspace Pulse App](#). Enable notifications in "Communication" within Brightspace, so that you are immediately receiving announcements and other important course information.

### Schedule

Week	Dates	Tentative Topics	Notes
1	May 6	Introduction to course & Sport Psychology; Defining Sport & Exercise Psychology (ch 1)	
2	May 13	Bridging Science and Practice (ch 2); Personality and Sport (ch 3)	
3	May 13	Motivation (ch 4); Arousal, Stress, and Anxiety (ch 5)	
4	May 20	Competition and Cooperation (ch 6); Feedback, Reinforcement, Intrinsic Motivation (ch 7)	
5	May 27	EDI & Culture (ch 8); Team Dynamics and Group Cohesion (ch 9)	
6	June 3	Leadership (ch 10); Communication (ch 11)	Midterm
7	June 10	Intro to Psych Skills Training (PST; ch 12); Arousal Regulation (ch 13)	
8	June 17	Imagery (ch 14); Self-confidence (ch 15)	Position paper due June 21 <sup>st</sup>
9	June 24	Goal Setting (ch 16); Concentration (ch 17)	
10	July 1	Exercise & Psychological Wellbeing (ch 18); Exercise Behaviour & Adherence (ch 19)	Group presentations
11	July 8	Athletic Injuries and Psychology (ch 20); Addictive & Unhealthy Behaviours (ch 21); Burnout & Overtraining (ch 22)	Group presentations
12	July 15	Psychological Growth & Development (ch 23-25)	Group presentations
	July 22	Final Exam Period (July 29- Aug 1)	Exam – date TBD

	<u>Course Evaluation:</u>	<u>Weight of Grade</u>
1	Forums Participation	10%
2	Midterm Exam	25%
3	Position Paper	15%
4	Group Presentation	20%
5	Final Exam	30%

*Note. Assignment, Weekly posts, and Tests are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment or missing a presentation without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness, or death) or similar circumstances. Assignments,*

*an alternative assignment will be provided and must be completed by the agreed upon date, otherwise you will receive a zero.*

1. **Weekly Forum posts (10%)** – online discussion participation will be monitored. You will be required to comment and post each week. You can miss up to two weeks' worth without penalty.
2. **Midterm Exam (30%)** – The midterm exam will consist of multiple choice questions, online. June 3<sup>rd</sup>. Linear. Timed.
3. **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 June 21<sup>st</sup>, 2024 @ 4:30 PM.
4. **Small Group Presentation (20%)** – 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 be due during the last 4 weeks of the course, submitted online through Brightspace. Groups will be determined with assigned due dates.
5. **Final Exam (40%)** – The final exam will be online and consist of multiple choice and short answer questions. The exam will be scheduled during the FINAL EXAM PERIOD (3 hours, a window of time will be provided).

## Course/University Policies

1. The website for Registrarial Services is <http://www.registrar.uwo.ca>.

In accordance with [policy](#), the centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner.

2. **Academic Offences**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, in the [Academic Calendar \(westerncalendar.uwo.ca\)](#).

**Plagiarism**

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All papers may 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 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 ([www.turnitin.com](http://www.turnitin.com)).

**Re-submission of Previously Graded Material**

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

**Use of Statistical Pattern Recognition on Multiple Choice Exams**

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.

3. **Use of Electronic Devices**

**During Exams:** Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a

particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

**Personal Response Systems** (“clickers”) may be used in some classes. For those classes in which we use this technology, it is your responsibility to ensure that the device is activated and functional. You must speak with the course instructor immediately, if you have any concerns about whether or not your clicker is malfunctioning.

You must use only your own clicker. For all components of this course in which clicker records are used to compute a portion of the grade:

- The use of somebody else’s clicker in class constitutes a scholastic offence;
- The possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offense

#### 4. **Academic Considerations and Absences from Lectures and Assessments**

##### ***Religious Accommodation***

When a course requirement conflicts with a religious holiday that requires an absence from the University or prohibits certain activities, students should request (in writing) any necessary academic considerations at least two weeks prior to the holiday to the academic counsellors in their Home Department. Additional information is provided in the [Western Multicultural Calendar](#).

##### ***Academic Accommodation***

Please contact the course instructor if you require lecture or printed material in an alternate format or if any other arrangements can make this course more accessible to you. Students with ongoing accommodation needs within this course are also encouraged to contact [Accessible Education](#), which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The policy on Academic Accommodation for Students with Disabilities can be found [here](#).

##### ***Academic Consideration***

The University recognizes that a student’s ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances that are medical or compassionate in nature. These extenuating circumstances may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. In all cases, students are advised to consult with the academic counsellors in their home units, at their earliest opportunity. Academic counsellors may refer students to [Accessible Education](#) for ongoing academic accommodations.

Most forms of academic consideration require documentation, and this documentation is to be submitted to academic counsellors within five (5) business days of their return to academic responsibilities. Any such 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](#). Once the petition and supporting

documents have been received and assessed, appropriate academic considerations shall be determined by academic counseling, in consultation with the student's instructor(s). Academic considerations may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty. Academic considerations shall be granted only where the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. (Note – it will not be sufficient to provide documentation indicating simply that the student “was seen for a medical reason” or “was ill.”).

Whenever possible, students who require academic considerations should provide notification and documentation in advance of due dates, examinations, etc. Under no circumstances are students expected to submit rationales for (or documentation of) any absences, to course instructors. Students are, however, required to follow-up with course instructors, in a timely fashion, to identify the ways in which the academic consideration will be implemented.

### **Examination Conflicts**

A student completing tests or examinations with flexible submission times (e.g., where one or more evaluation is a take-home assessment) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as “heavy load” conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request academic considerations with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online tests and examinations, use of a “Conflict Room,” wherein student can write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

### **5. Contingency Plan for an In-Person Class Pivoting to 100% Online Learning**

In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

### **6. Online Proctoring**

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including

some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

## 7. Grades

Where possible assignment objectives and rubrics will be posted on OWL.

Generally, students can expect some form of feedback on their performance in a course before the drop date.

- May 10<sup>th</sup>, 2024 (for distance study half-courses)

A+	90-100	<i>One could scarcely expect better from a student at this</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently satisfactory</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

**Rounding of Grades** (for example, bumping a 79 to 80%):

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

### Appealing a Grade Within this Course

You have the right to appeal any grade within this course. The grounds for a grade appeal may be one or more of: medical or compassionate circumstances, extenuating circumstances beyond the student's control, bias, inaccuracy, or unfairness. All grounds advanced in a request for relief must be supported by a clear and detailed explanation of the reasons for the request together with all supporting documentation.

Appeals generally proceed in this order:

1. Course instructor (informal consultation)
2. Department Chair (submission of written request)
3. The Dean of the Faculty (submission of written request)

In the case of perceived procedural unfairness, steps 2 and 3 are carried out within the Department and Faculty offering the course. In the case of extenuating medical or compassionate circumstances that impact on a grade, steps 2 and 3 are carried out within a student's Home Department and Faculty.

A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January

31<sup>st</sup> (for first-term half courses) or June 30<sup>th</sup> (for second-term half courses or full-year courses)

## 8. Support Services

### **Health and Wellness:**

Information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

There are various support services around campus and these include, but are not limited to:

*Student Development Centre* -- <http://www.sdc.uwo.ca/ssd/>

*Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>

## 9. 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 <https://www.uwo.ca/univsec/pdf/board/code.pdf>