Introduction to Sport Psychology
Syllabus
Spring 2012 – 03/19 to 05/10/2012
Scottsdale Community College
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patricia.abbott@sccmail.maricopa.edu. I check email several times a day and will respond promptly.

Student email address: Each student has an official Maricopa Community Colleges email address. All email from me to students will be sent to your official school email address. If you want to receive email at a different address, you may log into your school email and have it forwarded to another email address.

Please read this syllabus carefully as it contains detailed information that you will need to be successful in this course.

Special Notes: Information in this syllabus is subject to change at the discretion of the instructor.

Course Description: Application of the physiological, behavioral, social, cognitive, and humanistic perspectives in psychology to sport. The course includes topics such as optimal performance, correlation, motivation, co-action effect, self-actualization, psycho-behavioral techniques, self-efficacy, and the general health benefits of sport participation.

Text:
Title: Foundations of Sport and Exercise Psychology, 5th edition
Authors: Robert Weinberg and Daniel Gould
Year Published: 2011
Publisher: Human Kinetics
ISBN: 9780736083232
The book publisher www.humankinetics.com offers an eBook version for about half the price of the textbook. Whether you purchase the book or the eBook, please take advantage of the ancillary materials available on the Human Kinetics web site, particularly the study guide. The link to the ancillary materials is listed under the Useful Links button on the left side of the course page.

This is a fast-paced course consisting of just 7 full weeks of class plus finals week. There is a great deal of material to cover (the same amount of material as in a full semester course) and this will require a considerable time commitment on your part to do well in the course. You should plan on 12-15 hours per week for reading and assignment completion. Although this course is online, it is not self-paced. There are time restrictions for the start and end of most assignments and quizzes. This will help you to keep up with the course rather than leaving assignments to the last one to two weeks. In addition, it is difficult to have a useful discussion board unless all the participants in the discussion are operating in the same time frame.

Students are expected to check in on Blackboard frequently in order to keep up with the course requirements. Any changes or important updates/announcements will be made through Announcements on the course’s Blackboard page.

There are specific start and end dates for assignments, quizzes, and discussions. Please go to the Schedule button on the left side of the course page for all the details about due dates. The “Weekly Schedule” lists every assignment and task due each week. You are responsible to know these due dates.
**Lecture Slide Shows**
You will find PowerPoint presentations covering topics from each chapter in the text by clicking on the “Lecture Slide Shows” button on the left side of the course page. In general, the slide shows cover information in the text. Some students may find that this format reinforces their reading of the text.

**Go To Class**
Under the Go To Class button you will find the Modules for this course. For each module you will find a checklist and the Learning Log for that module. You will also be directed to take the quizzes or do any other assignments associated with that module. Please be sure to go through all the pages for each module.

**Overview of Course Requirements and Grading**
There are a variety of ways to earn points in this course. Three tasks are required and must be completed by March 25 in order to continue in this course. The three tasks that must be completed are

1) **Introduction Discussion Post and Response to Two Classmates** (you must post your introduction and respond to two of your peers) – 50 points total
2) **Syllabus Acknowledgement Form** – 5 points
3) **Syllabus Quiz** – 25 points

There are a total of 1265 points available in this course. In addition, there are 100 extra credit points possible based on your completion of the Final Exam Study Guide. The Final Exam Study Guide will be graded and the 100 points are not automatic. The grading scale is as follows:

A – 1080-1365 points
B – 960-1079 points
C – 840-959 points
D – 720-839 points
F – 719 or fewer points

Course points are as follows:

<table>
<thead>
<tr>
<th>Item</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Syllabus Acknowledgement Form (required)</td>
<td>5</td>
</tr>
<tr>
<td>Syllabus Quiz (required)</td>
<td>25</td>
</tr>
<tr>
<td>Introduction Post (30 pts.) and 2 responses (10 pts. each) (required)</td>
<td>50</td>
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<tr>
<td>Research Article Forum and Forum Quiz</td>
<td>150</td>
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<tr>
<td>Sport Psychology Goes to the Movies Forum</td>
<td>50</td>
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<tr>
<td>Blackboard Discussion Board Participation</td>
<td>100</td>
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<tr>
<td>Seven Learning Logs (one for each module—points vary)</td>
<td>395</td>
</tr>
<tr>
<td>24 Chapter quizzes (10 pts. each)</td>
<td>240</td>
</tr>
<tr>
<td>Comprehensive Final Exam</td>
<td>250</td>
</tr>
<tr>
<td>TOTAL</td>
<td>1265</td>
</tr>
<tr>
<td>Final Exam Study Guide – extra credit only</td>
<td>100</td>
</tr>
<tr>
<td>GRAND TOTAL</td>
<td>1365</td>
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**SPECIFICS OF COURSE ASSIGNMENTS**

Syllabus Acknowledgement Form and Syllabus Quiz
Under the Syllabus button you will find the Syllabus. The Syllabus Acknowledgement Form is in Module One under the Go To Class button. The Syllabus quiz is under the Quizzes button. Scoring rubrics for written assignments and discussion posts are also under the Syllabus button.
Introduction Discussion Post and Response
Use the Discussion button to access the discussion board. Please post your initial introduction as a new thread. For your introduction, tell a little something about yourself, where you are in your academic work, something about why you are taking the course, and what you most want to accomplish in this course. Feel free to use the image icon to include a photo. When responding to the introductions of your classmates, use the “Reply” button to the original post.

Discussion Board
The Discussion Board is an integral part of this course. There are several ways that the discussion board will be used.

1. You will post your research article review on the discussion board. You will read the responses of your classmates so you will be ready for the quiz associated with these posts.
2. You will post on the “Sport Psychology Goes to the Movies” forum. The specifics for this assignment are listed on the discussion board.
3. Separate from the two discussion forums listed above, you will be required to participate in several other forums. There will be a total of 100 points available for your posts throughout the course. Scoring for these posts will depend on the quality, quantity, and regularity of your posts. It is expected that you will post regularly throughout the term. Doing all your posts in the last few days of the course will not earn you many points. The purpose of the discussion board is to have regular interaction among students throughout the course. I have started a few discussion forums. Students are encouraged to suggest discussion forum topics. Let me know your ideas and I can include them.

Both your initial discussion post and the responses that you make to your peers should be substantive and advance the discussion. Responses that consist of “I agree with you” will receive no credit. Please refer to the discussion post scoring rubric which is in a separate file in the “Syllabus” folder for the expectations on writing quality.

Research Article Forum
You will read and review an original research article from the field of sport psychology. The details of this assignment are listed on the discussion board. You may select a different article from those already listed on the forum, but you must have the article approved by the instructor in advance.

Learning Logs – (found within each Module under Go To Class)
There are a total of seven learning logs (one for each module). These are short-answer assignments which will address your knowledge of the reading material and may include information from other resources that will be noted in each assignment. The learning logs vary in length and point value as the modules vary in the amount of material. The Learning Log for each module is found within the module under the Go To Class button. All these assignments should be available to you at the start of the course (or just slightly after) so you may work ahead on these assignments.

Chapter Quizzes
There will be a multiple-choice quiz for each of the 24 chapters in the text. Each quiz is worth 10 points. Think of these as “pop quizzes” you might get in class that are designed to check your reading of the chapter. Quizzes are accessed through the “Quizzes” button on the left side of the course page. Each quiz may be taken only once. Quizzes have a 10-minute time limit. Quizzes for each module will be available for the length of time of the module and will “disappear” after the due date for the quiz. Quizzes may not be made up. Although you may use your text during the quiz, please be aware of the 10-minute time limit so it is unlikely you will do well on the quiz unless you have prepared.

Final Exam Study Guide
A final exam study guide will be available for completion for extra credit. This study guide will require you giving short answers to questions. These questions will cover material you are very, very likely to see on the final
exam. I would suggest that you download the final exam study guide at the beginning of the course and fill it out as you go along with your reading.

Final Examination
A comprehensive final examination will be available online during finals week. The exam can be found under the “Final Exam” button on the left side of the course page. The exam will be multiple-choice, matching, and short answer items. The exam will have a 3-hour time limit. You may use your text and notes for the exam, but not your friends and classmates. Again, as there is a time limit you are not likely to do well unless you are prepared.

Academic Support Services
A variety of student services can be accessed online. Please refer to the SCC Student Home Page at: http://www.scc.maricopa.edu/students/. Services are free of charge to all registered SCC students.

Accommodations
Students with disabilities who believe that they may need accommodations in this class are encouraged to contact Disability Resources & Services office, Building SC-144, 480-423-6517. It is a college policy to provide reasonable accommodations to students with disabilities. If you would like to request accommodations due to a physical, mental, or learning disability, please contact the Disability Resources & Services office, SC-144, 480-423-6517.

Academic Honesty
Please share your own original work and not that of other students or from authors on the internet. Plagiarism is considered a serious breach of academic policy and may warrant disciplinary action. If it appears any of your work has been plagiarized, the instructor will discuss the matter with you. The instructor reserves the right to withdraw student from the class with a failing grade and/or submit a letter regarding the cheating/plagiarism to the Dean of Students.

Code of Civility
Instructors are expected to be professional, courteous, respectful, and empathic to students. They will
- Be prepared for each class session
- Provide academic feedback and grade assignments in a timely manner
- Be available for individual consultation
- Clarify assignments and inform students of any adjustments to the class schedule

Students are expected to be reflective, courteous, respectful, and empathic to classmates, instructor, and other college staff assisting in their learning. Students will be expected to
- Participate in class activities
- Follow instructions and complete assignments
- Keep up with and turn in assignments by due dates; discuss any deviation with your instructor beforehand
- Put forth their best efforts
- Ask questions when they don’t understand
- Maintain knowledge of their grade status; use the grade book in Bb
- Contact the instructor right away about concerns or situations that interfere with his/her success in class
- Be respectful to the instructor and your classmates – no profanity
- Comply with policies found in the SCC Catalog and the SCC Student Handbook

MCCCD’s Sexual Harassment Policy
Everyone in this class, including the instructor, must adhere to the policy of the Maricopa Community College District which states: “The policy of the Maricopa County Community College District (MCCCD) is to provide an educational, employment, and business environment free of unwelcome sexual advances, requests for sexual favors, and other verbal and/or physical conduct or communications constituting sexual harassment as defined and otherwise prohibited by state and federal law.” For additional information, please check SCC’s General Catalog & Student Handbook, page 188.
Details about Foundations of Sport and Exercise Psychology with Web Study Guide Apply and test their understanding of principles and concepts of sport and exercise psychology. Many of the study guide activities offer compelling audio and video clips that provide an interactive look at how sport psychology consultants communicate with athletes and coaches to improve athletic experiences.

Foundations of sport and exercise psychology by Robert S. Weinberg; 7 editions; First published in 1995; Subjects: In library, Psychological aspects of Sports, Psychological aspects, Psychological aspects of Exercise, Sports, Protected DAISY, Exercise. Are you sure you want to remove Foundations of sport and exercise psychology from your list? There's no description for this book yet. Can you add one?