

**KINESIOLOGY AND HEALTH SCIENCES
COURSE OUTLINE – Winter 2025**

PE3030 (A3): Psychology of Sport and Physical Activity – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Brendan Shaffick
OFFICE: K217
OFFICE HOURS: By Appointment

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CALENDAR DESCRIPTION: The course introduces the student to select psychological theory as it relates to sport and physical activity. Psychological constructs along with their theoretical perspectives will be viewed within a cognitive, emotional, social, and behavioural framework. An analytical approach is encouraged.

PREREQUISITE/COREQUISITE: PE1210

REQUIRED TEXT/RESOURCE MATERIALS:

- University of Minnesota Libraries Publishing. (2021). *Essentials of Exercise and Sport Psychology*. Open Textbook Library. Available at: <https://open.umn.edu/opentextbooks/textbooks/1198>
- Additional Resources as designated by the Instructor.

DELIVERY MODE: In person

LEARNING OUTCOMES:

- Students will understand fundamental psychological theories and their broader implications within the context of sports and physical activities.
- Students will explore the integration of theoretical psychological principles and their practical applications within course-specific topics.
- Students will develop critical analysis skills for theoretical psychological concepts in sport and physical activity.
- Students will enhance their skills towards the critique, analysis, and synthesis of academic research.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Online Discussion Engagement	20%	Continuous Assessment
Quizzes	10%	Continuous Assessment
Class Attendance & Participation	10%	Continuous Assessment
Term Project	15%	Week 12
Midterm Exam	20%	Week 8
Final Exam	25%	TBD

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100		C+	2.3	67-69
A	4.0	85-94		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Lecture: Tuesday & Thursday – 10:00-11:20 (J201)

Wks	Dates	Lecture 1	Lecture 2	Assessments
1	Jan 6–10	Course Introduction	Personality & Sport	
2	Jan 13–17	Motivation	Motivation	
3	Jan 20–24	Arousal, Stress & Anxiety	Arousal, Stress & Anxiety	
4	Jan 27–31	Competition & Cooperation, Diversity, Equity, & Inclusion	Feedback, Reinforcement, & Intrinsic Motivation	
5	Feb 3–7	Team Dynamics & Cohesion	Leadership	
6	Feb 10–14	Communication	Writing for Research	Term Project Proposal
7	Feb 17–21	No Classes: Winter Break		
8	Feb 24–28	Review - Midterm	Midterm	
9	Mar 3–7	Psychological Skills Training	Psychological Skills Training, Writing for Research	Term Project Proposal Due
10	Mar 10–14	Arousal Regulation	Imagery	
11	Mar 17–21	Self-Confidence	Goal Setting	
12	Mar 24–28	Concentration	Enhancing Health & Well-Being	Term Project Due
13	Mar 31–Apr 4	Motivational Interviewing, Burnout & Overtraining	Motivational Interviewing, Exercise Adherence	
14	Apr 7–11	Facilitating Psychological Growth & Development	Review - Final Exam	
15	Apr 14-23	Final Exam		

STUDENT RESPONSIBILITIES:

1. Participation and Engagement:

Active participation is key in this experiential course. It's essential to attend and be engaged in all scheduled sessions; unfortunately, we cannot offer make-up assignments, however exceptions may be made on a case-by-case basis.

2. Attendance Protocols:

Every session has attendance checks. Those present but inactive may be given in-class tasks to ensure they remain engaged. Students arriving up to 15 minutes late should discreetly join the session and may be asked to complete a brief catch-up task after class. If over 15 minutes late, students may be marked as absent, given the significant amount of content missed. If you anticipate being late, please try your best to inform the instructor in advance.

3. Attendance and Exceptions:

For medical-related absences or injuries, a note from a doctor or qualified medical professional is mandatory. If you sustain an injury and expect prolonged absences, please liaise with the instructor promptly. Students involved in intercollegiate events should preemptively consult with the instructor about possible scheduling conflicts. Alternate assignments might be offered to accommodate unforeseen situations. Please be aware that exceeding 10% (or 5 sessions) absence could render you ineligible for the final exam.

4. Late Policy:

Assignments are due by 12 midnight MST/MDT on the specified due date. Late assignments face a 5% daily deduction, to a maximum of 7 days. Missed exams, barring validated emergencies will result in a grade of zero. Approved alternative assignments will also be subject to the daily penalty.

5. Electronic Devices:

You're welcome to use electronic devices as long as they don't disrupt the learning environment. If they become a distraction, you may be asked to step out or adjust your usage. Remember, our primary goal is a focused and respectful classroom for everyone. If you have an essential call, please step outside discreetly.

6. Privacy and Media Recording Policy

As part of this course, students will be required to submit video recordings of their performance for discussion submissions and the final term project. These videos may be viewed during class for instructional purposes, peer feedback, and evaluation. By submitting video assignments, students acknowledge and consent to their recordings being used within the course context. If you have privacy concerns, please notify the instructor at the start of the course to discuss alternative arrangements.

7. Code of Conduct:

Let's keep our class environment positive and respectful. Kindly avoid using offensive or inappropriate language. As we navigate through this course, conduct yourself in a manner that reflects leadership and inspires others.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

**Note: all Academic and Administrative policies are available on the same page.

ADDITIONAL INFORMATION:

Your success in this course is a priority. Please know that we are here to support your academic journey. If you encounter challenges or need clarification on any aspect of the course, do not hesitate to reach out. Together, we'll work towards your growth and achievement.