

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Winter 2026

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

PHONE: (780) 539-2990

E-MAIL: BShaffick@NWPolytech.ca

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:

Throughout this course, students will:

- Understand fundamental psychological theories and their broader implications within the context of sports and physical activities.
- Explore the integration of theoretical psychological principles and their practical applications within course-specific topics.
- Develop critical analysis skills for theoretical psychological concepts in sport and physical activity.
- 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.transferralberta.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:

Quizzes	10%	Continuous Assessment
Individual-Level Analysis	15%	Week 3
Team-Level Analysis	15%	Week 6
System-Level Analysis	15%	Week 10
Capstone Project	20%	Week 13
Final Exam	25%	TBA

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: Monday & Wednesday – 2:30-3:50 (J202)

Wks	Dates	Lecture 1	Lecture 2
1	Jan 5 & 7	No Classes	Course Introduction & Personality & Sport
2	Jan 12 & 14	Motivation	Arousal, Stress & Anxiety
3	Jan 19 & 21	Contemporary Issues & Debates	Individual-Level Analysis
4	Jan 26 & 28	Competition & Cooperation, Diversity, Equity, & Inclusion	Feedback, Reinforcement, & Intrinsic Motivation
5	Feb 2 & 4	Team Dynamics & Cohesion	Leadership & Communication
6	Feb 9 & 11	Contemporary Issues & Debates	Team-Level Analysis
7	Feb 16 & 18	No Classes: Winter Break	
8	Feb 23 & 25	Psychological Skills Training	Psychological Skills Training
9	Mar 2 & 4	Arousal Regulation	Imagery & Self-Confidence
10	Mar 9 & 11	Contemporary Issues & Debates	System-Level Analysis
11	Mar 16 & 18	Goal Setting	Concentration
12	Mar 23 & 25	Enhancing Health & Well-Being	Burnout, Overtraining & Exercise Adherence
13	Mar 30 & Apr 1	Capstone Presentation	
14	Apr 6 & 8	Motivational Interviewing	Facilitating Psychological Growth & Development
16	Apr 13 & 15	Final Exam Review	No Classes
15		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, see Attendance and Exceptions below.

2. Assignment Submissions

Some assignments will require you to submit a video or audio recording of your work. These assignments are designed to assess your practical understanding and application of the course material. When submitting a video ensure that your video clearly demonstrates the required skills or concepts

outlined in the assignment instructions. The video should be well-lit, with clear audio and visuals, so your assignment is easily understood.

3. Attendance Protocols:

Attendance is noted during each session. 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 or asked to leave, given the significant amount of content missed. If you anticipate being late, please try your best to inform the instructor in advance.

4. Attendance and Exceptions:

For medical-related absences or injuries, a note from a doctor or qualified medical professional may be required. 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.

5. 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.

6. 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.

7. Code of Conduct:

Let's keep our class environment positive and respectful. Kindly avoid using offensive, inappropriate language or being disruptive to the learning of others during class. As we navigate through this course, conduct yourself in a manner that reflects leadership and inspires others. Students violating this policy may be asked to leave the class.

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.

INFORMED CONSENT FOR PARTICIPATION IN PHYSICAL ACTIVITY

This course includes physical activity, exercise, and/or fitness assessments as part of its learning and evaluation components. By enrolling in this course, you acknowledge and accept the following: You may be asked to participate in physical activity sessions, which include aerobics and/or musculoskeletal training. While the risk is minimal, physical activity may involve potential adverse effects such as episodes of transient lightheadedness, loss of consciousness, abnormal heart rate and/or blood pressure, chest discomfort, leg cramps, nausea). You voluntarily assume these risks. You are responsible for promptly informing your instructor(s) of any pain, discomfort, fatigue, or other symptoms experienced during or within 48 hours of the course session. You must disclose any health conditions that could be affected by

physical activity. The instructor(s) will make reasonable modifications, where appropriate, and may request documentation from a qualified health professional.

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.