



## PHYSICAL EDUCATION AND KINESIOLOGY

### COURSE OUTLINE – WINTER 2018

#### PE3030 (A3): Psychology of Sport and Physical Activity – 3 (3-0-0) UT 45 Hours

**INSTRUCTOR:** Julia Dutove, Ph.D.      **PHONE:** 780-539-2974  
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**OFFICE HOURS:** Monday 1-2:30pm, Tuesday 11:30am-12:30pm, or by appointment

**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 behavioral framework. An analytical approach is encouraged.

**PREREQUISITE(S)/COREQUISITE:** None

#### REQUIRED TEXT/RESOURCE MATERIALS:

No required textbook

All materials will be available via Open Educational Resources on Moodle

**DELIVERY MODE(S):** The course will be taught using various methods of delivery such as lecture, experiential learning opportunities, small group discussion, case study explorations, and other modes of delivery (i.e., video).

#### COURSE OBJECTIVES:

1. The student will be introduced to the fundamental psychological theories and constructs that relate to sport and physical activity settings.
2. The student will learn to examine the application of theories for a variety of athletic populations including coaches, youth competitors, elite performers, and exercise-program participants.
3. The student will discuss practical issues regarding application, conceptualization, and measurement of various constructs.
4. The student will acquire the research skills to format and compile an academic paper.
5. The student will experience opportunities to develop introspective awareness for various psychosocial circumstances.

#### LEARNING OUTCOMES:

1. Students will develop a basic knowledge of existing psychological theory and the implications for sport and exercise performance.
2. Students will work to clarify basic interactions between theory and applied concepts for course specific topics.
3. Students will develop competence in evaluating quality research and construct a personal and applied perspective for chosen topics.
4. Students will work to critically analyze concepts in sport and exercise psychology and increase competence to recognize behavioural evidence for concepts.
5. Students will discuss, explore, and acquire relevant perspectives for cohesion and group dynamics related to teams and exercise group behaviours.

**TRANSFERABILITY:**

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**\*\* 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:**

Midterm	30%	February 15
Final Exam	30%	During Finals (April 16-26)
Activities & Assignments	15%	Due throughout semester
Research Paper	20%	Proposal (5%): February 8 Paper (15%): April 3
Presentation	5%	April 10 & 12

**GRADING CRITERIA:**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		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:**

Tuesday & Thursday: 10:00-11:20am – J203

Note that this is a tentative schedule and may be changed based on how we progress as a class.

<b>Date</b>	<b>Topic</b>	<b>Due Dates</b>
Week 1 Jan 4	Course Introduction	
Week 2 Jan 9 & 11	Self-perceptions & self-image	
Week 3 Jan 16 & 18	Personality Jan 18: Library session (meet in library)	
Week 4 Jan 23 & 25	Attentional Control	
Week 5 Jan 30 & Feb 1	Motivation	
Week 6 Feb 6 & 8	Feedback & reinforcement	February 8: Proposal due in class
Week 7 Feb 13 & 15	Skills in practice	February 15: Midterm
Week 8 Feb 20 & 22	Winter Break: No classes	
Week 9 Feb 27 & Mar 1	Emotional control, overtraining & burnout	
Week 10 Mar 6 & 8	Physical activity and mental health	March 6: Last day to withdraw
Week 11 Mar 13 & 15	Stress & anxiety	
Week 12 Mar 20 & 22	Social influence & social support	
Week 13 Mar 27 & 29	Competition & cooperation	
Week 14 Apr 3 & 5	Group dynamics	April 3: Research paper due in class
Week 15 Apr 10 & 12	Presentations	April 10 & 12: Presentations in class

**STUDENT RESPONSIBILITIES:**

- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.
- Most classes will have required materials to review on Moodle before class. It is expected that you will review materials in advance so you can fully participate in class activities and discussions. If students are not prepared for class, pop quizzes may be given to ensure adequate preparation. Many activities in class will require active participation so be prepared to be involved!
- See Additional Information section for late policies.

**STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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

**ADDITIONAL INFORMATION:****Midterm & Final Exam:**

The midterm and final exam will cover material from class and required readings and other materials posted on Moodle. The midterm will cover content from the first half of the course and the final exam will cover mostly material from the second half of the course. The final exam may contain some material from the first half of the semester.

**Activities & Assignments:**

Throughout the semester there will be online and in-class activities and assignments to supplement the lectures. In-class (and some online) activities and assignments will not be able to be made up unless you have an excused absence. Activities and assignments will not be accepted after the due date, unless other arrangements have been made, and may be subject to a late penalty. If you have extenuating circumstances and require more time to complete an activity or assignment, contact the instructor as soon as possible.

**Paper & Presentation:**

The research paper will have students apply sport and exercise psychology concepts to their future career setting. The paper will include a proposal and final paper. Proposals and papers are due at the start of class on the due date. Late proposals and papers will be deducted 10% per day (including handing in after the start of class on the due date) unless prior arrangements have been made. Presentations will be in small groups during the last week of classes and will incorporate content from the research papers.