

COURSE OUTLINE – WINTER 2020

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: 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:

This course is considered a University Transferrable course. Please consult the Alberta Transfer Guide for more information at <http://transferalberta.alberta.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:

Midterm	30%
Final Exam	30%
Writing Assignments	10%
Research Paper	20%
Participation and In-Class Activities	10%

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

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/**

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

Tuesday & Thursday: 10:00-11:20am – A211

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

Date	Topic
Week 1 Jan 7 & 9	Course Introduction Sport & Exercise Psychology Research
Week 2 Jan 14 & 16	Personality
Week 3 Jan 21 & 23	Motivation Jan 21: WA #1 Due
Week 4 Jan 28 & 30	Arousal & Anxiety
Week 5 Feb 4 & 6	Competition & Cooperation Feedback & Reinforcement
Week 6 Feb 11 & 13	Review Feb 11: WA #2 Due Feb 13: Midterm
Week 7 Feb 18 & 20	Winter Break – No Classes
Week 8 Feb 25 & 27	Psychological Skills Training
Week 9 Mar 3 & 5	Psychological Skills Training
Week 10 Mar 10 & 12	Physical Activity & Mental Health
Week 11 Mar 17 & 19	Exercise Adherence & Motivational Interviewing Mar 19: WA #3 Due
Week 12 Mar 24 & 26	Motivational Interviewing Burnout & Overtraining
Week 13 Mar 31 & Apr 2	Psychology of Injury & Social Support Apr 2: Research Paper Due
Week 14 Apr 7 & 9	Addictive & Unhealthy Behaviour Review

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.
- Part of the grade for this course is participation and in-class activities. Students will get one "free pass" for a class absence (cannot be used for a writing assignment activity, test, or guest speaker day) and any additional classes missed will result in a 1% deduction in grade.
- Details about assignments and tests, including late policies, will be discussed in class and posted on Moodle.