

DEPARTMENT of Kinesiology and Health Sciences
COURSE OUTLINE – Winter 2023

PE3030 (A3): Psychology of Sport and Physical Activity 3 (3-0-0) UT 45 hrs. 15 wks.

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: Julia Dutove, Ph.D.
OFFICE: K218
OFFICE HOURS: By appointment

PHONE: 780-539-2974
E-MAIL: jdutove@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 behavioral framework. An analytical approach is encouraged.

PREREQUISITE: PE1210

REQUIRED TEXT/RESOURCE MATERIALS: Materials will be available on myClass

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:

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:

Midterm	Mon Mar 6	20%
Presentation	Fri Mar 24	20%
Homework Assignments	See Schedule	15%
Paper	Mon Apr 10	15%
Final Exam	Fri Apr 21	30%
Total		100%

*From previous Evaluations: Quizzes (15%) changed to Homework Assignments (15%) and dates added for all Evaluations

*See myClass for Evaluation details

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	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

STUDENT RESPONSIBILITIES:

- More information about Evaluations will be posted on myClass and reviewed in class.
- All work must be submitted in typed format adhering to APA guidelines unless otherwise specified
- All assignments are expected to be submitted on time. Late assignments will be deducted 10% per day late. If you have extenuating circumstances, contact the instructor as soon as possible.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you must miss class, prior to the start of class. It is the student's responsibility to acquire any materials and content missed due to absence.
- Many activities in class will require active participation so be prepared to get involved!

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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

Lecture: Mondays, 11:30am-12:50pm and Fridays, 10:00-11:20am (D308)

Date	Monday	Friday
Jan 30/Feb 3	Self Confidence & Self Efficacy	Feedback, Reinforcement, & Communication
Feb 6/10	Personality	Physical Activity & Mental Health
Feb 13/17	Motivation	Arousal & Anxiety Homework #1 Due*
Feb 20/24	Winter Break – No Classes	
Feb 27/Mar 3	Finish Motivation/Arousal & Anxiety Review Assessments Homework #2 Due*	Exercise Adherence Homework #3 Due*
Mar 6/10	Midterm (E306)	Motivational Interviewing Homework #4 Due*
Mar 13/17	Intro to Psychological Skills Training Presentation Prep	Psychology of Injury
Mar 20/24	Social Support & Burnout Thesis and Sources Due	Presentations
Mar 27/31	Addictive & Unhealthy Behaviours Homework #5 Due*	Competition & Cooperation Group Dynamics
Apr 3/7	Peer Review Paper Draft Due	Good Friday – No Classes
Apr 10	Final Exam Review Paper Due	
Apr 21	Final Exam: 3:00-6:00pm (E306)	

*Homework Assignments: there are 7 assignments, two of which are required (Thesis and Sources & Paper Draft) and of the remaining 5, students will choose 2 to complete