



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY (PEAK)**

**COURSE OUTLINE**

**PE 3030: PSYCHOLOGY OF SPORT AND EXERCISE**

**INSTRUCTOR:** Matthew Bain                      **PHONE:** (780) 539-2974  
**OFFICE:** K 221                                      **E-MAIL:** mbain@gprc.ab.ca

**OFFICE HOURS:** By appointment, drop in, or as necessary.

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

**REQUIRED TEXT/RESOURCE MATERIALS:** Weinberg, R. S., & Gould, D. (Eds.). (2011). *Foundations of sport and exercise psychology* (5<sup>th</sup> ed.). Champaign, IL: Human Kinetics. (Selected Readings)

**CALENDAR DESCRIPTION:** This 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.

**CREDIT/CONTACT HOURS:** 3 (3-0-0). PE 3030 includes two (2), eighty-minute (80) classes per week: Tuesday & Thursday, 1:00-2:20 pm.

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

**OBJECTIVES:**

1. Introduce students to the fundamental psychological theories and constructs that relate to sport and physical activity settings.
2. Examine theories in a variety of athletic populations including coaches, youth competitors, elite performers, and exercise-program participants.
3. Discuss practical issues regarding application, conceptualization, and measurement of various constructs.

**4. TRANSFERABILITY:**

PEDS 303 (3 credits)--U of A	Jr. KNES (3 credits)-- U of C
KNES 2140 (3 credits)-- U of L	PSYC 2xx (3 credits)—Athabasca
PHED 2005 (3 credits)—Mount Royal Univ.	PSYC 306 (3 credits)- MacEwan

**\*\* 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**

<b>Midterm &amp; Final Examinations</b>	<b>50 %: (20% Midterm/ 30% Final) Examinations are cumulative from all materials prior to the examination.</b>
<b>Collaborative Classroom Experiences/ Participation</b>	<b>20 %: These activities will be in-class activities/ discussions, participation during these discussions, and reflective activities will demonstrate an acquisition of critical perspectives in the field of sport and exercise psychology.</b>
<b>Research Paper</b>	<b>30%: This paper is a semester long exploration of various sport and exercise psychology topics meant to support individual interests in exploring specific topics for research.</b>

## **GRADING CRITERIA:**

**COLLABORATIVE CLASSROOM EXPERIENCES/ PARTICIPATION:** Includes the participation in classroom discussions and activities. This class will include various discussion topics and students will be expected to actively participate. These activities will demonstrate a student's critical development in constructing a correct perspective in the field.

**RESEARCH PAPER:** This paper will be completed in three sections. Students will be expected to explore topics for research and submit an interest paper. Then, students will be expected to submit a reference page to demonstrate an ongoing commitment to research throughout the semester. Finally, students will be expected to compile research and submit a comprehensive perspective of chosen topics.

**EXAMINATIONS:** Each of these examinations will be cumulative to the materials covered throughout the exploration of the relevant chapter topics and readings. These examinations will include a combination of multiple choice and critical thought questions. Classroom exercises will support the development and understanding for constructing a critical thought perspective. This combination is designed to prompt the student to recruit various topics covered throughout the semester and demonstrate competence in constructing a logical point of view using different theoretical topics in sport and physical activity related contexts.

<b>GRANDE PRAIRIE REGIONAL COLLEGE</b>			
<b>GRADING CONVERSION CHART</b>			
<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>	<b>Designation</b>
<b>A<sup>+</sup></b>	<b>4.0</b>	<b>90 – 100</b>	<b>EXCELLENT</b>
<b>A</b>	<b>4.0</b>	<b>85 – 89</b>	
<b>A<sup>-</sup></b>	<b>3.7</b>	<b>80 – 84</b>	<b>FIRST CLASS STANDING</b>
<b>B<sup>+</sup></b>	<b>3.3</b>	<b>77 – 79</b>	
<b>B</b>	<b>3.0</b>	<b>73 – 76</b>	<b>GOOD</b>
<b>B<sup>-</sup></b>	<b>2.7</b>	<b>70 – 72</b>	
<b>C<sup>+</sup></b>	<b>2.3</b>	<b>67 – 69</b>	<b>SATISFACTORY</b>
<b>C</b>	<b>2.0</b>	<b>63 – 66</b>	
<b>C<sup>-</sup></b>	<b>1.7</b>	<b>60 – 62</b>	
<b>D<sup>+</sup></b>	<b>1.3</b>	<b>55 – 59</b>	<b>MINIMAL PASS</b>
<b>D</b>	<b>1.0</b>	<b>50 – 54</b>	
<b>F</b>	<b>0.0</b>	<b>0 – 49</b>	<b>FAIL</b>
<b>WF</b>	<b>0.0</b>	<b>0</b>	<b>FAIL, withdrawal after the deadline</b>

**STUDENT RESPONSIBILITIES:**

- Students **MUST** complete all assignments and examinations in order to receive a passing grade in this course. The incompleteness of any of the assigned learning activities may result in the assignment of a failing (F) grade.
- Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of **SIGNIFICANT** student issues and concerns as determined by the instructor. **ALL** extensions requests **MUST** be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.
- Regular attendance is a key to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support,

and finally, cue as to relevant examination materials. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.

#### **STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:**

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

#### **STATEMENT ON PLAGIARISM AND CHEATING:**

Please refer to pages 49-50 of the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

## COURSE SCHEDULE/TENTATIVE TIMELINE:

WEEK	TOPIC	ASSIGNED READINGS	EXAMINATION DATES	ASSIGNMENT DATES
September 4	Introduction &	Introduction		
September 9 & 11	History & Research	Chapter 1 & Associated reading		
September 16 & 18	Personality	Chapter 2		
September 23 & 25, & 30	Motivation & Motivational Orientations	Chapter 3		
October 2, 7, 9 & 14	Arousal, Stress, and Anxiety	Chapter 4	Exam #1: October 16, 2014	October 3 @ 12:00 noon: Research Topic Due
October 21, 23, 28 & 30	Reinforcement / Intrinsic Motivation	Chapter 6		
November 4 & 6	Competition and Cooperation	Chapter 5		November 7 @ 12:00 noon: Reference List Due
November 11 (off) & 13 & 18	Imagery	Chapter 13		
November 20 & 25	Cohesion, Group, and Team Dynamics	Chapter 7 & 8		
November 27 & December 2	Self-Confidence	Chapter 14		
December 4	Exam Preparation	No Readings	Final Exam: TBA	December 5 @ 12:00 noon: Research Paper Due