

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, KUC, MU, MRU

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 & Final Examinations	65 %: (30% Midterm/ 35% Final) Examinations are cumulative from all materials prior to the examination.
Collaborative Classroom Experiences/ Participation	10 %: 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.
Research Paper	25%: 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.

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

COLLABORATIVE CLASSROOM EXPERIENCES/ PARTICIPATION: Includes the participation in experiential classroom discussions and activities. This class will include various discussion topics and students will be expected to actively participate. Handouts and 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 an annotated bibliography 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.

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:

WEEK	TOPIC	ASSIGNED READINGS	EXAMINATION DATES	ASSIGNMENT DATES
Jan 5	Introduction	Introduction		
Jan 10-12	History & Research	Chapter 1 & Associated reading		
Jan 17-19	Personality	Chapter 2		
Jan 24-26 & Jan 31	Motivation & Motivational Orientations	Chapter 3		Submission #1: Jan 31
Feb 2 - 7	Arousal, Stress, and Anxiety	Chapter 4		
Feb 9- 14 & 16	Competition and Cooperation	Chapter 5	Exam 1: Feb 16	
Feb 20-24	Reading Break	Reading Break	Reading Break	Reading Break
Feb 28- Mar 2 & Mar 7-9	Reinforcement / Intrinsic Motivation	Chapter 6		Submission #2: Mar 2
Mar 14-16	Cohesion, Group, and Team Dynamics	Chapter 7-8		
Mar 21-23	Imagery	Chapter 13		
Mar 28-30	Self-Confidence	Chapter 14		Submission #3: March 31
Apr 4-6	Burnout and Overtraining	Chapter 21		
Apr 11	Exam Preparation	No Readings	Exam #2: TBA	

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at

www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

- All assignments must be submitted in typed format adhering to ALL APA format requirements.
- 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 *integral* to success in this course. Classroom activities structure and support student comprehension of materials, content clarification, relevant peer questions and

support. 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.
- **Smart phones, & PDAs 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:

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.