PS281: Sport Psychology: Issues and Influences
3 Credits
Summer 2013

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Class day and time: Tuesday and Thursday 6:15-9:15
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Boston College Mission Statement

The following is quoted from the Boston College Mission Statement.

Strengthened by more than a century and a half of dedication to academic excellence, Boston College commits itself to the highest standards of teaching and research in undergraduate, graduate and professional programs and to the pursuit of a just society through its own accomplishments, the work of its faculty and staff, and the achievements of its graduates. It seeks both to advance its place among the nation's finest universities and to bring to the company of its distinguished peers and to contemporary society the richness of the Catholic intellectual ideal of a mutually illuminating relationship between religious faith and free intellectual inquiry.

Boston College draws inspiration for its academic societal mission from its distinctive religious tradition. As a Catholic and Jesuit university, it is rooted in a world view that encounters God in all creation and through all human activity, especially in the search for truth in every discipline, in the desire to learn, and in the call to live justly together. In this spirit, the University regards the contribution of different religious traditions and value systems as essential to the fullness of its intellectual life and to the continuous development of its distinctive intellectual heritage.

Course Description

We will examine the psychological issues related to participation in sports. Whenever possible we will focus on the empirical findings related to these issues. Traditional topics such as performance, stress, and self-esteem will be discussed. Particular attention will be given to the implications of the recent trend of increased participation by children in organized sports.

Course Objectives

1. Students will acquire factual knowledge (terminology, classifications, methods, trends) as demonstrated by their performance on written exams and term paper.

2. Students will learn fundamental principles, generalizations, and theories as demonstrated by their performance on written exams and term paper.

3. Students will learn to apply course material (to improve thinking, problem solving, and decisions) as demonstrated by their performance on written exams and term paper.

4. Students will acquire knowledge across cultural settings and will learn the impact of culture, gender, and age in Sport Psychology as reflected by their ability to demonstrate an appreciation of these variables in their written work.

5. Students will acquire the ethical knowledge pertaining to Sport Psychology as demonstrated by their ability to demonstrate an appreciation of this knowledge in their written work.
Grading

The following input will be used in assessing each student’s letter grade for the course:
Hour Exam.
Final Exam.
Essay

WCAS Grading System
The undergraduate grading system consists of twelve categories: A (4.00), A- (3.67), excellent; B+ (3.33),
B (3.00), B- (2.67), good; C+ (2.33), C (2.00), C- (1.67), satisfactory; D+ (1.33), D (1.00), D- (.67), passing
but unsatisfactory; F (.00), failure; I (.00), incomplete; F (.00), course dropped without notifying office; W
(.00), official withdrawal from course. The graduate grading system is A (4.00), A- (3.67), Excellent; B+
(3.33), B (3.00), good; B- (2.67), C (2.00), passing but not for degree credit; F (.00), failure.

Grade Reports. All students are required to log into the web through Agora to access their semester grades.
Students must utilize their BC username and password to log on. If your username or password is not
known, the Student Learning and Support Center in the O’Neill Library Computer Center will issue a new
one. The SLSC requires a valid picture ID (a BC ID, driver’s license or passport) to obtain your password.

Required Reading

Kinetics, 2011.

Chapters 1 through 9 will be covered on the hour exam. Chapters 10 and 11 are to be omitted. Chapters 12 through
24 (omitting chapters 15 and 18) will be covered on the final exam.

Important Policies
http://www.bc.edu/content/bc/schools/advstudies/guide/academicinteg.html

Written Work

Graduate and undergraduate students are expected to prepare professional, polished written work. Written
materials must be typed in the format required by your instructor. Strive for a thorough, yet concise style.
Cite literature appropriately, using APA, MLA, CLA format per instructors decision. Develop your
thoughts fully, clearly, logically and specifically. Proofread all materials to ensure the use of proper
grammar, punctuation, and spelling. You are encouraged to make use of campus resources for refining
writing skills as needed [http://www.bc.edu/libraries/help/tutoring.html].

Scholarship and Academic Integrity

It is expected that students will produce original work and cite references appropriately. Failure to
reference properly is plagiarism. Scholastic dishonesty includes, but is not necessarily limited to,
plagiarism, fabrication, facilitating academic dishonesty, cheating on examinations or assignments, and
submitting the same paper or substantially similar papers to meet the requirements of more than one course
without seeking permission of all instructors concerned. Scholastic misconduct may also involve, but is not
necessarily limited to, acts that violate the rights of other students, such as depriving another student of
course materials or interfering with another student’s work.

Request for Accommodations

If you have a disability and will be requesting accommodations for this course, please register with either
Dr. Kathy Duggan (dugganka@bc.edu), Associate Director, Connors Family Learning Center (learning
disabilities or AHD) or Dean Paulette Durrett, (paulette.durrett@bc.edu), Assistant Dean for students with
disabilities, (all other disabilities). Advance notice and appropriate documentation are required for
accommodations. http://www.bc.edu/content/bc/libraries/help/tutoring/specialservices.html.
**Attendance**

Class attendance is an important component of learning. Students are expected to attend all classes and to arrive by the beginning of and remain for the entire class period. When an occasion occurs that prevents a student from attending class, it is the student’s obligation to inform the instructor of the conflict before the class meets. The student is still expected to meet all assignment deadlines. If a student knows that he or she will be absent on a particular day, the student is responsible for seeing the instructor beforehand to obtain the assignments for that day. If a student misses a class, he or she is responsible for making up the work by obtaining a classmate’s notes and handouts and turning in any assignments due. Furthermore, many instructors give points for participation in class. If you miss class, you cannot make up participation points associated with that class. Types of absences that are not typically excused include weddings, showers, vacations, birthday parties, graduations, etc. Additional assignments, penalties and correctives are at the discretion of the instructor. If circumstances necessitate excessive absence from class, the student should consider withdrawing from the class. In all cases, students are expected to accept the decision of the instructor regarding attendance policies specific to the class.

Consistent with our commitment of creating an academic community that is respectful of and welcoming to persons of differing backgrounds, we believe that every reasonable effort should be made to allow members of the university community to observe their religious holidays without jeopardizing the fulfillment of their academic obligations. It is the responsibility of students to review course syllabi as soon as they are distributed and to consult the faculty member promptly regarding any possible conflicts with observed religious holidays. If asked, the student should provide accurate information about the obligations entailed in the observance of that particular holiday. However, it is the responsibility of the student to complete any and all class requirements for days that are missed due to conflicts due to religious holidays.

There may be circumstances that necessitate a departure from this policy. Feel free to contact the WCAS at 617-552-3900 for consultation.

**Deadlines**

Assignments are due at the beginning of the class period on the specified dates. Late assignments will be graded accordingly.

**Course Assignments/Requirements**

1. Hour exam: Tuesday, June 4.
2. Final exam. Thursday, June 20.
3. Essay. A three to five page essay will be due Thursday, June 20. Details will be given in class.