*Please note that this syllabus should be regarded only as a general guide to the course and is subject to change at the instructor's discretion.

PSYC22811 Sport Psychology (3)
Boston College Summer Session 2018
Summer 1, May 14 - June 22
M/W 12-3pm

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Phone Number: N/A
Office: Carney 264
Office Hours: M/W 10-11 or by appointment.

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 worldview 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
This course is a survey of theories and applications of sport and exercise psychology as a science and a practice. The course will examine cognitive, affective, behavioral, and developmental considerations in sport and physical activity. Topics may include: individual aspects such as personality, motivation, and anxiety; social processes such as team cohesion and group dynamics; and mental skills training areas such as confidence, imagery, goal-setting, and concentration.

Textbooks & Readings (REQUIRED)
- Additional readings may be posted on Canvas

**The textbook is available through the BC Bookstore or online. Students should not expect to succeed in this class if they do not obtain and read the assigned chapters from this textbook. (And, yes, the 6th edition.)**
Canvas
Canvas is the Learning Management System (LMS) at Boston College, designed to help faculty and students share ideas, collaborate on assignments, discuss course readings and materials, submit assignments, and much more - all online. As a Boston College student, you should familiarize yourself with this important tool. For more information and training resources for using Canvas, click here.

Course Objectives
- To identify and define the psychological factors that affect human behavior in exercise, sport and physical activity contexts;
- To analyze the effects of sport, physical activity, and exercise upon psychological processes;
- To review current theoretical and research directions in sport and exercise psychology;
- To utilize knowledge of psychological principles for the design of effective applications in sport, exercise and physical activity settings.

Required Objectives
- “The student will demonstrate knowledge of sport and exercise psychology concepts across cultural settings and will learn the impact of culture, gender, and age in sport and physical activity as demonstrated by responses to related test items, application questions, and discussion."
- “The student will demonstrate ethical considerations pertaining to the science and practice of sport and exercise psychology as demonstrated by responses to related test items, application questions, and discussion."

Grading
- Online Quizzes 20%
- Attendance/Application Drills 20%
- Special Topic Project 20%
- Mid-term Exam 20%
- Final Exam 20%

The undergraduate grading system for Summer Session is as follows:
- A (4.00), A- (3.67)
- B+ (3.33), B (3.00), B- (2.67)
- C+ (2.33), C (2.00), C- (1.67)
- D+ (1.33), D (1.00), D- (.67)
- F (.00)

All students can access final grades through Agora after the grading deadline each semester. Transcripts are available through the Office of Student Services.

Course Assignments
“The credit hour expectations of the university are a minimum of 2 hours per week for every hour of instructional time. Therefore, students can expect to spend 12.5 hours per week during this course on reading and out-of-class assignments. Please note that some weeks will require more time than others.”

Online Chapter Quizzes: To assist students in their reading and retention of material, there will be a 10-question, online chapter quiz for the 14 topics covered in class. Quizzes will be available via Canvas and will close at the start of the class covering that chapter. No late quizzes will be accepted.
Application Drills: Application assignments will be completed for each chapter or topic. Applications will require the student to make practical connections from course material to a sport or exercise setting. Other possible application assignments may also be completed for credit such as open-book group activities, reflections, Canvas Discussion Threads, activities from the online study guide, etc. **There are no makeups for Application Drills- if you miss class, you do not earn the points for the Application Drill.**

Special Topic Project: Classes #3-10 will include a 35-minute, student-led portion of class. Students/pairs will cover one of the chapters/topics not covered in lecture. Each student/pair will demonstrate thorough comprehension of the topic and related research findings, use of terminology, and relevant applications to sport and physical activity by presenting the material from their selected chapter to the rest of the class, engaging the class in an interactive activity, connecting to the main topic of the day, and facilitating discussion. Students can utilize various media such as PowerPoint or Prezi presentation, demonstration or class activity, video, “research poster”, or dramatic sketch, etc. Creativity is encouraged!

Exams: There will be an in-class mid-term and an in-class, cumulative final exam. The exams may consist of multiple choice, true/false, fill in the blank, matching, short answer, long answer or essay questions. Unless there is a documented, official University excuse, exams must be taken when scheduled. Any arrangements to take a test at a different time must be made prior to the test date and time.

* More detail on assignments and assessments will be provided with guidelines and rubrics or grading sheets.*

Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date/Week</th>
<th>Topic</th>
<th>Chapters</th>
<th>Special Topic Projects/Assignments DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>W May 16</td>
<td>Intro to Sport &amp; Exercise Psychology Personality</td>
<td>1 &amp; 2</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>M May 21</td>
<td>COMMENCEMENT – NO CLASS</td>
<td>3 &amp; 6</td>
<td>Online Motivation Forum</td>
</tr>
<tr>
<td>3</td>
<td>W May 23</td>
<td>Motivation Arousal, Stress, &amp; Anxiety</td>
<td>3 &amp; 6 4</td>
<td>Burnout &amp; Overtraining (Ch. 21)</td>
</tr>
<tr>
<td>4</td>
<td>M May 28</td>
<td>MEMORIAL DAY – NO CLASS</td>
<td>4</td>
<td>Online Arousal, Stress, &amp; Anxiety Forum</td>
</tr>
<tr>
<td>5</td>
<td>W May 30</td>
<td>Group Dynamics &amp; Team Cohesion</td>
<td>7 &amp; 8</td>
<td>Leadership (Ch. 9) Communication (Ch.10) Exercise &amp; Psych. Well-Being (Ch. 17) Addictive &amp; Unhealthy Behaviors (Ch. 20)</td>
</tr>
<tr>
<td>6</td>
<td>M June 4</td>
<td>Mid-term Exam (Chapters 1, 2, 3, 4, 6, 7, 8)</td>
<td></td>
<td></td>
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<tr>
<td>7</td>
<td>W June 6</td>
<td>Introduction to PST &amp; Arousal Regulation</td>
<td>11 &amp; 12</td>
<td>Aggression (Ch. 23)</td>
</tr>
<tr>
<td>8</td>
<td>M June 11</td>
<td>Imagery &amp; Confidence</td>
<td>13 &amp; 14</td>
<td>Injury (Ch. 19)</td>
</tr>
<tr>
<td>9</td>
<td>W June 13</td>
<td>Goal-setting &amp; Concentration</td>
<td>15 &amp; 16</td>
<td>Exercise Behavior and Adherence (Ch. 18)</td>
</tr>
<tr>
<td>10</td>
<td>M June 18</td>
<td>Children &amp; Sport Psychology</td>
<td>22</td>
<td>Character Development &amp; GSB (Ch. 24)</td>
</tr>
<tr>
<td>11</td>
<td>W June 20</td>
<td>Final Exam (Chapters 11, 12, 13, 14, 15, 16, 22)</td>
<td></td>
<td>None</td>
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</tbody>
</table>

Technology in the Classroom
Periodically, students will be asked to use their computers, phones, or iPads/Tablets for educational purposes, so students are welcome to bring them to class. At ALL other times, please extend courtesy to your instructor and fellow students by turning off your portable electronic devices such as cell phones, iPads/tablets, and iPods. Please keep your portable electronic devices out of sight (e.g. in your backpack/bag) and on silent during class. Use of a computer is permitted only for note-taking or class-related activity, though be advised that there is evidence (see Mueller & Oppenheimer, 2014) that paper-pencil note-taking may be more effective for storage and retrieval of information.

Note: If you know that you may need to accept an emergency phone call during class or if you have children in childcare or school, please let me know. If you need to take a phone call during class, please step out of the classroom while you complete your call.
Deadlines and Attendance
Due to the short, intensive nature of the summer session, class attendance is paramount to adequate learning. All application drills will be completed in class or by the following class, therefore attendance is required to receive points for all application drills. Quizzes must be completed by the start of the class covering that chapter. The final exam will be due by the end of class time on the day it is administered. Late work will not be accepted.

“Attending class is an important component of learning. Students are expected to attend all class sessions. When circumstances prevent a student from attending class, the student is responsible for contacting the instructor before the class meets. Students who miss class are still expected to complete all assignments and meet all deadlines. Many instructors grade for participation; if you miss class, you cannot make up participation points associated with that class. Makeup work may be assigned at the discretion of the instructor. If circumstances necessitate excessive absence from class, the student should consider withdrawing from the class. Attendance will be taken and contributes to the overall professionalism/attendance grade. Students are responsible for making up any missed assignments.

Consistent with BC’s commitment to creating a learning environment that is respectful of 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 their academic status. Students are responsible for reviewing course syllabi as soon as possible, and for communicating with the instructor promptly regarding any possible conflicts with observed religious holidays. Students are responsible for completing all class requirements for days missed due to conflicts with religious holidays.”

Written Work
“Summer Session students are expected to prepare professional, polished written work. Written materials must be typed and submitted in the format required by your instructor. Strive for a thorough yet concise style. Cite literature appropriately, using APA style, per your instructor’s requirements. Develop your thoughts fully, clearly, logically and specifically. Proofread all materials to ensure the use of proper grammar, punctuation and spelling. For writing support, please contact the Connors Family Learning Center.”

Accommodation and Accessibility
“Boston College is committed to providing accommodations to students, faculty, staff and visitors with disabilities. Specific documentation from the appropriate office is required for students seeking accommodation in Summer Session courses. Advanced notice and formal registration with the appropriate office is required to facilitate this process. There are two separate offices at BC that coordinate services for students with disabilities:

- The Connors Family Learning Center (CFLC) coordinates services for students with LD and ADHD.
- The Disabilities Services Office (DSO) coordinates services for all other disabilities.

Find out more about BC’s commitment to accessibility at [www.bc.edu/sites/accessibility].”

Scholarship and Academic Integrity
“Students in Summer Session courses must produce original work and cite references appropriately. Failure to cite references is plagiarism. Academic dishonesty includes, but is not necessarily limited to, plagiarism, fabrication, facilitating academic dishonesty, cheating on exams or assignments, or submitting the same material or substantially similar material 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. Please see the Boston College policy on academic integrity for more information.”