



## Undergraduate Course Syllabus

### PSY 226: Sport Psychology

Center: Online

#### Course Prerequisites

PSY 108 or PSY 108H

#### Course Description

The course offers an in-depth examination of the major psychological issues associated with athletic competition. Topics include motivation, anxiety, aggression, commitment, self-control, leadership and excellence. While using athletic competition as its focus, the course also established the relationship between athletic competition and the pursuit of excellence in any human endeavor. This course also has a significant research component designed to help students develop a sound understanding of the research methodology that supports theories of athletic competition.

#### Course Outcomes

- Evaluate common problems in athletic performance within the context of psychological issues related to athletic competition
- Relate key theories from multiple areas of psychology including personality, motivation, and biopsychology to major concepts in the field of sport psychology
- Analyze the relationship between athletic competition and the pursuit of excellence in other human endeavors
- Critically evaluate current research relevant to sport psychology and theories of athletic competition

#### Required Materials

Using your learning resources is critical to your success in this course. Please purchase directly through the [SNHU Online Bookstore](#) rather than any other vendor. Purchasing directly from the bookstore ensures that you will obtain the correct materials and that the IT Service Desk, your advisor, and the instructor can provide you with support if you have problems.

*Sport Psychology: Concepts and Application*

Richard Cox

McGraw Hill

Seventh Edition

2012

ISBN: 978-1-260-36446-0

## Diversity, Equity, and Inclusion

As indicated in our core values, SNHU is committed to “embrace diversity where we encourage and respect diverse identities, ideas, and perspectives by honoring difference, amplifying belonging, engaging civilly, and breaking down barriers to bring our mission to life.”

This may or will be reflected in SNHU’s curriculum as we embrace and practice diversity, equity, and inclusion (DEI) to provide the most transformative experience for our students, faculty, and staff. Because topics pertaining to DEI can be sensitive, please remember that embodying and practicing diversity, equity, and inclusion is one of our core values that you will encounter throughout the academic experience. In higher education, we are expected to think and engage critically. Use a growth mindset to embrace the diverse readings, course assignments, and experiences of your peers and faculty.

For more information about DEI at SNHU, please visit our website at the [Office of Diversity and Inclusion](#).

## Instructor Availability and Response Time

Your class interaction with the instructor and your classmates will take place on a regular, ongoing basis. Your instructor will be actively engaged within the course throughout the week. You will normally communicate with your instructor in the weekly discussions or the General Questions discussion topic so that your questions and the instructor’s answers benefit the entire class. You should feel free, however, to communicate with your instructor via SNHU email at any time, particularly when you want to discuss something of a personal or sensitive nature. Your instructor will generally provide a response within 24 hours. Instructors will post grades and feedback (as applicable) within seven days of an assignment’s due date, or within seven days of a late submission.

## Grade Distribution

Assignment Category	Number of Graded Items	Point Value per Item	Total Points
Discussions	9	30	270
Case Studies	2	70	140
Midterm	1	150	150
Final Project			
Milestone One	1	60	60
Milestone Two	1	80	80
Final Submission	1	300	300
			<b>Total Course Points: 1,000</b>

This course may also contain practice activities. The purpose of these non-graded activities is to assist you in mastering the learning outcomes in the graded activity items listed above.

## University Grading System: Undergraduate

Grade	Numerical Equivalent	Points
A	93–100	4

Grade	Numerical Equivalent	Points
A-	90–92	3.67
B+	87–89	3.33
B	83–86	3
B-	80–82	2.67
C+	77–79	2.33
C	73–76	2
C-	70–72	1.67
D+	67–69	1.33
D	60–66	1
F	0–59	0
I	Incomplete	
IF	Incomplete/Failure *	
IP	In Progress (past end of term)	
W	Withdrawn	

\* Please refer to the [policy page](#) for information on the incomplete grade process.

### Grading Guides

Specific activity directions, grading guides, posting requirements, and additional deadlines can be found in the Assignment Guidelines and Rubrics section of the course.

### Weekly Assignment Schedule

All reading and assignment information can be found within each module of the course. Assignments and discussion posts during the first week of each term are due by 11:59 p.m. Eastern Time. Assignments and discussion posts for the remainder of the term are due by 11:59 p.m. of the student's local time zone.

In addition to the textbook readings that are listed, there may be additional required resources within each module.

Module	Topics and Assignments
1	An Introduction to Sport Psychology <i>Sports Psychology: Concepts and Applications</i> , Chapters 1 and 2 1-1 Discussion: Introduction to Sport Psychology 1-2 Final Project Review
2	Self-Confidence and Goal Theory in Sport Psychology <i>Sports Psychology: Concepts and Applications</i> , Chapters 3 and 4 2-1 Discussion: Self-Confidence in Athletics and Sport 2-2 Final Project Milestone One: Topic Submission

Module	Topics and Assignments
3	The Effects of Attention, Mood, and Emotion on Performance <i>Sports Psychology: Concepts and Applications</i> , Chapters 6 and 7 3-1 Discussion: Stress and Anxiety in Athletics and Sport 3-2 Case Study: Stress-Related Performance Problem
4	Coping Strategies and Goal Setting in Sport <i>Sports Psychology: Concepts and Applications</i> , Chapters 9 and 10 4-1 Discussion: Coping in Athletics and Sport 4-2 Midterm Examination
5	Aggression in Sport <i>Sports Psychology: Concepts and Applications</i> , Chapter 13 5-1 Discussion: Aggression in Sport 5-2 Final Project Milestone Two: Annotated Bibliography
6	The Benefits of Exercise <i>Sports Psychology: Concepts and Applications</i> , Chapters 12 and 17 6-1 Discussion: Benefits of Exercise 6-2 Case Study: Exercise
7	Leadership in Sports <i>Sports Psychology: Concepts and Applications</i> , Chapters 15 and 16 7-1 Discussion: Leadership in Sports 7-2 Final Submission: Case Study
8	Concussions and Career-Ending Injuries <i>Sports Psychology: Concepts and Applications</i> , Chapters 18 and 19 8-1 Discussion: Concussions in Sport 8-2 Discussion: Course Reflection

### Attendance Policy

Online students are required to submit a graded assignment/discussion during the first week of class. If a student does not submit a graded assignment/discussion during the first week of class, the student is **automatically dropped** from the course for non-participation. Review the [full attendance policy](#).

### Late Assignments Policy

Meeting assigned due dates is critical for demonstrating progress and ensuring appropriate time for instructor feedback on assignments. Students are expected to submit their assignments on or before the due date. Review the [full late assignment policy](#).

### SNHU Student Handbook

Review the [student handbook](#).

### ADA/504 Compliance Statement

Southern New Hampshire University (SNHU) is dedicated to providing equal access to individuals with disabilities in accordance with Section 504 of the Rehabilitation Act of 1973 and with Title III of the Americans with Disabilities Act (ADA) of 1990, as amended by the Americans with Disabilities Act Amendments Act (ADAAA) of 2008.

SNHU prohibits unlawful discrimination on the basis of disability and takes action to prevent such discrimination by providing reasonable accommodations to eligible individuals with disabilities. The university has adopted this policy to provide for prompt and equitable resolution of complaints regarding any action prohibited by Section 504, the ADA, or the ADAAG.

For questions about **support services, documentation guidelines, general disability issues, or pregnancy accommodations**, please visit the [Online Accessibility Center](#) (OAC).

As a student, you must complete an interactive intake process, with supporting documentation, in order to be granted accommodations. Once reasonable accommodations are approved by the OAC, you will receive an accommodations letter. You are then responsible for sharing the letter with your instructor. Accommodations are not retroactive.

If you feel you've been subject to discrimination on the basis of disability, by any party, you may file a complaint or grievance. For more information on the ADA/504 Grievance Policy, go to the [Disability and Accessibility Services](#) website.

### **Academic Integrity Policy**

Southern New Hampshire University requires all students to adhere to high standards of integrity in their academic work. Activities such as plagiarism and cheating are not condoned by the university. Review the [full academic integrity policy](#).

### **Copyright Policy**

Southern New Hampshire University abides by the provisions of United States Copyright Act (Title 17 of the United States Code). Any person who infringes the copyright law is liable. Review the [full copyright policy](#).

### **SNHU Withdrawal Policy**

Review the [full withdrawal policy](#).

### **Southern New Hampshire University Policies**

More information about SNHU policies can be found on the [policy page](#).