

KNES 253: Introduction to Exercise and Sport Psychology
Winter 2021
Faculty of Kinesiology

Approved by DP: December 2020

Course Information

Instructor Name: S. Nicole Culos-Reed & Lisa Daroux-Cole
Phone Number: 403-220-7540 / 403-220-8703
Email Address: nculosre@ucalgary.ca / ldaroux@ucalgary.ca
Office #: KNB 140 / KNB 231
Office Hours: By appointment-Zoom

Classroom #: Synchronous ONLINE
Day(s) Class Meets: Mon, Wed, Fri
Time Class Meets: 9:00AM to 9:50AM
Course Website: D2L
Labs: to be confirmed on D2L calendar

KNES 253 Lab Schedule Winter 2021

Lab	Day	Time	1st session	2nd session	3rd session	4th session
Lab 1	Wednesday	5:00pm - 5:50pm	27-Jan	24-Feb	17-Mar	07-Apr
Lab 2	Thursday	8:30am - 9:20am	28-Jan	25-Feb	18-Mar	08-Apr
Lab 3	Thursday	2:00pm - 2:50pm	28-Jan	25-Feb	18-Mar	08-Apr
Lab 4	Friday	11:00am - 11:50am	29-Jan	26-Feb	19-Mar	09-Apr
Lab 5	Friday	1:00pm - 1:50pm	29-Jan	26-Feb	19-Mar	09-Apr
Lab 6	Monday	11:00am - 11:50am	18-Jan	08-Feb	01-Mar	22-Mar
Lab 7	Monday	5:00pm - 5:50pm	18-Jan	08-Feb	01-Mar	22-Mar
Lab 8	Tuesday	8:30am - 9:20am	19-Jan	09-Feb	02-Mar	23-Mar
Lab 9	Tuesday	2:00pm - 2:50pm	19-Jan	09-Feb	02-Mar	23-Mar
Lab 10	Wednesday	11:00am - 11:50am	20-Jan	10-Feb	03-Mar	24-Mar
Lab 11	Monday	12:00pm - 12:50pm	18-Jan	08-Feb	01-Mar	22-Mar
Lab 12	Monday	8:00am - 8:50am	25-Jan	22-Feb	15-Mar	05-Apr

Please Note: April 5 is a holiday, and that lab time will be updated by the TA in January 2021.

Teaching Assistant(s) Name: Julia Daun, jtdaun@ucalgary.ca
Manuel Ester, manuel.ester@ucalgary.ca
Georgia Ens, georgia.ens@ucalgary.ca
Monique Coffey, monique.coffey@ucalgary.ca

Course Description:

An introduction to the psychosocial concepts underlying an understanding of human behaviour in physical activity, sport, and health. Introduction to Exercise & Sport Psychology includes units in both exercise and sport psychology. Together these two units provide an introduction to the psychosocial concepts underlying an understanding of human behavior in physical activity, sport and health.

Prerequisites:

N/A

Course Objectives:

Unit 1: Exercise Psychology: The purpose of the exercise psychology unit is to understand how psychological concepts are related to physical activity participation and health. The main focus is to provide: (a) a basic understanding of various psychological concepts and principles involved in exercise psychology, and (b) to see how these concepts and principles

might be translated into promoting health and wellness via physical activity participation.

Unit 2: Sport Psychology: The purpose of the sport psychology unit is to understand that sport psychology concepts are related to physical activity participation and performance. The main focus is to provide a basic understanding of the concepts and principles involved in sport psychology and how they might be translated into the practical needs of promoting participation and improving performance in sport and physical activities.

Course Content:

Unit 1: Exercise Psychology

- Introduction to Exercise Psychology
- Motivation and Behaviour Change
- Social Support and Exercise
- Mental Health and Exercise
- Quality of Life and Exercise
- Special Populations and Exercise

Unit 2: Sport Psychology

- Introduction to Sport Psychology
- Personality and Sport
- Stress, Arousal and Anxiety in Sport
- Aggression in Sport
- Coaching Psychology
- Athletic Injuries and Sport Psychology
- Youth and Positive Development in Psychology

Required Reading Materials:

Crocker PR, Sabiston C, McDonough M (Editors). Sport and Exercise Psychology: A Canadian Perspective. 2021. Pearson Education Canada

Other readings may be assigned over the term

Assessment Components/Expectations

Grading Scale:

Letter	Percent	Grade Point Value	Description
A+	≥ 95.0	4.00	Outstanding
A	90.0-94.9	4.00	Excellent – Superior performance, showing comprehensive understanding of subject matter
A-	86.0-89.9	3.70	
B+	82.0-85.9	3.30	
B	78.0-81.9	3.00	Good – Clearly above average performance with knowledge of subject matter generally complete.
B-	74.0-77.9	2.70	
C+	70.0-73.9	2.30	
C	66.0-69.9	2.00	Satisfactory – Basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	62.0-65.9	1.70	Minimum grade required if needed as a prerequisite course.
D+	58.0-61.9	1.30	
D	54.0-57.9	1.00	Minimal pass – Marginal performance, generally insufficient preparation for subsequent courses in the same subject.
F	< 54.0	0	Fail – Unsatisfactory performance of failure to meet course requirements.

Evaluation of Course Content:

Unit 1: Exercise Psychology: January 11 – February 26

In-class activities – mini group work and/or mini quizzes – 5% each Details will be provided in class.	10%	January 22, February 5 The activity will be given in class and you will have until 12pm (noon) to submit online.	
Quiz – 10%, in-class. Starts at 9am, you will have 45 minutes to complete. Details will be provided in class.	10%	February 3 Students will have 30 minutes (plus 50% extra contingency time) to write the quiz in D2L during the synchronous class start time at 9am, with the total time of 45 minutes.	
Lab Assignments – 2 labs, 5% each: see your schedule for your lab time.	10%	The activity will be given in class and you will have until the end of the day (11:59pm) to submit online.	
Final Exam – 15%	15%	February 24 The exam will open at 9:00am and will be open for 24 hours: once you begin the exam, you have 75 minutes to complete it.	

NOTE: No classes Reading Week February 15-19.

Unit 2: Sport Psychology: March 1 – April 14

In-class activities – mini group work and/or mini quizzes – 5% each Details will be provided in class.	10%	March 5, April 9 The activity will be given in class and you will have until 12pm (noon) to submit online.
Quiz – 10%, in-class. Starts at 9am, you will have 45 minutes to complete. Details will be provided in class.	10%	March 26 Students will have 30 minutes (plus 50% extra contingency time) to write the quiz in D2L during the synchronous class start time at 9am, with the total time of 45 minutes.
Lab Assignments – 2 labs, 5% each: see your schedule for your lab time.	10%	The activity will be given in class and you will have until the end of the day (11:59pm) to submit online.
Final Exam – 15%	15%	April 14 The exam will open at 9:00am and will be open for 24 hours: once you begin the exam, you have 75 minutes to complete it.

NOTE: No classes on April 2 and April 5 (Good Friday and Easter Monday)

Joint Assignment (you will be assigned to do this in EITHER the first or second half of the course, for 10% total)

Leadership work with KNES 411 – 2 Fridays, 5% each All work will be completed in class and immediately following. Details will be provided in lecture and on D2L. You will be assigned to a group for these sessions in January, 2021.	10%	February 12, February 26 OR March 12, March 19 The assignment focuses on feedback of the session, and is due at or before 12:00pm (noon) on the same date.
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Weekly Activities:

These Friday activities will be to integrate course content from the preceding week(s). Details will be posted in D2L, with varying activities including in-class mini quiz assessment (completed within D2L), group work, and peer self-evaluation. You will have time after the class for any required submissions via D2L.

Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in **exceptional circumstances only**, which includes illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification **prior to** the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are not valid reasons for requesting a special accommodation for a midterm exam. The course instructors will provide availability to answer questions, outside of the scheduled class time, during the final exams scheduled for February 24 and April 14

Final Exam:

No Final Exam scheduled by the registrar.

Late Policy:

All assignments are due during labs. The TA will go over late policy during the first lab. Any assignments not handed in will receive a grade of “zero”.

If you have exceptional circumstances that cause a missed deadline, such as due to access to technology or covid-related concerns, please contact the course instructor.

Additional Course Information:

Lab to be confirmed on your D2L calendar. All lectures and labs will be recorded and posted in D2L.

When entering a Zoom session, you play a role in creating an effective, respectful learning environment. Please be mindful of how your behavior in Zoom may affect others. To ensure Zoom lessons are private and secure, do not share the zoom link with others. This is a private link intended for students registered in the course. Zoom recordings are the intellectual property of the course instructor and should only be used for learning purposes.

The demands of this activity can be harmful to a student with physical limitations. It is the student’s responsibility to inform the instructor of any physical limitations (including a recent positive PAR-Q or PAR-Q+ or GAQ) prior to participating in any activity class. Appropriate activity modifications will be made to accommodate these students.

Contacting the Instructor:

Students requiring assistance are encouraged to speak with their instructor during office hours or during our Friday discussions. If you wish to meet with the instructor outside of office hours, please email the instructor to make an appointment.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

Students’ Union:

The Faculty of Kinesiology representative is Deyana Altahsh and can be reached at kinesrep@su.ucalgary.ca.

Supplementary Course Information

Plagiarism/Cheating/Other Academic Misconduct

(see Calendar <https://www.ucalgary.ca/pubs/calendar/current/k.html>):

A **single** offence of cheating, plagiarism or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar in advance.

Academic Accommodation Policy and Information on Student Accessibility Services:

It is the student’s responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with Student Accessibility Services, please contact their office at 403-220-8237. You are also required to discuss your needs with your instructor preferably within the first fourteen (14) days of this course. Students who have not registered with Student Accessibility Services **are not** eligible for formal academic accommodation. For further information, go to <http://www.ucalgary.ca/access/>.

Accommodations on Protected Grounds other than Disability:

Students who require an accommodation in relation to their coursework or to fulfil requirements for an undergraduate degree, based on a protected ground other than disability, should communicate this need, preferably in writing, to Jodie

McGill, Team Lead Student Advising at jdmcgill@ucalgary.ca. Students who require an accommodation unrelated to their coursework or the requirements for an undergraduate degree, based on a protected ground other than disability, should communicate this need, preferably in writing, to the Vice-Provost (Student Experience). For additional information on support services and accommodations for students with disabilities, visit www.ucalgary.ca/access/.

Intellectual Property:

Course materials created by professor(s) (including presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the professor(s). These materials may not be reproduced, redistributed or copied without the explicit consent of the professor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited.

Internet and Electronic Communication Device Information:

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (i.e., cellular phones) for emailing, texting, etc., is strictly prohibited. Please turn **OFF** your phone before the beginning of each lecture unless permitted. Instructors have the authority, at the discretion of the Dean to require that specific course assignments, term papers and academic exercises be submitted in an electronic format.

Library and Resources in the Library:

Visit the University of Calgary's library at <http://library.ucalgary.ca/>.

Student Success Centre:

The Student Success Centre can help you pursue your academic goals while expanding your learning opportunities. For more information go to <http://www.ucalgary.ca/ssc/>.

Wellness and Mental Health Resources:

The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the SU Wellness Centre (Room 370, MacEwan Student Centre, <https://www.ucalgary.ca/wellnesscentre/services/mental-health-services>) and the Campus Mental Health Strategy website (<http://www.ucalgary.ca/mentalhealth/>).

Ombuds Office:

For an appointment with the Student Ombuds, send your request via email or call: Ombuds@ucalgary.ca – 403-220-6420 or visit their website at <http://ucalgary.ca/provost/students/ombuds>.

Distress Centre Calgary:

They are available to talk anytime – 24 hours a day, 7 days a week, 365 days a year. Crisis doesn't take time off, neither do they. Contact them at <http://www.distresscentre.com/get-help/24-hour-support/>.

FOIP Policy:

The University of Calgary is under the jurisdiction of the Provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for further details. <http://www.ucalgary.ca/secretariat/privacy>.

Copyright Information:

All posted and distributed materials **must** comply with the [Copyright Act](#). Further copyright information is available on the Copyright Office webpage at <http://library.ucalgary.ca/copyright>.

Emergency Evacuation/Assembly Points:

For classes in the Kinesiology buildings, the Primary assembly point is in the MacEwan Student Centre – North Courtyard. The Alternate assembly point is in the lobby of the University Theatres. For all other buildings, please refer to the website: <https://www.ucalgary.ca/risk/emergency-management/evac-drills-assembly-points/assembly-points>.

Safewalk Information:

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium and the University LRT Station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day, 7 days a week, 365 days a year).