
Course Information

Instructor Name:	Dave Paskevich, PhD	Classroom #:	KNB 133
Phone Number:	(403) 220-3434	Day(s) Class meets:	Tuesday, Thursday
Email Address:	dpaskevi@ucalgary.ca	Time Class meets:	8:30 am – 11:15 am
Office #:	KNB 267	Course Website:	D2L
Office Hours:	By appointment		

Course Description:

An analysis of personality and social psychological variables affecting the athlete/coach in the context of sport.

Prerequisites:

Kinesiology 253

Course Objectives:

1. To develop awareness and understanding of phenomena involved in sport psychology.
2. To develop an ability to systematically analyze, investigate, and assess psychological effects in sport and physical activity.
3. To identify and appreciate practical implications for the people involved or affected.
4. To provide practical experience and develop practical capabilities in students whenever possible.
5. To develop an ability to communicate effectively on the topic and with those involved.
6. To contribute to the refinement of student goals/aspirations in the area.
7. To identify methods and resources for further learning in the area.

Course Content:

The course will promote an interactive information sharing approach. Students will be expected to complete readings before class and be prepared to discuss and debate one or more of the following questions for each topic:

1. What is/are the most important psychological effect(s) in this topic?
2. What are the most important contributing factors?
3. What are the most important recommendations for those involved or affected?

By the time the course ends, graduates would be comfortable developing a discussion “profile” and conducting a “town hall” meeting in their community on any topic in the field. Profile and case study assignments will help develop related skills as well as provide insight on topics of particular interest.

Topics

Related Text Reading

Focus on Group Processes

Group and Team Dynamics

Chapter 9

Leadership

Chapter 10

Communication

Chapter 11

Improving Performance

Arousal Stress and Anxiety

Chapter 5

EXAM 1 _____ May 18th

Introduction to Psychological Skills Testing

Chapter 12

Arousal Regulation

Chapter 13

Imagery

Chapter 14

Self-Confidence

Chapter 15

Goal Setting

Chapter 16

EXAM 2 _____ June 6th

Concentration

Chapter 17

Enhancing Health & Well-Being

Addictive & Unhealthy Behaviours

Chapter 21

Burnout & Over-training

Chapter 22

EXAM 3 _____ June 15th

Required Reading Materials:

Weinberg, R.S., & Gould, D. (2023). Foundations of Sport & Exercise Psychology (8th Edition). Champaign, Ill: Human Kinetics.

Assessment Components/Expectations

Grading Scale:

Letter	Percent	Grade Point Value	Description
A+	≥ 96.0	4.00	Outstanding
A	92.0 – 95.9	4.00	Excellent – Superior performance, showing comprehensive understanding of subject matter.
A-	88.0 – 91.9	3.70	
B+	84.0 – 87.9	3.30	
B	80.0 – 83.9	3.00	Good – Clearly above average performance with knowledge of subject matter generally complete.
B-	76.0 – 79.9	2.70	
C+	72.0 – 75.9	2.30	
C	68.0 - 71.9	2.00	Satisfactory – Basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	64.0 – 67.9	1.70	Minimum grade required if needed as a prerequisite course.
D+	60.0 – 63.9	1.30	
D	56.0 – 59.9	1.00	Minimal pass – Marginal performance, generally insufficient preparation for subsequent courses in the same subject.
F	< 56.0	0	Fail – Unsatisfactory performance of failure to meet course requirements.

Evaluation of Course Content:

All components outlined will be graded out of the percentage indicated. At the end of the course, a final percentage out of 100 will be calculated.

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| <p>1. Written Tests - May 18
June 6
June 15</p> | <p>25% (includes Chapters 9, 10, 11, & 5)
Exam 8:30 – 9:20 am Lecture 9:30 – 11:15 am
25% (includes Chapters 12, 13, 14, 15, & 16)
Exam 8:30 – 9:20 am Lecture 9:30 – 11:15 am
10% (includes Chapters 17, 21, & 22)
Exam 8:30 – 9:20 am</p> |
| <p>2. Psychological Effect “Profile” Report
Due May 30</p> | <p>20%</p> |
| <p>3. In-Class Assignments/Activities
May 4
May 9
May 11</p> | <p>20% (each of the 10 in-class activities are worth 2%)
2% Group Dynamics
2% Cohesion Case Study
2% Leadership Assessment</p> |

May 18	2% PMR Worksheet, Anxiety & Reflection
May 23	2% Visualization Case study
May 25	2% Self-Confidence Reflection
May 30	2% Goal Setting Worksheet
June 6	2% Concentration Reflection
June 8	2% Burnout/Overtraining Reflection
June 13	2% PST Case Study

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.

Final Exam:

There is no Registrar scheduled final. There is an **in-class final exam worth 10%** on June 15th, 2023.

Late Policy:

Students are expected to carefully analyze course requirements and project due dates and plan/work/study accordingly. Time and project management skills are considered important in this field and overdue assignments will be penalized 30% of their grade value for each day late (8am is the cutoff each day for the late penalty as the assignments are due at 8:30 am, May 30th).

Additional Course Information:

A. Written Tests

The format of tests will be multiple choice and short answer in nature and students should be prepared to list, outline, illustrate, or briefly describe key psychological effects, key theories or contributing factors, and important practical implications or recommendations from your text. Test and test preparations are great opportunities to work on some of the important implications of the course!

B. Psychological Effect "Profile" Report

Each student is expected to complete a one-page two-sided "Profile" report on a selected psychological construct (e.g., anxiety, goal setting, or disordered eating).

The goal of this assignment is to have students produce concise, factual "Profile" reports that would effectively inform, explain, or educate an athlete, team, or national sport federation to some important psychological effect(s) that should be appreciated and acted upon.

This "Profile" report should include:

1. Brief introduction of the construct – this could include an example where this construct has been used or managed effectively (or ineffectively) by an athlete or team in the past
2. Define the psychological construct - in words that your target audience will understand
3. Psychological effect(s); what is/are the impact(s) of not being good at this skill having on performance in the short-term; and what is/are the impact(s) of not being good at this skill having on performance in the long-term?
4. Contributing factors/influences, and what are the contributing factors in the short-term (i.e., what are the contributing factors or influences contributing to the immediate problem(s) or issue(s))

5. Recommendations: short- and long-term for those involved or affected (i.e., what could athletes or teams do in the short- and long-term to work on or develop these skills?)

Evaluation will be on the basis of content in the categories and clarity/effectiveness of presentation. Make it something that would be an effective “handout” for an individual or team meeting on the topic!

Grading rubric will be posted on D2L. **A physical copy of the profile report is to be handed in at the beginning of class (8:30 am) on Tuesday, May 30th.**

Late Policy:

Students are expected to carefully analyze course requirements and project due dates and plan/work/study accordingly. Time and project management skills are considered important in this field and overdue assignments will be penalized 30% of their grade value for each day late (the start of class – 8:30 am).

C. In-class Assignments/Activities

Obviously active participation and interaction is an important part of learning and skill development for each individual **and** our collective group. Additionally, self-reflection is an important part of learning and skill development for each individual **Twenty percent** of the final grade is reserved to reward those who attend regularly, are active empathetic listeners, seem prepared, periodically share their insights and examples, and complete all practical assignments and case studies in a well thought out, coherent manner.

Everyone’s right to his/her own opinion will be respected so fear of disapproval should be eliminated. Focused debate will be encouraged but ideas rather than people are to be assessed and challenged in pursuit of a better world. People are to be supported for expressing their thoughts.

(Each of the 10 in-class activities are worth 2%).

Please refer to D2L and class emails for course announcements

Contacting the Instructor:

Students requiring assistance are encouraged to speak with their instructor during class or office hours. If you wish to meet with the instructor outside of office hours, please phone or 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 their expectations about emails.

During Lectures:

Although you are welcome to use a computer during lectures, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire) your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

Students’ Union:

The Faculty of Kinesiology representative is Jessie Dinh 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 or medical condition 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/>.

[ucalgary.ca/student-services/access/prospective-students/academic-accommodations](http://www.ucalgary.ca/student-services/access/prospective-students/academic-accommodations).

<https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Accommodation-for-Students-with-Disabilities-Procedure.pdf>

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, Manager of 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 instructors (including presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the instructor. These materials may NOT be reproduced, redistributed or copied without the explicit consent of the instructor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

Freedom Of Information and Protection Of Privacy Policy:

Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary. 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. <https://www.ucalgary.ca/legal-services/access-information-privacy>

Copyright Legislation

All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright (<https://www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright-policy.pdf>) and requirements of the copyright act (<https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html>) to ensure they are aware of the consequences of unauthorised sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy <https://www.ucalgary.ca/pubs/calendar/current/k.html>.

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.

<https://www.ucalgary.ca/legal-services/university-policies-procedures/acceptable-use-electronic-resources-and-information-policy>

Library and Resources in the Library:

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

Wellness and Mental Health Resources

The University of Calgary recognizes the pivotal role that 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 support 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 Student Wellness Services (Room 370 MacEwan Student Centre,

<https://www.ucalgary.ca/wellness-services/services/mental-health-services>) and the Campus Mental Health Strategy (<http://www.ucalgary.ca/mentalhealth/>).

Sexual Violence Policy

The University recognizes that all members of the University Community should be able to learn, work, teach and live in an environment where they are free from harassment, discrimination, and violence. The University of Calgary's sexual violence policy guides us in how we respond to incidents of sexual violence, including supports available to those who have experienced or witnessed sexual violence, or those who are alleged to have committed sexual violence. It provides clear response procedures and timelines, defines complex concepts, and addresses incidents that occur off-campus in certain circumstances. Please see the policy available at <https://www.ucalgary.ca/legal-services/university-policies-procedures/sexual-and-gender-based-violence-policy>

Student Success

The Student Success Centre provides services and programs to ensure students can make the most of their time at the University of Calgary. Our advisors, learning support staff, and writing support staff assist students in enhancing their skills and achieving their academic goals. They provide tailored learning support and advising programs, as well as one-on-one services, free of charge to all undergraduate and graduate students. For more information visit: <https://www.ucalgary.ca/student-services/student-success>

Student Ombuds Office

The Student Ombuds Office supports and provides a safe, neutral space for students. For more information, please visit www.ucalgary.ca/ombuds/ or email ombuds@ucalgary.ca

Student Union (SU) Information

The SU Vice-President Academic can be reached at (403) 220-3911 or suvpaca@ucalgary.ca; Information about the SU, including elected Faculty Representatives, can be found here: <https://www.su.ucalgary.ca>

Graduate Students' Association (GSA) Information

The GSA Vice-President Academic can be reached at (403) 220-5997 or gsa.vpa@ucalgary.ca; Information about the GSA can be found here: <https://gsa.ucalgary.ca>

Emergency Evacuation/Assembly Points

Assembly points for emergencies have been identified across campus. Assembly points are designed to establish a location for information updates from the emergency responders to the evacuees; from the evacuated population to the emergency responders. For more information, see the University of Calgary's Emergency Management website: <https://www.ucalgary.ca/risk/emergency-management/evac-drills-assembly-points/assembly-points>

Safewalk

Campus security will escort individuals, day or night, anywhere on campus (including McMahon Stadium, Health Sciences Centre, Student Family Housing, the Alberta Children's Hospital and the University LRT station). Call 403-220-5333 or visit <http://www.ucalgary.ca/security/safewalk>. Use any campus phone, emergency phone or the yellow phone located at most parking lot pay booths. Please ensure your personal safety by taking advantage of this service.