
Course Information

Instructor Name:	Dave Paskevich, PhD	Classroom #:	KNA 131
Phone Number:	(403) 220-3434	Day(s) Class Meets:	Monday, Wednesday & Friday
Email Address:	dpaskevi@ucalgary.ca	Time Class Meets:	9:00 am – 9:50 am
Office #:	KNB 267	Course Website:	D2L
Office Hours:	By Appointment		

Course Description:

Focus on applied sport psychology techniques and strategies to optimize performance, with the intent to bridge sport psychology related research with professional practice.

Prerequisites:

Kinesiology 399

Course Objectives:

1. To read, synthesize, and critique existing scientific literature and anecdotal reports, and to discuss the importance and implications for future practice and research.
2. To develop an understanding of different applied sport psychology consulting approaches.
3. To be familiar with techniques and strategies commonly used in applied sport psychology practice.
4. To demonstrate the ability to integrate applied sport psychology theory into practice, following a scientist-practitioner model.
5. To improve communication and consulting skills.
6. To develop a better understanding of various groups and subcultures in sport.
7. To acquire life skills and knowledge from the applied sport psychology literature and apply to personal and professional growth and development.

Course Content (general outline – dates may vary slightly):

WKS 1/2:	Applied Sport Psychology Paradigms & Approaches Chapter 13: The humanistic/person-centered theoretical model Chapter 14: Cognitive behavioral therapies Chapter 15: Positive psychology
WK 2:	Three Approaches to Consulting Three approaches to sport psychology consulting
WKS 2/3:	Providing Sport Psychology Services & Interventions Chapter 2: Attending and listening Chapter 7: Ethical practice in sport psychology: challenges in the real world Chapter 9: The applied sport psychology intake <i>Individual Practitioner Reflection</i>

- WK4: Ethical Issues, Decision Making, and Cultural Diversity in Applied Sport Psychology**
Chapter 22: Referring clients to other professionals
Chapter 43: Diverse sexual and gender identities in sport
Chapter 48: Culturally competent practitioners
- WK5: Developing Rapport and Gaining Entry**
Chapter 39: Children
Chapter 41: Professional athletes
Chapter 42: Working at the Olympics
- WKS 6/7: Relaxation Techniques / Applied Sport Psychology Assessment**
Chapter 49: Activation/arousal control
Chapter 10: Individual & group observations: purposes and processes
Chapter 12: Psychological assessment: objective/self-report measures
- WK 7: Imagery / Motivation & Goal Setting**
Chapter 50: Imagery
Chapter 51: Motivation & goals setting
Develop Individual & Team Goal Setting using performance analysis.
- WKS 8/9: Concentration, Self-Talk, & Confidence**
Chapter 52: Concentration/attention
Chapter 53: Self-talk
Chapter 54: Confidence
- WK 9: Pre-performance Routines & Mental Toughness**
Chapter 56: Pre-performance routines
Chapter 57: Mental toughness
- WK 10/11/12: Putting It All Together**
Workshop Development & Presentation

Required Reading Materials:

Hanrahan, S.J. & Anderson, M.B. (ED.). (2010). Routledge Handbook of Applied Sport Psychology: A comprehensive guide for students and practitioners. New York, NY: Routledge Taylor & Francis Group.

Assessment Components/Expectations

Grading Scale:

Letter	Percent	Grade Point Value	Description
A+	95.0–100	4.00	Outstanding
A	90.0-94.9	4.00	Excellent – Superior performance, showing comprehensive understanding of subject matter
A-	85.0-89.9	3.70	
B+	80.0-84.9	3.30	
B	75.0-79.9	3.00	Good – Clearly above average performance with knowledge of subject matter generally complete.
B-	70.0-74.9	2.70	
C+	65.0-69.9	2.30	
C	60.0-64.9	2.00	Satisfactory – Basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	55.0-59.9	1.70	Minimum grade required if needed as a prerequisite course.
D+	53.0-54.9	1.30	
D	50.0-52.9	1.00	Minimal pass – Marginal performance, generally insufficient preparation for subsequent courses in the same subject.
F	Below 50	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.

Evaluation of Course Content:

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| 1. | Sport Psychology Practitioner Reflection (September 22nd - deadline 11:59pm) | 10% |
| 2. | Quiz 1 – Chapters 13, 14, 15, & 7 (October 2) | 10% |
| 3. | Ethics & Cultural Diversity Paper (October 6th - deadline 11:59pm) | 10% |
| 4. | Quiz 2 – Chapters 43, 48, 41, & 42 (October 18th) | 10% |
| 5. | Relaxation Audio (November 3rd – deadline 11:59pm) | 10% |
| 6. | Quiz 3 - Chapters 50, 52, 53, 54, & 57 (November 20th) | 10% |
| 7. | Development & Presentation of a Mental Skills Training Workshop (Nov. 22– Dec. 4) | 30% |
| 8. | Class Participation/Contribution (Peer Feedback) | 10% |

Note: The specific requirements for each assignment will be outlined on D2L.

Sport Psychology Practitioner Reflection – **online submission**

Ethics & Cultural Diversity Paper – **online submission**

Relaxation Audio – **online submission**

Quizzes: Format of quizzes will be primarily 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 or classroom discussion/experience. Quiz and quiz preparations are great opportunities to work on some of the important implications of the course!

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; personal travel plans and arrangements **are not** valid reasons for requesting a special accommodation for a midterm exam. Wherever possible, it is the student's responsibility to discuss absences with instructors **prior to** the originally scheduled midterm. Students may be asked to provide supporting documentation for an exemption/special request: See university [calendar M.1](#). for further information on supporting documentation.

Final Exam:

There is no Registrar scheduled final.

Assignments:

Each assignment will be posted a minimum ten days prior to the due date. The expectation is that students will use the lecture material and the textbook as aids in helping them complete these assignments. Assignments are to be submitted through D2L.

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 10% of their grade value for each day late (11:59 pm cut-off time).

Additional Course Information:

Obviously active participation and interaction is an important part of learning and skill development for each individual AND our collective group. Course material is explored through lectures, interactive experiential activities, and role-plays. Due to the applied nature of this course, attendance is essential for you to optimize your experience. Learning is an interactive process on your part and is not just a matter of your passive absorption of information. Thus, to benefit fully from this course, you need to participate in, and contribute constructively to the classroom experience.

Class participation/contribution will take the form of peer feedback, which will enable you to develop that all important appreciation of what counts as high quality work in the discipline, while also engaging you to take a more active role in the management of your own learning. Giving one another feedback on drafts or assignment plans (e.g., by making evaluative comments and offering suggestions for improvement) and viewing examples of how other students have tackled a task can provide valuable feedback on one's own attempts. You may pick up tips for how to structure a presentation or see some of the pitfalls to avoid. Additionally, the feedback that your peers given each other is likely to be different from the instructor and will help you to think about what characterizes a good presentation and what you should be getting out of the activity as a presenter or listeners.

Everyone's right to their 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.

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 his/her 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 Misconduct

Academic misconduct refers to student behavior which compromises proper assessment of a student's academic activities and includes: cheating; fabrication; falsification; plagiarism; unauthorized assistance; failure to comply with an instructor's expectations regarding conduct required of students completing academic assessments in their courses; and failure to comply with exam regulations applied by the Registrar.

For information on the Student Academic Misconduct Policy and Procedure please visit:

<https://www.ucalgary.ca/legal-services/university-policies-procedures/student-non-academic-misconduct-policy>

<https://www.ucalgary.ca/legal-services/university-policies-procedures/student-non-academic-misconduct-procedure>

Additional information is available on the Academic Integrity Website:

<https://ucalgary.ca/student-services/student-success/learning/academic-integrity>

Academic Accommodation Policy and Information on Student Accessibility Services

It is the student's responsibility to request academic accommodation as early as possible. 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 (SAS), please contact their office at (403) 210-6019. SAS will process the request and issue letters of accommodation to instructors. 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. Further information

<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 Undergraduate and Graduate Program 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.

Media Recording for Study Purposes

Students who wish to audio record lectures for personal study purposes need to follow the guidelines outlined in [Section E.6 of the University Calendar](#). Unless the audio recording of lectures is part of a student accessibility requirement, permission must be sought by the course instructor to audio record lectures. Additional information about media recordings specific to the course will be shared by the course instructor as applicable.

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 and Gender-Based 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>

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.

