

University of British Columbia  
***The Psychology of Sport***  
**Psych 311-901 (3 credits)**

***Course Outline***

Course Weeks	September 5 <sup>th</sup> - November 28 <sup>th</sup> , 2017
Course Dates	Tuesdays, 5:00-8:00pm
Room	Buch A201
<b>Instructor:</b>	<b>Dr. Andrea Perrino</b>
E-Mail:	aperrino@psych.ubc.ca
Office Hours	by appointment; typically before class
Office Location	Audain Arts Centre 4037
Messages	Main Psychology Office UBC: 604-822-2755
 <b>Teaching Assistant</b>	 Frederike Basedow
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Office Hours:	By appointment

**1. Course Description:** The purpose of the course is to introduce students to the world of sport and exercise psychology. Students will be able to answer questions such as how sport psychology is conducted, if an “athletic personality” exists, how stress and arousal affect performance, how to build confidence and develop motivation, how to foster teamwork, how to provide effective criticism and cultivate effective coaching practices, the tools to recognize overtraining, burnout, and the psychological impact of injury, as well as several other topics. As a focus, students will be expected to learn and practice evaluative and critical thinking, and to apply what they study in the course to situations that may be encountered in the life of an athlete, coach or Sport Psychologist. This will be accomplished by means of discussion within the class, and in the preparation and completion of the optional assignment and required exams.

**2. Prerequisites:** Prerequisite: Either (a) PSYC 100 or (b) all of PSYC 101, PSYC 102 OR six credits of 200-level Psychology (but not 205 or 263). Credit will not be given for both PSYC 311, and Psych 205 – entitled Sport and Exercise Psychology, and HKIN 231 or HKIN 364.

**3. Format of the course:** The format of the course will be lectures in which active and lively discussion will be encouraged.

**4. Required Textbook:**

Cox, R. H. (2012). Sport Psychology: Concepts and Application (7<sup>th</sup> Edition). Boston IL: McGraw Hill

**5. Course Requirements and Grading:**

1. Exams:

In-class Exam 1 (30% OR 50% of grade): 2-2.5 hour exam

Final Exam (50%): 2.5-3 hour exam (Scheduled by the Registrar)

2. Optional Paper Assignment (20%): written as an individual or a group of 2 (or more) students

*More details.....*

### **i. Exams**

You are responsible for all material in the textbook, and any assigned readings, and all lecture material (which will most certainly differ as well as reflect content in the text).

The exams will be presented in multiple-choice (e.g., an answer sheet in scan-tron format), and short answer format. The exams will be generally non-cumulative, meaning that understanding of the information presented early in the course is crucial to the integration of knowledge needed for the final exam, although direct testing regarding details which appear in the earlier material, will be avoided.

Please bring a HB pencil and eraser each time you write an exam for electronic scoring, **PEN WILL NOT BE ACCEPTED BY THE MACHINE.** For the written sections, black or blue pen is required.

### **ii Optional Paper**

You will have the option of writing a paper. If you choose not to write the paper, the midterm will count for 50% of your grade.

The paper assignment topics will be provided after the course add-drop date. Within each of these options you will have several topic content alternatives from which to choose. Each topic will reflect a real-life situation that could be encountered by a coach, athlete or Sport Psychologist. The topics range from a problem identified by a client or team, or a request by the media, or a business/Government Department or academic institution that requires your knowledge, consultation, and ability to communicate. You will be asked to answer a question or solve a problem or conduct a small study and provide advice or direction, all the while considering and referring to the literature. Referencing in APA style is required and some topic choices may require this to a greater degree than others. The paper will range from 6-10 pages of text, and other details will be provided in the assignment information to come. You are welcome to discuss these with your TA, or Professor for further details and assistance throughout the term.

## **6. Policies:**

*Attendance and class participation* – The purpose of the lectures will be to amplify, explain, demonstrate, and expand on the material in the texts. Although there naturally will be overlap, unique material will be presented in lecture – we will discuss the literature, and if the class is engaged, many real athlete cases and stories will be discussed! Although no marks will be either allotted or subtracted, participation in the discussions in a positive and inquisitive manner will be strongly encouraged for learning and interest enhancement. Furthermore, many examples discussed and exemplified in class appear on the exams.

*Communication* – all announcements regarding class schedule or content changes, practice exams, policies, and other information will be presented at the BEGINNING of class, and via electronically. If you are late or absent, rely on your fellow classmates in order to obtain this information. A condensed version of the notes from the lecture material is sent previous to the class. If you require further details, please see a fellow classmate (notes will not be sent on an individual basis, so please avoid requesting).

Also, considering the use of any electronic communication: I send messages via the Faculty server and Canvas to the entire class when we are not meeting. Please ensure that your address is up-to-date with the University system, and do check it regularly. If you e-mail me, please permit more than 24 hours before a response can be expected. If you have questions that require a long response or discussion, we would be happy to help you “in person” at a pre-arranged office hour, or after class. I will stay as long as necessary after each and every lecture to ensure all questions or concerns are addressed.

*Electronics* – To show consideration for your fellow students and the instructor, please turn off and put away all electronics other than a laptop computers for note taking purposes. If you decide to text, facetime, watch a video or game, or use your electronics for other potentially distracting means, I reserve the right to ask you to leave the class at any time since you are clearly not mentally present and affecting others (how would a professional coach react to an athlete texting during practice?). Also, no electronics will be permitted for use in any exam.

*Food and Scents*– If you would like to bring food to class, simply be considerate of the students who surround you (and the instructor) by refraining from very odorous food or noisy wrapping. Furthermore, please refrain from wearing scents to class as many people (including your instructor) may have severe allergies to many airborne fragrances (e.g., skin creams, hairspray, cologne/perfume). Also, no food or beverages will be permitted in an exam unless you provide a medical note specifying an appropriate rationale.

**\*\*\*\*BIG DEAL OF WHICH TO BE AWARE\*\*\*\***

This may be different from other courses that you have taken in the past.

***If you miss an exam or paper deadline, you will be graded as a 0%.***

Make no assumptions. If you believe that you do have a valid reason to miss an exam, you or a caregiver or friend *must* contact the instructor to discuss your situation, **previous to the exam time and date (no later than 24 hours before; not the day of, nor after the exam)**. Valid documentation for any and all cases must be available and provided to the instructor as soon as possible. Do not assume that if you report illness or other situation (via email or otherwise) that you will be accommodated. Valid documentation ***is absolutely required***. Other reasons that will **not** be accommodated include: being too busy, feeling overwhelmed, or too many assignments from other courses, missing a bus/flight, forgetfulness, family obligations, vacations or upcoming travel plans, relationship issues with a partner, work scheduling, or simply unable to attend the exam (this is not an exhaustive list). Each case will be judged individually, and the documents must be presented previous to any decisions on accommodations or makeup exams. Also note that current psychological issues (depression, stress or anxiety, etc), or physical disabilities or injuries will not be diagnosed by your instructor. We work in communication jointly with Arts Advising, and with the Access and Diversity Centre. Accommodation will take place in the case when a student with a disability has registered with the Access and Diversity Resource Centre. The University also accommodates students whose religious obligations conflict with attendance, and examinations. Please **let your instructor know in advance**- in the first week of class, if you will require any special requirements as such.

If a make-up exam is scheduled, this will take place within the shortest time period possible (within a few days to a week), and it may conflict with other courses or commitments. Make-up exams for mid-terms cannot be provided after several weeks have passed. A unique exam will be created for you, and the exam may be in any form. If you miss the final exam, you must write during the University's official deferral period.

**ASSIGNMENTS:** Please submit papers ONLY in class. Please avoid putting a paper under the door/mailbox of the Proff or TA, and we will not accept your paper via email. If you choose to drop it at the Psychology Office, only do so if your paper will be handed in **early**. Ensure that the administrator documents your submission by placing a date and time stamp on the front page. Please ensure your hardware is working well (e.g., to avoid all technical problems), you have reliable transportation and budget your time wisely as you cannot, and will not, be accommodated for any of the above.

*Something else to consider, regarding the assignments and exams....*

Midterm exams can be reviewed with your TA, for 1 week following the grade posting. If there is any dispute, note that both instructors reserve the right to remark the **entire** exam and the grade that was

originally assigned can either change to an increase or decrease or remain the same. Review of multiple choice questions would be for learning purposes only (and not argument or alteration).

It is a university regulation that if you wish to dispute your final exam it can only take place with special written request from the Dean's Office. If you wish to view the exam, discussion of grades is not permitted, but for future learning purposes only. If you believe that an error has been made in the marking of your final examination, you may make an official request from the Registrar's Office (within 4 weeks of the announcement of the final grades). The examination remains the property of the university.

Finally, note that for the exams: attend and be on time. If you are late, you will not be permitted to write if any one person has completed and left the room. Also, the instructor and invigilators reserve the right to move students in their seating arrangement with no explanation provided.

## **7. Psychology Department's Policy on Grade Distributions and Scaling**

In order to reduce grade inflation and maintain equity across multiple course sections, all psychology courses are required to comply with departmental norms regarding grade distributions. Scaling is likely to be used in order to comply with these norms; grades may be scaled up or down as necessary by the Professor or Department. Grades are not official until they appear on a student's academic record.

## **8. Academic Dishonesty**

*Short version: Don't cheat, and if you are unsure if you are referencing correctly, check!* The consequences are more grave than you may think: you will fail the course, and/or will be expelled from University, and unable to attend any other post-secondary institution in the future (it HAS happened!).

*Long version: Psychology Department's Position on Academic Misconduct*

Cheating, plagiarism, and other forms of academic misconduct are very serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. In the first place, the Department has implemented software that can reliably detect cheating on multiple-choice exams by analyzing the patterns of students' responses. In all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the University. Strong evidence of cheating or plagiarism may result in a zero credit for the work in question. According to the University Act (section 61), the President of UBC has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension from the University, cancellation of scholarships, or a notation added to a student's transcript.

If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult your instructor. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>).

## **9. Finally....**

Further information about academic regulations, course withdrawal dates and credits can be found in the [University Calendar](#). If you run into trouble and need information and direction about studying, preparing for exams, note-taking or time-management, free workshops and advice are available from the Student Resources Center.

## Psychology 311- 901: The Psychology of Sport

(September - December)

### Schedule of Topics and Assigned Readings

\*Note\*: This list is meant for general reference, as a guide. It will likely undergo changes and adjustments given presently unforeseen circumstances. *Please be aware that changes and announcements that are pertinent to you will be provided in the beginning of the lectures.*

DAY, WEEK	Topics or Exams	Readings
Sept 5 <sup>th</sup>	Intro to Sport Psych	Cox (2012) Chpt 1
Sept 12 <sup>th</sup>	Personality and Sport	Chpt 2
Sept 19 <sup>th</sup>	Attention and Focus	Chpt 6
Sept 26 <sup>th</sup>	Arousal and Stress	Chpt 7, 8
Oct 3 <sup>rd</sup>	Arousal Regulation	Chpt 9, 11
Oct 10 <sup>th</sup>	Psychological Skills Training ...and information for midterm	Chpt 12
Oct 17 <sup>th</sup>	<b>MIDTERM EXAM</b>	
Oct 24 <sup>th</sup>	Motivation, Goal Perspective	Chpt 3, 4
Oct 31 <sup>st</sup>	Goal Setting	Chpt 10
Nov 7 <sup>th</sup>	Group and Team Dynamics Self Presentation Effects	Chpt 14, 15
Nov 14 <sup>th</sup>	<b>OPTIONAL PAPER DUE</b>	
Nov 14 <sup>th</sup>	Leadership and Communication	Chpt 16
Nov 21 <sup>st</sup>	Burnout and Overtraining Addictive and Unhealthy Behaviours	Chpt 17 Chpt 19
Nov 28 <sup>th</sup>	Psychology of Injury and course closure <i>(Final Exam scheduled by the Registrar)</i>	Chpt 18