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 methods 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 a Sport and Exercise 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 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.


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………

1. 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.
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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 a number of topic content alternatives from which to choose. Each topic will reflect a real-life situation in which you will use principles learned in the course. 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, email and on Canvas. If you are late or absent, rely on your fellow classmates in order to obtain this information. Summaries of the lecture material are 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 and will use Canvas to transmit information 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 stay as long as necessary after each 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 use your electronics for other potentially distracting means (e.g., videos), I reserve the right to ask you to leave the class at any time since you are clearly disinterested and affecting others. 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 others by refraining from very odorous food or noisy wrapping. Furthermore, please refrain from wearing scents to class as many people (including your instructor) 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.

Pets- animals of any sort are not permitted in the lecture or at exams.

Late/missed assignment or exams-

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). Do not assume that you will be accommodated for any or all reasons. Valid documentation is absolutely required and provided to the instructor as soon as possible. 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 2 weeks 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 on an exam or paper, 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 (Ugh. 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. 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. Wellness Resources

Below you will find a list of resources you may want to utilize if you are struggling in any way to manage your responsibilities while in school or the stresses of life in general.

**The Kaleidoscope:**

*the-kaleidoscope.com*

A confidential peer-run mental health support group that takes place on campus at least once a week. You may attend the group if you are experiencing any kind of mental health related challenges, or if you’re just feeling stressed about school in general. Registration is not required to attend the group. See the website for meeting times and locations. Food and drink are provided.

**Counselling Services:**

*students.ubc.ca/livewell/services/counselling-services*

Phone number: 604-822-3811

Counselling services offers a variety of resources to help you maintain your mental health while in school. You may see a counsellor on an individual basis, attend group counselling, or to document an illness if you should require academic concession.

**SpeakEasy:**

*ams.ubc.ca/services/speakeasy/*

Phone number: 604-822-9246

A student run service that offers confidential support for students experiencing crisis. Also a good resource for additional information and referrals within the UBC community.
Self Harm Anonymous Recovery and Education is a program designed to promote self care and educate about self harm. SHARE support groups meet biweekly; times and locations can be found on their website.

**UBC Wellness Centre:**

students.ubc.ca/livewell/services/wellness-centre

Phone number: 604-822-8450

Speak with other students about tips for managing stress, keeping healthy sleep and eating patterns, concerns about safe sex and more.

**Access and Diversity:**

students.ubc.ca/about/access

604-822-5844

Access and Diversity provides accommodations for students living with physical or mental disabilities.

**Student Health Services:**

students.ubc.ca/livewell/services/student-health-service

604- 822-7011

Student health provides students with a variety of healthcare related services to help you maintain your health while studying. Access to doctors and registered nurses.

**Mood Disorders Clinic UBC:**

ubc-mooddisorders.vch.ca/

A psychiatric program designed specifically to treat individuals living with depression or bipolar disorder.

**Live Well, Learn Well:**

students.ubc.ca/livewelllearnwell

The Live Well, Learn Well initiative is a resource hub that provides students with information to help improve physical and mental wellbeing.

**Mental Health Awareness Club:**

ubcmhac.sites.olt.ubc.ca/

A club that offers opportunities to speak about mental health with others and strives to promote mental health awareness throughout the UBC community.
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Pacific Spirit Addiction Services:
3rd Floor, 2110 West 43rd Ave Vancouver B.C. V6M 2E1
Phone number: 604-267-3970
A free and confidential service for youth and young adults up to the age of 24. Services include counselling, access to an addiction physician - including usage of a methadone maintenance program - and a drug education series.

AMS Food Bank:
ams.ubc.ca/services/food-bank/
If you are in a financial emergency AMS food bank can provide you with a food hamper. You are able to use the service up to 6 times each term.

UBC Psychology Clinic:
clinic.psych.ubc.ca
Professional psychological services provided to the community, including assessment & treatment for children, adults & families by clinical psychology trainees.

BC Crisis Center:
crisiscentre.bc.ca
Phone number: 604-872-3311
Non-profit, volunteer-driven organization that provides emotional support to youth, adults, and seniors in crisis in BC. Crisis line available 24/7.

Distress Line:
Phone number: 1-800-Suicide (784-2433)
If you are in distress or are worried about someone in distress who may hurt themselves, call 1-800-SUICIDE 24 hours a day to connect to a BC crisis line, without a wait or busy signal.

9. Other Info

Further information about academic regulations, course withdrawal dates and credits can be found in the University Calendar (Links to an external site.). Links to an external site. 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 many resources available on campus.