**KINE 3302**

**Sport & Exercise Psychology**

**Spring 2018**

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**Course Number, Section Number, and Course Title: KINE 3302**, Sport & Exercise Psychology

**Description of Course Content:** This class is designed to be an introductory course in the study of the field of sport psychology and the sociological aspects of sport. It is the aim of this course to make participation in sport a more positive experience for athletes and for those who work with them (coaches, teachers, parents, athletic trainers, administrators, physical therapists).

**Student Learning Outcomes:**

1. To increase your understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education.

2. To increase your understanding of how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved.

3. To help you acquire skills and knowledge about sport and exercise psychology that you can apply as a coach, teacher, athletic trainer, or exercise leader.

**Course Features**

This course is a self-paced, Web-based course. Students in this course will obtain all the course information from their readings from the assigned textbook, and from materials available on the Internet via the course Web site. Students are responsible for keeping up with their course work (see Course Schedule).

**Course Policies:**

**Computer & Internet**

* As mentioned above, this is a web-based course. **You will need to have good computer skills with a computer that is reliable and internet service that is reliable.** Do not use a smartphone or a ipad to take your quizzes or final exam as the connections are not as reliable.
* Make sure you regularly update your computer AND internet security. This will help Blackboard and Lockdown Browser operate efficiently.

**Lockdown Browser**

* Lockdown Browser will be required to take your quizzes and tests. The link to install Lockdown Browser is on your Blackboard main page. You may install this on your own computer but not on UTA computers. Use a UTA computer (2nd floor library) that has Lockdown Browser already installed. Lockdown browser prevents you from opening another window while taking a quiz or test.

**Textbook**

* You will also need to have the current textbook. An earlier version will not be adequate and may result in many wrong answers on the quizzes and final exam. Read the chapter prior to taking the quiz or exam. Since the quizzes and final exam are timed, you may run out of time if you are trying to read the textbook and answer the questions simultaneously.

**Quizzes**

* The quizzes are only open for 30 minutes (10 questions). Once you open the quiz, you have 30 minutes to complete and submit it. Do not wait until 11:55pm on the due date to submit your quiz. Depending on your internet provider and how slow your computer is, you may be “kicked out”, which could result in a zero for the quiz. All quizzes close at 11:55PM.
* **You may work ahead**. All quizzes & tests will be open when school starts. All discussions, however, must be completed weekly.
* All Quizzes/Tests close at 11:55pm. Blackboard does not cut you off while taking a quiz or test at 11:55pm. All questions completed after the 11:55pm deadline will be deducted from your quiz/ test point total.

**Reopening a Quiz or Test**

* I will reopen a quiz or exam **ONCE** for everyone **IF** it is before the due date and time deadline. (See course schedule). This would be applicable in cases where you lost your internet connection, computer crash, etc., during the taking of the quiz/exam. (This is not to retake a quiz with a low score). You must retake the quiz or final when reopened, within 24 hours.

**Viewing a Completed Quiz or Test**

* **A one-time view of all completed quizzes is available after the quiz due date. (**Directions on how to access your completed quizzes is on the Blackboard announcement page.

**Extra Credit**

* I will count 20 out of the 24 quizzes in your course grade. If you take all of the quizzes, you may receive those points earned as extra credit.

**Honor Code**

* **The Honor Code applies for all quizzes, tests & discussion posts....meaning do your own work. (No texting, emailing, calling, copying from the Internet, or any assistance from others).**

**Email Reminders**

* Check your UTA email daily as I will send out reminders for quiz, test and discussion due dates. If you receive a reminder it means you have not completed the assignment. I send out the reminders in advance to allow you time to complete the assignment.

**Discussions**

* You will need to participate in a discussion 3 times per week. Respond once to my post and at least twice to your classmates, for the 20 possible weekly discussion points. There are 15 discussions=300 points.

**The comments you make and any material you may add to the forum need to be original not taken from the internet and not cited.** I check submissions via Safe Assign.

To receive the full possible points for each discussion, **you will need to answer the discussion question that I post with a minimum of 300 words in your initial post**, and then respond to at least 2 of your classmate’s posts, using their names so we know who you are responding to. Just completing the above requirements does not ensure full points. That will be determined by content, adding something new to the discussion versus rephrasing other’s comments.

Use the word count feature on your Blackboard main page to assist you.

* You need to post at least once by Thursday night, and again by Monday at noon (the deadline). A minimum of three posts are required to earn the 20 weekly discussion points, and you must post over several days. Use your classmates name when responding to their comments, and the post must be more involved than a short one-sentence response.
* All discussions open Monday afternoon (12:30pm) and close the following Monday at noon

**Blackboard & UTA Computer Issues**

* Report all Blackboard issues to the Blackboard 24/7 support (upper right hand corner on your Blackboard home screen). Please email me any ticket information so I will have all pertinent information to help solve the issue.
* Report all Blackboard issues within 24 hours of the occurrence to receive any consideration for a makeup quiz.
* Report any UTA computer issues to the UTA helpdesk. 817-272-2208.

**Expectations for Out-of-Class Study:** Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 9 hours per week of their own time in course-related activities, including reading required materials, completing assignments, preparing for exams, etc.

**Requirements**:

**Required Course Tools**

There are two required course tools:

1. **Textbook-** *Foundations of Sport & Exercise Psychology (6th ed) by Weinberg & Gould*
2. **All students MUST use their UTA email account for communication with the instructor and posting comments in the course discussion**. The account is free to all students enrolled at UTA. If you do not have a UTA account, please visit the UTA helpdesk for information on setting up the account. You may also call the OIT Help Desk at 817-272-2208 or email them [helpdesk@uta.edu](mailto:helpdesk@uta.edu).

**KINE 3302-Course Schedule Spring 2018**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Lesson** | **Topic** | **Reading** | **Discussion Post\*** | **DiscussionDue\*\*** | **Quiz Due Date\*\*\*** |
| **Part 1**-Lesson 1 | **Introduction to Sport & Exercise Psychology** | Chapter 1 | January 16, 2018 | January 22, 2018 | **January 25, 2018** |
| **Part 2**-  Lesson  Lesson  Lesson | **Learning About Participants**  Personality & Sport  Motivation  Arousal, Stress & Anxiety | Chapter 2  Chapter 3  Chapter 4 | January 22, 2018  January 29, 2018  February 5, 2018 | January 29, 2018  February 5, 2018  February 12, 2018 | **Quizzes 2, 3 & 4 due February 8, 2018** |
| **Part 3**-  Lesson  Lesson  ­­­­­­­­­­­­­­­­­­­­­­­­­  **Test 1** | **Understanding Sport & Exercise Environments**  Competition & Cooperation  Feedback, Reinforcement, & Intrinsic Motivation | Chapter 5  Chapter 6 | February 12, 2018  February 19, 2018 | February 19, 2018  February 26, 2018 | **Quizzes 5 & 6 due February 22, 2018**  **Test 1 is due March 1, 2018** |
| **Part 4-**  Lesson  Lesson  Lesson  Lesson | **Focusing on Group Processes**  Group & team Dynamics  Group Cohesion  Leadership  Communication | Chapter 7  Chapter 8  Chapter 9  Chapter 10 | February 26, 2018  March 5, 2018 | March 5, 2018  March 12, 2018 | **Quizzes 7, 8 , 9 & 10 due March 22, 2018** |
| **Part 5-**  Lesson  Lesson  Lesson  Lesson  Lesson  Lesson  **Test 2** | **Improving Performance**  Introduction to PST  Arousal Regulation  Imagery  Self-Confidence  Goal Setting  Concentration | Chapter 11  Chapter 12  Chapter 13  Chapter 14  Chapter 15  Chapter 16 | March 19, 2018  March 26, 2018  April 2, 2018  April 9, 2018 | March 26, 2018  April 2, 2018  April 9, 2018  April 16, 2018 | **Quizzes 11, 12, 13, 14, 15 & 16 due April 5, 2018**  **Test 2 due April 12, 2018** |
| **Part 6-**  Lesson  Lesson  Lesson  Lesson  Lesson | **Enhancing Health & Well-Being**  Exercise & Psychological Well-Being  Exercise Behavior & Adherence  Athletic Injuries & Psychology  Addictive & Unhealthy Behaviors  Burnout & Overtraining | Chapter 17  Chapter 18  Chapter 19  Chapter 20  Chapter 21 | Apri16, 2018  April 23, 2018 | April 23, 2018  April 30, 2018 | **Quizzes 17, 18, 19, 20 & 21 due April 26, 2018** |
| **Part 7-**  Lesson  Lesson  Lesson  **Test 3** | **Facilitating Psychological Growth & Development**  Children & Sport Psychology  Aggression in Sport  Character Development & Good Sporting Behavior | Chapter 22  Chapter 23  Chapter 24 | April 30, 2018 | May 7, 2018 | **Quizzes 22, 23 & 24 due May 3, 2018**  **Test 3 due May 10, 2018** |
|  |  |  |  |  |  |
|  | **Test 1 (Lessons 1-6)** |  |  |  | **March 1, 2018** |
|  | **Test 2 (Lessons 7-16)** |  |  |  | **April 12, 2018** |
|  | **Test 3 (Lessons 17-24)** |  |  |  | **May 10, 2018** |

The **last day to drop classes** is March 30, 2018.

\*The initial discussion post by the instructor

\*\*the discussion closes at noon on this date

\*\*\*quizzes close at 11:55pm

**Attendance Policy**: At The University of Texas at Arlington, taking attendance is not required. As the instructor of this online course section, I will not take attendance, but regular online participation through the Blackboard discussion board is expected of all students.

**Grading Policy:**

Discussions- 20 points per week (15 weeks)-300 points

\*You must post a minimum of 3 times (one post to my blog question(s) and 2 posts to classmates) to potentially receive the 20 weekly discussion points. 300 word minimum in your initial post.

24 chapter quizzes (10 points per quiz)-200 points

\*I will count 20 quizzes in your final grade. If you complete all 24, you can receive up to 40 extra credit points.

3 exams- (100 points each) 300 points

Total -650 points

90-100% A, 800-720 points

89-80% B, 719-640 points

79-70% C, 639-560 points

69-60% D, 559-480 points

59% and below F, 479 points

**Grade Grievances**: Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current undergraduate / graduate catalog. For undergraduate courses, see <http://wweb.uta.edu/catalog/content/general/academic_regulations.aspx#10>.

**Drop Policy:** Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance**. Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://wweb.uta.edu/aao/fao/>).

**Disability Accommodations:** UTArlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including *The Americans with Disabilities Act (ADA), The Americans with Disabilities Amendments Act (ADAAA),* and *Section 504 of the Rehabilitation Act.* All instructors at UT Arlington are required by law to provide “reasonable accommodations” to students with disabilities, so as not to discriminate on the basis of disability. Students are responsible for providing the instructor with official notification in the form of **a letter certified** by the Office for Students with Disabilities (OSD).Only those students who have officially documented a need for an accommodation will have their request honored. Students experiencing a range of conditions (Physical, Learning, Chronic Health, Mental Health, and Sensory) that may cause diminished academic performance or other barriers to learning may seek services and/or accommodations by contacting:

**The Office for Students with Disabilities, (OSD)** [www.uta.edu/disability](http://www.uta.edu/disability) or calling 817-272-3364. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability).

Counseling and Psychological Services, (CAPS) [www.uta.edu/caps/](http://www.uta.edu/caps/) or calling 817-272-3671 is also available to all students to help increase their understanding of personal issues, address mental and behavioral health problems and make positive changes in their lives.

**Non-Discrimination Policy:** *The University of Texas at Arlington does not discriminate on the basis of race, color, national origin, religion, age, gender, sexual orientation, disabilities, genetic information, and/or veteran status in its educational programs or activities it operates. For more information, visit*[*uta.edu/eos*](http://www.uta.edu/hr/eos/index.php)*.*

**Title IX Policy:** The University of Texas at Arlington (“University”) is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act). Sexual misconduct is a form of sex discrimination and will not be tolerated.*For information regarding Title IX, visit* [www.uta.edu/titleIX](http://www.uta.edu/titleIX) or contact Ms. Jean Hood, Vice President and Title IX Coordinator at (817) 272-7091 or [jmhood@uta.edu](file:///C:\Users\bcrow\Documents\jmhood@uta.edu).

**Emergency Phone Numbers:** In case of an on-campus emergency, call the UT Arlington Police Department at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911.

**Academic Integrity:** All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

*I pledge, on my honor, to uphold UT Arlington's tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.*

*I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.*

Per UT System Regents’ Rule 50101, §2.2, "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts", suspected violations of university's standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student's suspension or expulsion from the University.

**Student Support Services**:UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include [tutoring](http://www.uta.edu/universitycollege/current/academic-support/learning-center/tutoring/index.php), [major-based learning centers](http://www.uta.edu/universitycollege/resources/college-based-clinics-labs.php), developmental education, [advising and mentoring](http://www.uta.edu/universitycollege/resources/advising.php), personal counseling, and [federally funded programs](http://www.uta.edu/universitycollege/current/academic-support/mcnair/index.php). For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to [resources@uta.edu](mailto:resources@uta.edu), or view the information at <http://www.uta.edu/universitycollege/resources/index.php>.

**The IDEAS Center (**2nd Floor of Central Library) offers **free** tutoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. To schedule an appointment with a peer tutor or mentor email [IDEAS@uta.edu](mailto:IDEAS@uta.edu) or call (817) 272-6593.

**Electronic Communication Policy:**  UT Arlington has adopted the Mav Mail address as it's official means of communication with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a Mav Mail account and ***are responsible for checking their MavMail regularly.*** There is no additional charge to students for using this account, and it remains active even after they graduate from UT Arlington. Information about activating and using MavMail is available at [http://www.uta.edu/oit/cs/email/](http://www.uta.edu/oit/email/)mavmail.php.

**Student Feedback Survey:** At the end of each term, students enrolled in classes categorized as lecture, seminar, or laboratory shall be directed to complete a Student Feedback Survey (SFS).Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student's feedback enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington's effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit http://www.uta.edu.sfs.

**Final Review Week:** A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week *unless specified in the class syllabus*. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. During this week, classes are held as scheduled. In addition, instructors are not required to limit content to topics that have been previously covered; they may introduce new concepts as appropriate

**Campus Carry:** Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes as prohibited. Under the new law, openly carrying handguns is not allowed on college campuses. For more information, visit <http://www.uta.edu/news/info/campus-carry/>