

KINE 3302
The University of Texas at Arlington
College of Nursing
Sport & Exercise Psychology (Fall 2018) online

Instructor

Dr. Beckey Crow

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For reasons of web security, faculty, staff, and students must use their **official** UT Arlington e-mail address for all university-related business.

Faculty Profile

<https://www.uta.edu/profiles/rebecca-crow>

Office Hours

Fall & Spring semesters-Mondays & Wednesday 10-11am., Summer-By Appointment

Maximum Timeframe for Responding to Student Communication

Faculty will have up to 24-48 hours to respond to any email communication. Grading of assignments should occur within five business days of submitting any given assignment.

Section Information

KINE 3302-002

Time and Place of Class Meetings

Online Course

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). (There are no course prerequisites)

Student Learning Outcomes

1. Elaborate on your understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education via discussions boards and test questions.

2. Explain how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved.
3. Discuss how to acquire skills and knowledge about sport and exercise psychology that you can apply as a coach, teacher, athletic trainer, or exercise leader.

Required Textbooks and Other Course Materials

Foundations of Sport & Exercise Psychology (6th ed), Weinberg & Gould, published by Human Kinetics. ISBN 9781492502005

Descriptions of major assignments and examinations with due dates

Lesson	Topic	Reading	Discussion Post*	Discussion Due**	Quiz Due Date***
Part 1-Lesson 1	Introduction to Sport & Exercise Psychology	Chapter 1	D1-August 27, 2018	September 3, 2018	September 6, 2018
Part 2- Lesson 2 Lesson 3 Lesson 4	Learning About Participants Personality & Sport Motivation Arousal, Stress & Anxiety	Chapter 2 Chapter 3 Chapter 4	D2- September 3, 2018 D3- September 10, 2018 D4- September 17, 2018	September 10, 2018 September 17, 2018 September 24, 2018	Quizzes 2, 3 & 4 due September 13, 2018
Part 3- Lesson 5 Lesson 6 <div>Test 1</div>	Understanding Sport & Exercise Environments Competition & Cooperation Feedback, Reinforcement, & Intrinsic Motivation	Chapter 5 Chapter 6	D5- September 24, 2018 D6- October 1, 2018	October 1, 2018 October 8, 2018	Quizzes 5 & 6 due September 27, 2018 <div>Test 1 is due October 4, 2018</div>
Part 4- Lesson 7	Focusing on Group Processes Group & team Dynamics	Chapter 7	D7- October 8, 2018	October 15, 2018	Quizzes 7, 8, 9 & 10 due October 18, 2018

Lesson 8	Group Cohesion	Chapter 8	D8- October 15, 2018	October 22, 2018	
Lesson 9	Leadership	Chapter 9			
Lesson 10	Communication	Chapter 10			
Part 5-	Improving Performance		D9- October 22, 2018	October 29, 2018	Quizzes 11, 12, 13, 14, 15 & 16 due November 1, 2018
Lesson 11	Introduction to PST	Chapter 11	D10- October 29, 2018	November 5, 2018	
Lesson 12	Arousal Regulation	Chapter 12			
Lesson 13	Imagery	Chapter 13	D11- November 5, 2018	November 12, 2018	
Lesson 14	Self-Confidence	Chapter 14	D12- November 12, 2018	November 19, 2018	
Lesson 15	Goal Setting				
Lesson 16	Concentration	Chapter 15			
		Chapter 16			Test 2 due November 8, 2018
Test 2					
Part 6-	Enhancing Health & Well-Being		D13- November 19, 2018	November 26, 2018	Quizzes 17, 18, 19, 20 & 21 due November 29, 2018
Lesson 17	Exercise & Psychological Well-Being	Chapter 17			
Lesson 18	Exercise Behavior & Adherence	Chapter 18			
Lesson 19	Athletic Injuries & Psychology	Chapter 19	D14- November 26, 2018	December 3, 2018	
Lesson 20	Addictive & Unhealthy Behaviors	Chapter 20			
Lesson 21	Burnout & Overtraining	Chapter 21			
Part 7-	Facilitating Psychological Growth & Development		D15- December 3, 2018	December 10, 2018	Quizzes 22, 23 & 24 due December 6, 2018
Lesson 22	Children & Sport Psychology	Chapter 22			
Lesson 23	Aggression in Sport	Chapter 23			
		Chapter 24			

Lesson 24	Character Development & Good Sporting Behavior				
Test 3					Test 3 due December 13, 2018
	Test 1 (Lessons 1-6)				October 4, 2018
	Test 2 (Lessons 7-16)				November 8, 2018
	Test 3 (Lessons 17-24)				December 13, 2018

The **last day to drop classes** is November 2, 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.

Other Requirements

This course is offered in entirety as an online format through Blackboard. It is a requirement and responsibility of each student to have access to a computer and a high speed Internet connection on a daily basis. Review UT Arlington's hardware recommendations:

<http://www.uta.edu/oit/cs/hardware/student-laptop-recommend.php> and Blackboard's browser requirements: <http://www.uta.edu/blackboard/browsertest/browsertest.php>.

You will use your Netid and password to login to Blackboard at <https://elearn.uta.edu/>. It is your responsibility to become familiar with Blackboard and how to access course components. There are several Blackboard resources for students including

<http://www.uta.edu/blackboard/students/index.php> and <http://help.blackboard.com/>.

Tests

- There are 3 Tests this semester. (100 points possible for each test)
- Test 1 can be completed after Lessons 1-6. This test needs to be completed by October 4, 2018 at 11:55 pm. You will have 1.5 hours to complete 35 Multiple Choice questions & 6 Short Answer questions.
- Test 2 can be completed after Lessons 7-16. This test needs to be completed by November 8, 2018 at 11:55 pm. You will have 1.5 hours to complete 35 Multiple Choice questions & 6 Short Answer questions.

- Test 3 can be completed after Lessons 17-24. This test needs to be completed by December 13, 2018 at 11:55 pm. You will have 1.5 hours to complete 35 Multiple Choice questions & 6 Short Answer questions

Reopening a Quiz or Test

- I will reopen a quiz or test **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/test. (This is not to retake a quiz or test with a low score). You must retake the quiz or test when reopened, within 24 hours.

Viewing a Completed Quiz or Test

- **A one-time view of all completed quizzes/tests is available after all quizzes/tests are graded.** (Directions on how to access your completed quizzes/tests are on the Blackboard announcement page.

Extra Credit

- I will count 20 out of the 24 quizzes in your course grade. If you take all 24 quizzes, you may receive up to 40 points earned as extra credit.

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.

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).

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 discussion forum need to be original not taken from the internet without being cited. I check submissions via Safe Assign.
- To receive the full possible points for each discussion, you will need to answer the discussion question(s) that I post with a minimum of 200 words in your initial post, and then respond to at least 2 of your classmate's posts (100+ words to each), using their names so we know who you are addressing. 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.
- I will be grading your discussion according to the Discussion Grading Rubric.

- All discussions open Monday afternoon (12:30pm). Your initial post is due by Thursday night, and all posts are due Monday at noon (the Deadline).

Textbook

- You will need to have the current textbook. An earlier version will not be adequate and may result in many wrong answers on the quizzes and tests.

Grading Policy

Students are expected to keep track of their performance throughout the semester and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels.

Course Grading Scale

Total Points-800

A = 90-100% 800-720 points

B = 80-89% 719-640 points

C = 70-79% 639-560 points

D = 60 -69% 559-480 points

F = below 59% 479 points

Required Components for Course Credit	Weight / Percentage Value Within the Course
24 Chapter Quizzes (10 points each) *	200 points 25%
15 Discussion Boards (20 points each)	300 points 37.5%
3 Tests (100 points each)	300 points 37.5%
*20 out of the 24 Chapter Quizzes will be calculated in the course grade. Up to 40 points are available for Extra Credit if all 24 chapter Quizzes are completed.	

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 University Catalog. For undergraduate courses, see http://web.uta.edu/catalog/content/general/academic_regulations.aspx#10.

For student complaints, see <http://www.uta.edu/deanofstudents/student-complaints/index.php>.

Late Assignments:

Late Discussion Boards will be graded according to the Discussion Grading Rubric. Quizzes and tests must be started, completed, and submitted prior to the submission due date and time. Any quiz or test questions submitted after the due date and time will not be counted in your grade.

Make-up Quizzes or Tests

A valid reason must be presented to makeup a missed quiz or test.

Documentation will be needed to support an absence during a regularly scheduled exam time.

The documentation will need to detail the event that kept you from taking the quiz or test

Expectations of Out-of-Class Study

Students enrolled in this course should expect to spend at least an additional 3-5 hours per week of their own time in course-related activities, including reading required materials, completing assignments, preparing for exams, etc.

Drop Policy

Regulations pertaining to adding or dropping courses are described below. Adds and drops may be made through late registration either on the Web at MyMav or in person through the student's academic department. 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. Contact the Office of Financial Aid and Scholarships at <http://www.uta.edu/fao/> . The last day to drop a course is listed in the Academic Calendar available at <http://www.uta.edu/uta/acadcal.php?session=20166>.

1. A student may not add a course after the end of late registration.
2. A student dropping a graduate course after the Census Date but on or before the last day to drop may, receive a grade of W. Students dropping a course must:
 - (1) Contact your graduate advisor to obtain the drop form and further instructions before the last day to drop.

Census Day: September 7, 2018
Last day to drop or withdraw November 2, 2018 by 4:00 p.m.

Disability Accommodations

UT Arlington 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 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.

Counseling and Psychological Services, (CAPS) 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.

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 or contact Ms. Michelle Willbanks, Title IX Coordinator at (817) 272-4585 or titleix@uta.edu*

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.

UT Arlington faculty members may employ the Honor Code as they see fit in their courses, including (but not limited to) having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted.

Per UT System Regents’ Rule 50101, §2.2, 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 the University policy, which may result in the student’s suspension or expulsion from the University. Additional information is available at <https://www.uta.edu/conduct/>.

"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."

As a licensed registered nurse, graduate students are expected to demonstrate professional conduct as set forth in the Texas Board of Nursing rule **§215.8. in the event that a graduate student holding an RN license is found to have engaged in academic dishonesty, the college may report the nurse to the Texas BON using rule §215.8 as a guide.**

Plagiarism

Copying another student's paper or any portion of it is plagiarism. Copying a portion of published material (e.g., books or journals) without adequately documenting the source is plagiarism. Consistent with APA format, if five or more words in sequence are taken from a source, those words must be placed in quotes and the source referenced with author's name, date of publication, and page number of publication. If the author's ideas are rephrased, by transposing words or expressing the same idea using different words, the idea must be attributed to the author by proper referencing giving the author's name and date of publication. If a single author's ideas are discussed in more than one paragraph, the author must be referenced, according to APA format. Authors whose words or ideas have been used in the preparation of a paper must be listed in the references cited at the end of the paper. Students are expected to review the plagiarism module from the UT Arlington Central Library via <http://library.uta.edu/plagiarism/index.html>.

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](#), [major-based learning centers](#), developmental education, [advising and mentoring](#), personal counseling, and [federally funded programs](#). 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, or view the information at <http://www.uta.edu/universitycollege/resources/index.php>.

The English Writing Center (411LIBR)

The Writing Center Offers free tutoring in 20-, 40-, or 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Our hours are 9 am to 8 pm Mon.-Thurs., 9 am-3 pm Fri. and Noon-6 pm Sat. and Sun. Register and make appointments online at <http://uta.mywconline.com>. Classroom Visits, workshops, and specialized services for graduate students are also available. Please see www.uta.edu/owl for detailed information on all our programs and services.

The Library's 2nd floor Academic Plaza offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library's hours of operation. <http://library.uta.edu/academic-plaza>

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/>

Electronic Communication

UT Arlington has adopted MavMail as its official means to communicate 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 MavMail account and are responsible for checking the inbox regularly.** There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

If you are unable to resolve your issue contact the Helpdesk at helpdesk@uta.edu.

Student Feedback Survey

At the end of each term, students enrolled in face-to-face and online classes categorized as “lecture,” “seminar,” or “laboratory” are directed to complete an online 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 via the SFS database is aggregated with that of other students enrolled in the course. Students’ anonymity will be protected to the extent that the law allows. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law and aggregate results are posted online. Data from SFS is also used for faculty and program evaluations. For more information, visit <http://www.uta.edu/sfs>.

“As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. –Beckey Crow.”

UTA College of Nursing and Health Innovation - Additional Information:

Student Code of Ethics

The University of Texas at Arlington College of Nursing and Health Innovation supports the Student Code of Ethics Policy. Students are responsible for knowing and complying with the Code. The Code can be found in the student handbook online: <http://www.uta.edu/conhi/students/msn-resources/index.php>

No Gift Policy

In accordance with Regent Rules and Regulations and the UTA Standards of Conduct, the College of Nursing and Health Innovation has a “no gift” policy. A donation to one of the UTA College of Nursing and Health Innovation Scholarship Funds, found at the following link: <http://www.uta.edu/conhi/students/scholarships/index.php> would be an appropriate way to

recognize a faculty member's contribution to your learning. For information regarding Scholarship Funds, please contact the Dean's office.

Online Conduct

The discussion board should be viewed as a public and professional forum for course-related discussions. Students are free to discuss academic matters and consult one another regarding academic resources. The tone of postings should be professional in nature.

It is not appropriate to post statements of a personal or political nature, or statements criticizing classmates or faculty. Inappropriate statements/language will be deleted by the course faculty and may result in denied access to the Discussion boards. Refer to UTA CONHI Graduate Student Handbook for more information.

For this course Blackboard communication tools, discussion boards, and UTA MAV email will be used extensively and should be checked often.

<p>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. For non-emergencies, call 817-272-3381.</p>

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