EASTERN ILLINOIS UNIVERSITY

Kinesiology and Sport Studies Department Fall 2013

KSS 4326 - Psychosocial Aspects of Sport

COURSE INSTRUCTOR

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Office Hours: M 1 - 4pm; W 9:30 - 11:30am or by appointment

COURSE INFORMATION

KSS 4326 (3 Credit Hours) Fall 2013 Tuesdays and Thursdays 11:00am – 12:15pm Lantz 3881

COURSE MATERIALS

REOUIRED:

Jowett, S., & Lavallee, D. (2007). Social psychology in sport. Champaign, IL: Human Kinetics.

Weinberg, R. S., & Gould, D. (2011). *Foundations of sport and exercise psychology* (4th or 5th ed.). Champaign: IL: Human Kinetics.

COURSE WEBPAGE (D2L)

All relevant course information will be available through D2L. If you have not accessed D2L before, go to the EIU homepage and click on the D2L link. Instructions are given for accessing and using your password and username on the D2L page. The course webpage contains this syllabus in its most current form, course grades, and other noteworthy information for the course. All assignments will be submitted via D2L by 5:00 pm on the due date (see course calendar for assignment due dates). Late assignments will not be accepted.

COURSE DESCRIPTION

This course will analyze current trends in sport and physical activity organizations from a psychological and sociological perspective. Topics will be addressed from each perspective and emphasis will be placed on understanding issues from both an individual as well as an organizational perspective.

COURSE PURPOSE AND LEARNING OBJECTIVES

The aim of this course is to provide you a solid knowledge base and practical experience in the major psychosocial theories and concepts in the sport and physical activity domains. Please see below for a general description of the core learning objectives. The learning objectives may be obtained through reading and studying the textbook, through satisfactory completion of assignments, assessments, and by attention to and participation in classroom lectures,

presentations, discussions, and projects. It is strongly recommended that you use these learning objectives as 1) a study guide for the scheduled examinations and 2) a yardstick to measure your progress in this course.

Student Learning Objectives At the end of the course, students will:	Assessments
Outline the influence of selected psychological variables on physical activity and athletic performance	 Exams Various in-class activities Self-growth project Group project
2. Analyze how individual and organizational issues interact to influence participation in sport	ExamsVarious in-class activitiesGroup project
3. Evaluate current trends and the role of power at all levels of sport	ExamsVarious in-class activities
4. Evaluate the development of sport expertise and socialization through various factors	ExamsVarious in-class activities
5. Integrate psychological and sociological theories in the analysis of relevant issues (i.e., injury, burnout, motivation, performance enhancing drug use) in sport	ExamsVarious in-class activitiesSelf-growth projectGroup project
6. Develop an awareness of how sport participation impacts the lives of individuals	 Various in-class activities Self-growth project Group project

ASSESSMENT OF LEARNING OBJECTIVES

Grades are computed based on satisfactory completion of the course requirements. Unexcused absences and late assignments will lower your grade. Grades may be raised based upon your ability to contribute to class discussions and group activities. Below is a breakdown of the grading and the grading scale.

Examinations (3 ex	Examinations (3 exams @ 50 points each)	
Final Exam (Movie	Final Exam (Movie Analysis)	
Attendance/Participation		100 points
Self-Growth Project		100 points
Group Project		100 points
A = Above 90%	C = 70 - 79%	F = Below 60%
B = 80 - 89%	D = 60 - 69%	

Exams. During the semester, students will demonstrate their mastery of content on three unit exams based on the material assigned from the readings and presented in class. Each assessment will consist of a take-home portion consisting of 5-10 short answer questions pertaining to a case study and an in-class portion. The take-home portion is to be completed <u>without</u> assistance from

anyone else. The in-class portion will consist of 10-25 selected-response or constructed-response questions. Each student will take each exam independently first and turn in their answers. Then, each group will take the same test again, discussing each question until the group reaches an agreement on the answer. For each exam, 75% percent of the student's grade will be based on their individual exam score, and 25% of the student's grade will be based on the group score.

Make-up exams will be offered only to those who have a university excused absence and obtain permission from the instructor. Arrangements to take a missed exam MUST be made within two days after the exam is given.

Exam Wrappers. Following each exam, you will be asked to complete an exam wrapper. This activity is designed to give you a chance to reflect on your exam performance and, more important, on the effectiveness of your exam preparation. Your responses will be collected to inform the instructional team regarding students' experiences surrounding each exam and how we can better support your learning. If you wish to discuss specific questions from the exam with your instructor, an exam wrapper MUST have been completed.

Final Exam Movie Analysis. During the last week of class and the scheduled final exam time, we will be watching a movie. Students will complete a handout during the movie that will require them to identify and/or apply concepts that were covered in class throughout the semester.

In-class Activities. Active participation in this course is required. Individual and group activities will frequently be done in class, and you are expected to participate in order to receive points. Students are expected to come to class prepared and to have completed the assigned reading. Some in-class activities will consist of short reading quizzes given at the beginning of the class period on the reading that is due that given day.

Self-Growth Project. As we cover the various psychological skills, students will be asked to apply the concepts covered to their own life or situation. At the end of the semester each student will turn in a portfolio containing all the Self-Growth assignments. Additional information and rubrics will be provided well in advance. Some assignments will be completed in-class, while others will be assigned as homework.

Group Project. Students will be assigned to a group and will select a population and a problem to solve or relevant topic to address. Students will then create a brief (15-20 minute) presentation or workshop over the topic assigned to them and will present the material to the class as if students are conducting a group workshop to athletes/performers/exercisers. Presentations should include *AT LEAST ONE* hands-on activity/component and handouts should be provided.

Check with your instructor to receive approval for your topic before you begin. Possible topics may include:

Helping a team stay motivated when losing

Assisting athletes/exercisers recover more quickly from an injury using relaxation and goal setting

Working with coaches to improve communication or cohesion on their teams Giving a leadership training to captains and other potential team leaders A <u>minimum</u> of one week in advance, you will need to provide your instructor with: an outline of your workshop/presentation, a copy of your ppt/prezi slides (if applicable), and a copy of your handouts and any other materials that will be distributed.

Note: Rubrics for specific assignments will be distributed in class and via D2L well in advance.

COURSE POLICIES AND STATEMENTS

COURSE EXPECTATIONS

Workload Policy. This class is a 3 credit course. The university defines this as 3 contact hours plus 6 additional hours of work outside of class per week for a student to achieve an average grade in the course. Respectively, your instructor has allocated 6 hours of material (including weekly readings and assignments) to be covered by you outside of class per week. So please plan accordingly!

Weekly Preparation. Before each class meeting, you are expected to have 1) read the assigned readings and 2) completed any class or homework assignments.

Attendance. Due to the interactive style of this course, attendance in this class will greatly influence your participation grade. If you must be absent from class, I expect that you will be courteous and call or e-mail me before class (when possible) to inform me of your impending absence. Attendance (or the lack of it) will be seriously considered when assessing final grades. Absences due to illness, funerals, university-sanctioned events and religious holidays will be excused with proper documentation or notification. Sick roommates, car trouble, long weekends at the beach, although good reasons, will NOT be considered excused. Class attendance is an important indicator of your commitment and professionalism, and is critical to your success in this course.

<u>Please note:</u> You are allowed three unexcused absences (mental health days). For each absence beyond your third, 5% of your final grade will be deducted. Excessive lateness or leaving class early will be counted as absences.

Class Participation. Active participation in this course is required. Absences, lateness, leaving class early, or being off task will result in a score of zero on any class participation points for the day. Please note there will be no make-up "activities" given unless your absence is excused.

Student Success. Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

As an educator, it is my job to provide you with information and assist in the development of your ability to assess and apply the information from this class. My job is to open the door, but you as students have to walk through it. It is your responsibility to take the initiative to research, read, study, plan, prepare, think critically and ask for help if needed. I am more than willing to help you, but you must ask for assistance or guidance prior to assignment due dates or assessments and before the end of the semester! Together, as a class, we can be successful.

COMMUNICATION

Office Hours. My regular office hours are Mondays 1 – 4pm, Tuesdays and Wednesdays 9:30 – 11:30am. Other meeting times can be arranged by appointment. You are invited and strongly encouraged to make use of these office hours and appointments. If at any time during the course you need help or special consideration regarding any subject, please do not hesitate to speak with me.

E-mail. It is imperative that you learn to use e-mail, the Internet, and general computing (word-processing, graphics, and database management) as part of your college education. I will be communicating with you via e-mail from time to time, and delivering assignments and handouts by way of the course webpage. Our course webpage can be accessed using D2L.

When contacting me via e-mail, please include "KSS 4326" and the title of the e-mail (e.g., homework question, attendance) in the subject line. For example, the subject line may read "KSS 4326 – Attendance." I will respond to e-mail requests within 48 hours during the work week (excluding holidays). I do not have email set up on my phone so do not e-mail me minutes before an exam or assignment is due and expect me to respond immediately.

ASSIGNMENT AND HOMEWORK POLICY

Late assignments will NOT be accepted unless there is a University Approved Excuse with appropriate documentation and/or arrangements have been made with me prior to the assignment due date. It is your responsibility to contact classmates regarding any material missed.

ACADEMIC INTEGRITY

Academic Integrity. Academic dishonesty will not be tolerated. Academic dishonesty includes plagiarism (e.g., using any part of another student or person's work and claiming it is your own or not correctly referencing material, using another person's ideas, or sharing papers), cheating on a test (e.g., using notes, looking at another's work), falsifying academic records, misrepresenting facts, lying (e.g., saying you completed the paper in time when you did not, not being truthful if confronted about any dishonest act), any act designed to give an unfair advantage to the student (such as but not limited to, submission of the same written assignment for two courses without the prior permission of the instructor), and/or any attempt to commit such an act. Students (all parties involved – i.e., the paper copier and lender of the paper) suspected of academic honesty will be immediately and directly referred to necessary parties for investigation as noted in the University's Code of Student Conduct. All parties will immediately earn a zero on the assignment/assessment in question. In addition, depending on the extent or

severity of the academic students found guilty may be formally charged, receive a grade of F for the course, and/or dismissed from the University.

Upon enrollment at Eastern Illinois University, every student is held to the standards of conduct contained in the code and is expected to become familiar with the code: http://eiu.edu/judicial/studentconductcode.php

Conduct and Civility in the Classroom. Students are expected to behave professionally and respectfully during class meetings. This includes: turning off and putting away cell phones, having loud side conversations, or otherwise distracting the instructor or classmates. Students who are not behaving appropriately during class will be asked to stop their behavior or leave the classroom, which result in an absence. It is expected that any discussion in this class take place in a civil tone and manner while always respecting the rights and opinions of others. All communication via phone, e-mail, or in class with the instructor and/or classmates should be professional and respectful.

ACCOMMODATING STUDENT DISABILITIES

Any student who, because of a disability as addressed by the Americans Disability Act, may require special arrangements in order to meet the course requirements should contact the instructor as soon as possible to make any necessary arrangements.

In conjunction with the overall mission of Eastern Illinois University, the Office of Disability Services (ODS) is committed to facilitating the provision of equal access and opportunity to all campus programs and services for students with disabilities. Through collaboration and support of the entire campus community, ODS promotes universally accessible design principles, so that everyone has access to university life.

**Note: This syllabus is a guide for the course and is subject to change with notice. **

COURSE CALENDAR

Week	Date	Topics	Assignments	
1	8/20	Course introduction	Get your books and start	
			reading!	
	8/22	Understanding the Coach/Athlete		
		Relationship: J&L Ch 1		
2	8/27	Motivation: W&G Ch 3, J&L Ch 9 &		
		11		
	8/29	Motivation: W&G Ch 3, J&L Ch 9 &	Group Projects Assigned	
		11		
3	9/3	Group and Team Dynamics: W&G Ch		
		7, J&L Ch 7		
	9/5	Group Cohesion & Efficacy: W&G Ch		
		8, J&L Ch 13		
4	9/10	Leadership: W&G Ch 9, J&L Ch 5		
	9/12	Communication: W&G Ch 10, J&L Ch		
		3		
5	9/17	Influence of Social Support on		
		Athletes: J&L Ch 16		
	9/19		EXAM 1	
6	9/24	Intro to Psychological Skills Training:		
		W&G Ch 11		
	9/26	Goal Setting: W&G Ch 15		
7	10/1	Imagery: W&G Ch 13 (Guest Lecturer)		
	10/3	STUDENT WORK DAY – Get with your group and work on		
		your projects	:!	
8	10/8	Self-Confidence: W&G Ch 14		
	10/10	Concentration & Focus: W&G Ch 16		
9	10/15	Novel Applications – No new reading		
		(Guest Lecturer)		
	10/17		EXAM 2	
10	10/22	Arousal, Stress, & Anxiety: W&G Ch 4		
	10/24	Arousal, Stress, & Anxiety: W&G Ch 4		
11	10/29	Arousal Regulation: W&G Ch 12		
	10/31	Morality in Sport/Addictive &		
		Unhealthy Behaviors: J&L Ch 19,		
		W&G Ch 20		
12	11/5	Athletic Injury: W&G Ch 19		
	11/7	Athletic Injury: W&G Ch 19		
13	11/12	Burnout and Overtraining: W&G Ch 21		
	11/14	Career Transitions: J&L Ch 17		
14	11/19		EXAM 3	
	11/21	Group presentations		
15	11/25 -	THANKSGIVING BREAK	K – NO CLASS	

	11/29		
16	12/3	Group presentations	Self-Growth Project Due
	12/5	Movie analysis	
17	12/09-	Movie analysis/wrap up	FINAL EXAM
	12/12		12/09 10:15am – 12:15pm

Note: The course calendar may be modified at any time.