

Sport and Health Psychology

This course will cover primary theories and applications in sport and health behaviors. Theories will be drawn from social psychology, health psychology, cognitive psychology, exercise psychology, and sport psychology. Specific topics will include personality characteristics, motivation, goal-setting, attributions, concentration, imagery, aggression, group dynamics, communication and counseling techniques, research methodologies, and behavior modification.

The mission of McKendree University is to provide a high quality educational experience to outstanding students.

- ~Responsible Citizenship ~Engagement
- ~Academic Excellence ~Lifelong Learning

**COURSE NUMBER AND COURSE TITLE: PSY 465/PED 465
SPORT AND HEALTH PSYCHOLOGY**

INSTRUCTOR: Tami Eggleston, Ph.D.

CONTACT INFORMATION (e.g., phone, email):
tegglest@mckendree.edu 618-537-6859

SEMESTER/YEAR/TIME: Fall, 2014 W: 6-9

OFFICE HOURS: VIA EMAIL & T/R 3:30-5:00

I will try to check email the Blackboard discussion board M-F. I will try to respond within 24 hours to emails and questions on Blackboard. Some weekend response times may be 48 hours.

COURSES REQUIRE:

ORGANIZATION, TIME MANAGEMENT, & RESPONSIBILITY



**Your Tour Guide and
Coach for Learning:
Tami Eggleston**

Required Text

**Anshel, Mark (5th edition).
Sport Psychology: From
Theory to Practice. Benjamin
Cummings Pearson
Education**

ISBN: 0-321-73249-9



Course Objectives:

- 1.) Students will have an understanding of the research methods of health and sports psychologists.
- 2.) Students will learn basic applications including goal setting, imagery, relaxation, concentration, and motivation.
- 3.) Students will successfully work in teams and will be able to analyze these group experiences.
- 4.) Identify current events in the news that have psychological content and make connections to the book information.
- 5.) Become an engaged thinker, responsible citizen and lifelong learner.

Teaching Philosophy: I am passionate about psychology and teaching and I want to share the love of learning I have with my students. In my classes, I utilize a variety of teaching methods to engage students with the content including technology, service, team projects, unique individual assignments, and presentations. My goal in every class is to educate, engage, and inspire. Finally, I truly believe that teaching and learning can be rewarding and fun.

Misc Info:

- Discussion Boards (DB) are a place for all people to discuss and share. There is an all-class DB and a team/group DB.
- A blog is an individual post but all people can see it!
- The Wiki is a shared page for a group to work on.
- A journal is a private place for you to write and only you and the instructor can see.
- When you take a quiz, shut down all other applications (e.g., email, Facebook, etc.). You have to finish the quiz once you start and you only have one hour.



How to Succeed in this Course:

We have various resources to help students succeed at McKendree University, please visit the website or Blackboard for information on these resources.

Read your e-mails!

Don't Procrastinate!

Have FUN!

Work Hard!

Be respectful to your peers!

Set specific times each week to do your work for the class!

"I never stepped out onto the field or walked off a field where I didn't feel like I did everything I could possibly do to be the best."

– Brett Favre

SELECTED MCKENDREE UNIVERSITY COURSE POLICIES:

Academic Honesty:

Any student detected of cheating or engaging in plagiarism on any exam or paper, or participating in any other form of academic dishonesty, will receive the appropriate sanctions, which can include a failing grade ("F") for the course. Please visit with me regarding any questions. In cases of serious violations, additional sanctions (such as academic probation or suspension) are possible.

ADA Policy:

A student requiring assistance with the technical portions of the course should contact the Instructor or the Academic Support Center. Services for Students with disabilities are provided through the McKendree Academic Support Center (MASC) in order to help the student integrate into the entire university experience. MASC provides coordination and implementation of special accommodations for students with documented disabilities.

Challenges to Academic Decisions:

Students who think that their work has been improperly evaluated or who think that they have been unfairly treated in any academic decision may use the grievance procedures found in the catalog.

Course Deletions/Additions:

Students may drop or add courses according to the schedules posted by the Office of Academic Records for each semester. Drops and adds are not effective until recorded by the Registrar. A course may not be added after one week from the first class meeting.

Email:

Every student is issued a McKendree email account, which is one of the major means of communication from departments such as the Office of Academic Records, Student Affairs and the Business Office. All students are responsible for checking their McKendree email accounts regularly, and are accountable for information disseminated to their email accounts. Failure to read university communications sent to McKendree email accounts does not absolve students from knowing and complying with the content of these communications.

Assignments

The instructor reserves the right to make adjustments to the grading criteria. All students will be notified of any changes to the criteria.

ALL assignments must be done on time. A major part of this class is taking responsibility and time management. Any late assignments will lose points. Also don't work too far ahead. ☺

1. Quizzes

You will have 8 quizzes, one for each module. You can use your book and any notes, but you will only have 1 hour to complete the quiz. Don't try to take the quiz without first doing the reading, the discussion board, and going through the power points. When you take an online quiz, close all other websites and pages. Once you start the quiz you can't save and go back, you must complete it all in one setting.

2. Discussion Boards

You will have 8 discussion boards, one for each module. Please answer the question and also respond to at least two other posts. Impress me by using information from the book, think critically and creatively, and use appropriate grammar and spelling (it is OK to have some fun too).

0 = No Post

1=Post but did not use book or any critical or creative thinking

2=Post, did not respond to others

3=Average post, with average responses to at least 2 other students

4=Good post, used book, good answer, good responses to 2 other students

5=Excellent post and excellent responses to at least 2 other students



Grading Criteria

200 (2 exams)
+ 80 (8 quizzes)
+ 40 (8 discussion board posts)
+50 (Individual Journal)
+20 (current event Blog)
+20 (Team research project Wiki)
+ 20 (Team NETWORKING)
+ 20 (Team—Adopt a Team!)

+10 (professionalism, attendance, timeliness, participation, helpfulness, attitude, engaged with the class)

Total = 460

PLEASE NOTE: SIMPLY DOING THE MINIMUM WILL NOT GET YOU FULL POINTS. It is completion AND quality for grades.

Grades will be determined on a straight percentage. If you get an 89.5% that is a B+, I do not round up.

A	94-100%	A-	90-93%
B+	87-89%	B	83-86%
		B-	80-82%
C+	75-79%	C	70-74%
		C-	65-69%
D	50-64%	F	Below 50%

3. Individual Journal (50 points)

The Blackboard Journal in this class is a cumulative project that includes 4 main parts components. You will work on this project during the entire class. Just doing the journal is not enough to get the full points, you must put effort and thought into the journal. I STRONGLY SUGGEST YOU WRITE YOUR JOURNALS IN WORD AND THEN COPY THEM INTO THE JOURNALS.

For the Blackboard Journals you must have the following:

- a.) A table of contents so I can quickly see what you have included
- b.) Four individual entries. Each entry should be approximately 4 paragraphs.

You should include a summary of what you did, what you learned, and your reaction. Each entry MUST include at least 2 references from the book and at least 2 references from outside the book (e.g., another book, article, or website). These references also must be cited in the papers. Include your references at the bottom of your entry.

For example, In the movie Murderball, it shows athletes with disabilities. According to Smith, 2007 on the website www.exceptionalathletes.com, approximately 10% of athletes have a disability.

References

Smith, T.P (2007). Exceptional athletes. www.exceptionalathletes.com Retrieved January 5, 2009.

c.) A conclusion entry of what you learned and how the things all integrate. Prove to me that you learned something valuable in the class and in your portfolio. So you will end up with 6 journal entries (4 entries, the conclusion, and TOC).

You will have one journal due roughly one per month (S, O, N, D).

Journal Options:

1. Sport psychology famous athlete biography and analysis

Select a famous athlete and do some research on their life and career. Analyze some of their sport psychology behaviors (e.g., goals, dealing with adversity, making mistakes and bouncing back, etc.) Do some research, write a paper, include 2 references from the book, and at least two additional references.

2. Movie Summary

Write a summary paper and reaction post to a sport psychology movie, include 2 references (with page numbers from the text book) and two additional references (journal or website) that relates to each of the videos. I would you like to analyze a more serious sport movie

(not just a fun sport movie). Some good sport movies include: Girl Fight, Love and Basketball, Remember the Titans, Murderball, Hoop Dreams, Miracle, etc. Use the discussion board to get your movie approved.

3. Observation

Watch a sporting event in person or on TV. It can be a professional sport or an amateur sport. It can be adults or youth. Write a summary paper and reaction post to the event, include 2 references (with page numbers from the text book) and two additional references (journal or website) that relates to what you saw (e.g., the Cardinals showed a complete lack of communication when XXXXX happened, this is similar to page 47 of our textbook that states XXXX).

4. "AHA" Critical incident moment reflection and additional research Paper

Hopefully there will be moments in the class where you will learn something particularly exciting, surprising, or personally relevant. Do some more research on this topic, write a paper, include 2 references from the book, and two additional references.

5. COMMUNITY SERVICE Volunteer with a children's sport group, any run or bike race at McK, the Special Olympics, an Elderly Care Facility, YMCA, etc. Anything that has to do with sports or exercise and health. Once again write about a 2 page paper with 2 refs from the book and 2 outside additional references.

6. CHANGE YOUR BEHAVIOR

In psychology, we emphasize personal change and personal growth. One of the techniques is to journal and document your behavior, set specific goals for change, and then document your progress. If you select this option you will need to select a behavior that you would like to alter (e.g., exercise, negativity, diet, sleep, smoking, etc.), keep a baseline of your behavior. Do some research (find at least 2 websites, journal articles, or books) and also two pages from our book and develop a plan to make some behavior changes.

7. Get involved at MCK: Speaker, Brown Bag, or Play

Write a summary and reaction post, include 2 references (with page numbers from the text book) and two additional references (journal or website) that relate to your experience with the speaker or event...sometimes you have to be a bit creative to find links to sports, exercise, or health.

8. Write some discussion questions for this website!

www.mentaltrainingnetwork.com Go to this page and go to the podcasts and videos. Watch or listen to 5 of the podcasts or videos and then write 5 discussion questions that could go along with each one. I am actually going to collect all of these and send them in so your work may be on the world wide web!! How cool!!



4.) Individual Current Event Blog (20 points)

Individual Sport, Health, Exercise related issues In the NEWS!

On our shared class Blog, each student will have to post a summary overview and reaction paper about something that is currently happening in the news (and something that is “big” enough that most people have heard about it), include 2 references (with page numbers from the text book) and two additional reference (journal or website) that relates to the news event. Each student must also comment to the other Blogs. Once one person posts on a current event, you can’t also do that event unless something significant and new happens. In other words, each Blog post will be about something unique. The current events have to happen AFTER the start of the class. For example, the Tiger Wood's sex scandal is old news UNLESS something brand new about Tiger comes out. In the title of your BLOG, include the date and brief news story (e.g., September 25: Tiger Woods in a slump.) Do not plagiarize and simply copy your blog from another page—write in your own words.

5.) TEAM PROJECTS! In addition to getting points for your team projects, there will be a competition where the team captain can win up to 5 points. The team captain is expected to do a little more work and if their team has the best project they get extra credit!

1. GROUP RESEARCH—WIKI (20 points)

In your groups design a fairly simple wiki. A wiki is just a shared space where you can create a document.

In your group you will also have your own mini discussion board where you can pick your topic, how you will split up the work, and who will be the team captain. Make sure to go to the big discussion board and pick your topic. Each group has to pick a different topic.

For your sport psychology research each member of your group should find at least five websites related to your topic and then your wiki should look like this:

- a.) Title
- b.) An overview of the topics...what is the issue you are focusing on?
- c.) Some research on the topic, how big of a problem is it, what could be done to help
- d.) Finally a simple top 10 list that athletes/coaches/parents/sport psychologists should know
- e.) A list of all of your references (minimum of 5 but probably more)
- f.) You can also add fonts, pictures, etc. to make your page more interesting

Each team will select one of the following topics:

- Dealing with sport injuries, avoiding injuries and overuse
- Doping, Drugs, Steroids
- Alcohol abuse among athletes and college athletes in particular
- How to handle sport retirement or ending your career (e.g., leaving college)
- Eating disorders among athletes, Sport nutrition—what and how to eat for peak physical and mental performance
- Confidence—how to balance being too confident and not feeling good enough to compete...How to improve confidence levels (How to get that killer extinct)
- Persistence and Resiliency—how to come back after a big setback, loss, failure, fear
- Coaching—how to be the BEST possible coach and reach ALL athletes



TEAMS/GROUPS/COLLABORATION

Tips for the GROUP WIKI project:

Yes, I KNOW that working in groups is challenging. But it is also really important to learn to work in groups, especially in a psychology class. Here are some tips to help your groups succeed.

1. One person should become the team captain and pick one of the topics.
2. There are about 6 jobs depending on how you count them. Depending on how big your group is you will have different number of jobs to do. Some jobs are harder than others. And you can get feedback and edit your group work.
3. Go to the GROUP button (group for wiki and group db) and go to the group discussion board and say what parts/jobs you will do. For example, "I will do the 5 websites", "I will find 2 photos", etc.
4. Then go to the Group button and click on the "WIKI" link and you can go post on that page. It is just a shared page that you can add everything you need. The neat thing is everybody can edit it.

A Wiki is just a shared page. (Think Wikipedia!) This is our own little Wikipedia page just for our class.

5. For the final WIKI make sure you have all of the parts included, but you can also be a little creative and change colors, fonts, etc. I don't have any notion of exactly how long or if it is written in complete sentences, it could be bullets. Think of it almost like you are designing a webpage (Again, Think Wikipedia).

2.) TEAM Networking!

Late in the semester our class will sponsor a "Let's Talk About Sports" networking program. Each team should prepare information about their issue from the Wiki in a very interesting, informative 5-10 minute presentation with a handout. You should NOT just stand up and read your information. Each person must be involved (although not everyone must speak, the people could hold signs, etc.). You will be graded individually on your group performance, your participation, your involvement, your attention, and your enthusiasm and maturity. IF YOU MISS THIS NIGHT and do not let me and your group know ahead of time, YOU WILL WRITE A 10 PAGE PAPER ON A TOPIC THAT I WILL ASSIGN. If you must miss and let me and your group know ahead of time due to sports, debate, etc., an alternative assignment will be given.

Networking night:

- 1.) Dress professionally or in sport clothes or "team colors"
- 2.) Be professional and be ready to give your 5-10 minute presentation
- 3.) Make name tags for your team with your name, team name, year, and sport
- 4.) Each team will bring a snack suitable to feed 45 people!
- 5.) Be ready to network!

3.) TEAM "ADOPT A TEAM!" PROJECT!

Each team should pick a McK sport team to adopt. Each class team has to pick a unique team. Then your team needs to do the following:

- 1.) Brainstorm what you could do to help the team with their sport psychology
- 2.) Turn in your plan to me
- 3.) Contact the coach to get approval that your team can "adopt them"
- 4.) Get at least 5 web resources to help you implement your plan
- 5.) Do your activity (You should also try and do more than one thing throughout the semester). All team members could work together or do it individually.

- 6.) Try very hard to attend at least ONE practice or at least one COMPETITION
- 7.) Present what you did, what you found, what you would do differently in the future, what the team thought, etc.

EXAMINATIONS (200 points)

Two examinations will be given during this semester. Each exam will cover the material presented in the text and the lecture from that section of the class.

Because this course is about sports and a large part of that is teamwork, part of each exam will be taken as a team! The first 25 points of the exam will be a team exam. The remaining 75 points will be from multiple choice, matching, and short answer for 35 points and 4 essay questions each at 10 points.

If you don't read the book, you will not do well on the exam.

There will be no make-up exams, except due to McKendree sanctioned absences or extraordinary circumstances. If I do allow you to make up the exam you will not have the benefit of the team for the team portion! The exam must be made up within one week of the original exam.

Professionalism, Attendance, and Participation:

I expect you to be in class every class period. The ultimate goal is for you to learn as much about psychology as you can in this semester, and the best way to achieve this is by attending class every day. If you must miss class (e.g., illness, out of town, etc.), please talk to me to see what you missed, and get notes from someone in the class. Even if you have to arrive a few minutes late or leave a few minutes early, that is better than missing an entire class period. There are a variety of reasons not to miss a class including:

- 1.) Chances for EXTRA-CREDIT just by showing up!!
- 2.) I will clarify the difficult points in the textbook and take any questions.
- 3.) The exams will cover both information from the text and from the lecture.
- 4.) I will tell you pages to emphasize in the textbook.

To assess attendance points, I will randomly select days and times to take attendance. Every time you are in class, and on time, you will receive an attendance point.

Student Absences for Official University Functions

Students shall be excused without penalty from class to participate in official University sanctioned student activities, including intercollegiate athletic competitions, debate meets, band and choir performances, University field trips, and other events approved by the Provost. Students are not to be excused from class to

attend practices. In addition, students must give satisfactory notice to their instructors prior to scheduled absences.

Students are responsible for all content and assignments missed while absent from class to attend University sanctioned student activities. Any deviation from this policy must be approved by the Provost.

VA Policy on Class Attendance

According to the “Veterans Education and Employment Assistance Act of 1976,” veterans who are absent from a class for an excessive amount of time must be reported for non-attendance to the Veterans Administration. The veteran’s last date of attendance is determined by the instructor’s roll book. A veteran or eligible person will receive no benefits for a course audited.

Attitude and Professional Behavior:

In addition to attendance, I also expect a positive attitude towards learning. This is not the same as participation points. Attitude means that you respect me and other members of the class. This respect can be exhibited by listening to others, respecting different attitudes and opinions, keeping unnecessary comments to yourself, and not dominating the class. By dominating the class, I mean constantly interrupting lectures or answering all the questions presented to the class. A positive attitude is exhibited by arriving to class on time, staying in class the full period, having assignments completed on time, coming to class prepared to learn, taking notes, participating in group work, not sleeping, not texting, and not talking while I am lecturing. I insist that class members respect the diversity in the classroom and learn to cooperate and work with others. Finally, attitude is exhibited in maturity; some of the topics we will discuss in psychology are very personal and sensitive. I expect that you try to approach topics in a mature, professional manner.

COURSE OUTLINE: Health and Sport Psychology Fall 2014

This is a tentative schedule. If we miss class for any reason (weather, etc.) the schedule will be readjusted (assume that everything will be pushed back 1 week). Please check Bb for updates!

Week	Chapter	DB Posts and responses due before the class	Quiz due before class	Journal One journal due every month (S, O, N, D)	Blog One Blog & responses	Team Activities
Aug 27	Chapter 1: Introduction to Sport Psychology	Intro DB				In class Team Name Colors/Motto /Mascot
Sept. 3	Chapter 2: Personality & Chapter 5: Attributions	DB 1	Q1			Pick Team Projects!
Sept. 10	Chapter 6 & 7: Stress	DB 2	Q2			
Sept. 17	Chapter 12: Teams & 13: Leadership	DB 3	Q3			
Sept. 24	Review for Exam	DB 4	Q4	FIRST JOURNAL ENTRY DUE		Review Competition!
Oct. 1	EXAM					25% OF EXAM IS TEAM!
Oct. 8	Chapter 4 & 8: Motivation					
Oct. 15	Team Time!					Work on team projects

Oct. 22	Chapter 11: Communication (some chapt 9)	DB 5	Q5			
Oct. 29	TEAM TIME & Hett Movie			SECOND JOURNAL ENTRY DUE		Work on Team Projects! WIKI DUE!
Nov. 5	Chapter 3: Youth Sports	DB 6	Q6			
Nov. 12	SPORT PSYCHOLOGY NETWORKING					PRESENT, HANDOUT, SNACKS
Nov. 19	Chapter 14: Exercise	DB 7	Q 7	THIRD JOURNAL ENTRY DUE		
Nov 26	Happy Thanksgiving					
Dec. 3	Finish Up and Review	DB 8	Q 8	FOURTH & COMPLETE JOURNAL	BLOG DUE	Team ADOPT A TEAM final reports!
Dec. 10	FINAL EXAM					25% of exam is TEAM!