

Western University
Faculty of Health Sciences
School of Kinesiology

KIN 3388 t The Psychology of
Sport Summer 2021

Instructor: Dr. Ashwin Patel
Email: apate738@uwo.ca
Virtual Office Hrs: Mondays and Wednesdays 4:30PM to 6PM or virtually through Zoom
Lectures: Online and posted 2x/week

NOTE: The course is held on Tuesdays and Thursdays from 4:30 PM to 6:00 PM.

website regularly for course announcements.

Calendar Course Description (including prerequisites/corequisites):

The central purpose of this course is to explore individual human behaviour in a physical activity and sports context. Emphasis will be placed on understanding psychological concepts which are pertinent to the field of sport and physical activity.

Prerequisite(s) Kinesiology 1070A/B or the former Kinesiology 1088A/B.

Extra Information: 3 lecture hours.

You are responsible for ensuring that you have successfully completed all course prerequisites, and that you have not taken an corequisite course. Unless you have either the prerequisites for this course or written special permission from your Dean or Dean's Office, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enroll in this course without the stated prerequisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

Learning Outcomes

Upon completion of this course, students will be able to:

1. Describe the importance of psychology and psychological intervention to sports performance, a basic history of the discipline, scope of practice, practice ethics and relevant careers;
2. Critically discuss and evaluate psychological traits, states and motivational tendencies that predict athletic performance over the short and long term;
3. Through case study and empirical research, apply short and long term strategies to modify and maintain a positive psychological state for performance;

4. Through case study, evaluate the characteristics of the sport environment (team, dynamics, cohesion and coaching methods) and apply evidence-based methods to promote a positive motivational climate in a sport setting;
5. Discuss psychological factors involved in athletic injury, return to play and withdrawal from sport because of injury and identify how practitioners can support athletes through the injury and rehabilitation process; and
6. Through group work, in-class participation, written submissions, oral presentations, demonstrate effective self-management, research, written and verbal communication skills towards timely completion of high quality course deliverables.

Class Format The course will be delivered and completed asynchronously as it will allow students to progress through the learning material at times that work best with their schedule. Readings, lecture material and media will be posted on Blackboard on the Monday prior to the week's two sessions. This will include a recorded 1.5-hour lecture on Zoom (that will include closed captioning) for each learning module. For each learning module/class will include a forum which will allow students an opportunity to discuss course content, videos, podcasts and other readings. Check Weekly Lessons for information for each class.

Expectations Students are expected to observe all recorded lectures and read the assigned chapters from the textbook. Furthermore, students are to complete all examinations and other evaluations in the course on time to maintain the highest standard of academic integrity; even if a student misses a recording, the student is responsible for any information that she/he missed regarding class material, group discussions, examination format and content, and important dates.

Required Course Material/Text Crocker, P., Sabiston, C., McDonough (2021) Sport and exercise psychology: A Canadian perspective. 4th Edition, Pearson, Canada
 The majority of the readings for the course will be based on the text, although by class supplemental suggested readings list will be provided on Blackboard.

Course Evaluation:

Forums Participation/Reflection	10%
Midterm Examination (May 20)	25%
Group Presentation (June 1 st)	20%
Group Paper (June 10)	15%
Final Examination (Date TBA)	30%

Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. A missed midterm examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstance.

Course Outline

Dates	Tentative Topics
May 4	Introduction to course & Sport Psychology (Ch. 1)
May 6	Personality in Sport Performance and Exercise Participation (Ch. 2)
May 11	Motivation and Sport Performance (Ch. 3)
May 13	Stress, Emotion and Coping in Sport (Ch. 4)
May 18	Anxiety, Arousal in Sport Performance (Ch. 5)
May 20	Midterm Examination/Aggression and Sport Performance (Ch. 6)
May 25	Sport Psychology Interventions (Ch. 7)

May 27	Sport Psychology Interventions (Ch. 7)
June 1	Leadership in Sport (Ch. 8)
June 3	Group Cohesion (Ch. 9)
June 8	Coaching Psychology (Ch. 11)
June 10	Sport Injury Rehabilitation (Ch. 12)

B) Computer marked multiple choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

3. Electronic Device Usage:

During Exams Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

During Lectures and Tutorials Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures nor may you edit, reuse, distribute, or rebroadcast any of the material posted to the course website.

4. Health and Wellness:

Information regarding health and wellness related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

5. Support Services

There are various support services around campus and these include:

Student Development Centre <http://www.sdc.uwo.ca/ssd/>

Student Health & Wellness <http://www.health.uwo.ca/>

-- <http://www.registrar.uwo.ca/>

Ombudsperson Office <http://www.uwo.ca/ombuds/>

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence (see below for conditions)
- (ii) For medical absences exceeding 48 hours, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner to their Academic Counselling in their Faculty of registration in order to be eligible for Academic Consideration; or (iii) For non-medical absences exceeding 48 hours, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration in order to be eligible for academic consideration. Students are encouraged to contact their Academic Counselling unit to clarify what documentation is appropriate.

Students seeking academic consideration must communicate with their instructors no later than 24 hours after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. a maximum of two self-reported absences between September and April and one self-reported absence between May and August;
- b. any absences in excess of the number designated in clause a above will require students to present a Student Medical Certificate (SMC) or appropriate documentation supporting extenuating circumstances to the Academic Counselling unit in their Faculty of registration no later than two business days after the date specified for resuming responsibilities.
- c. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;
- d. The duration of the excused absence will terminate prior to the end of the 48 hour period should the student undertake significant academic responsibilities (write a test, submit a paper) during that time;
- e. The

Generally, students can expect ~~some~~ form of feedback on their performance in a course before the drop date.

May 21st, 2021

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	