



Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 3388A 650 ±The Psychology of Sport
Summer 2024**

Instructor: Dr. Cassie Ellis Office: virtual appointments by request Email: cellis42@uwo.ca Phone: Office Hrs: will provide weekly hours	Lectures: asynchronous, online, posted weekly
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NOTE: The course has a site on the new Learning Management System ±OWL Brightspace - brightspace.com. All course information including grades, assignment outlines, deadlines, etc. will be housed here. This will include the learning modules and content for each week of the course. Check the website regularly for course announcements.

Calendar Course Description (including prerequisites/anti-requisites):

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 pre requisites, and that you have not taken an ~~equi~~quisite course.

course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.



Learning Outcomes



I recommend you download the [Brightspace Pulse App](#). Enable notifications in "Communication" within Brightspace, so that you are immediately receiving announcements and other important course information.

Schedule

Week	Dates	Tentative Topics	Notes
1	May 6	Introduction to course & Sport Psychology; Defining Sport & Exercise Psychology (ch 1)	
2	May 13	Bridging Science and Practice (ch 2); Personality and Sport (ch 3)	
3	May 13	Motivation (ch 4); Arousal, Stress, and Anxiety (ch 5)	
4	May 20	Competition and Cooperation (ch 6); Feedback, Reinforcement, Intrinsic Motivation (ch 7)	
5	May 27	EDI & Culture (ch 8); Team Dynamics and Group Cohesion (ch 9)	
6	June 3	Leadership (ch 10); Communication (ch 11)	Midterm
7	June 10	Intro to Psych Skills Training (PST; ch 12); Arousal Regulation (ch 13)	
8	June 17	Imagery (ch 14); Self-confidence (ch 15)	Position paper due June 21 st
9	June 24	Goal Setting (ch 16); Concentration (ch 17)	
10	July 1	Exercise & Psychological Wellbeing (ch 18); Exercise Behaviour & Adherence (ch 19)	Group presentations
11	July 8	Athletic Injuries and Psychology (ch 20); Addictive & Unhealthy Behaviours (ch 21); Burnout & Overtraining (ch 22)	Group presentations
12	July 15	Psychological Growth & Development (ch 23-25)	Group presentations
	July 22	Final Exam Period (July 29- Aug 1)	Exam date TBD

	<u>Course Evaluation:</u>	<u>Weight of Grade</u>
1	Forums Participation	10%
2	Midterm Exam	25%
3	Position Paper	15%
4	Group Presentation	20%
5	Final Exam	30%

Note. Assignments, Weekly posts, and Tests 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 or missing presentation without appropriate documentation will result in a



an alternative assignment will be provided and must be completed by the agreed upon date, otherwise you will receive a zero.

- 1. Weekly Forum posts (10%)**



Course/University Policies

1. The website for Registrarial Services is <http://www.registrar.uwo.ca>.

In accordance with [policy](#), the centrally administered e-mail account provided to students will be the official address of the student. It is the responsibility of the account holder to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner.

2. **Academic Offences**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, in the [Academic Calendar \(westerncalendar.uwo.ca\)](#).



particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

Personal Response Systems In classes in which we use this technology, it is your responsibility to ensure that the device is activated and functional. You must speak with the course instructor immediately, if you have any concerns about whether or not your clicker is malfunctioning.

You must use only your own clicker. For all components of this course in which clicker records are used to compute a portion of the grade:

The possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offense

4. **Academic Considerations and Absences from Lectures and Assessments**



some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available [o Q : HVWHUQ¶V 5HPRWH 3URFW](https://www.westernhealthsciences.edu/remote-proctoring)



31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses)

8. Support Services

Health and Wellness:

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