

McKENDREE UNIVERSITY

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

~Responsible Citizenship ~Engagement ~Academic Excellence ~Lifelong Learning



"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

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

INSTRUCTOR: Tami Eggleston, Ph.D.

CONTACT INFORMATION: tegglest@mckendree.edu, 618-537-6859, mailbox in Carnegie 214.

SEMESTER/YEAR/TIME: Fall/2011/ WED 6-8:50

OFFICE HOURS: Carnegie 202 Tues and Thurs 2:30-3:30 (and by appointment & e-mail)

COURSE INFORMATION:

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.

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.

Course Description & Course Pre-requisites: (from catalog)

PSY 465/PED 465 SPORT AND HEALTH PSYCHOLOGY (3)

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.

Course Objectives:

This course has a variety of 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.

The large goals in this class are you to learn about sport psychology theories and research, apply this information, work in teams to understand different perspectives, use technology in a meaningful way, develop a propensity to tinker, be willing to make mistakes and learn from them, apply classroom information to current events, and to become an engaged thinker, responsible citizen and lifelong learner.

Required Course Text and Materials:

Book: Anshel, Mark (4th edition). Sport Psychology: From Theory to Practice. Benjamin Cummings Pearson Education

ISBN: 0-8053-5364-X

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.

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.

Severe Weather Policy:

Under severe weather conditions, university officials will announce whether the university is open, closed, or on a snow schedule. Announcements for the Lebanon Campus will be posted on the McKendree web site, KMOX radio (1120 AM), and KMOV television (Ch. 4).

Snow schedule – Lebanon Classes beginning at 8:00 a.m. and 9:00 a.m. are cancelled; 9:30 a.m. classes will begin at 10:00 a.m. Normal class schedule resumes beginning with 10:00 a.m. classes. All offices open at 10:00 a.m.

Announcements for the Kentucky Campuses will be posted on the McKendree website, WAVE 3, WDRB Fox 41, WHAS 11, and WLKY-32 television stations.

Snow schedule – Louisville and Radcliff Classes beginning between 8:00 a.m. and 9:00 a.m. will begin at 10:00 a.m. All offices open at 10:00 a.m.

Students taking courses at locations other than the Lebanon and Kentucky campuses should check their email and contact the director of their program for additional information about weather related class cancellations.

GRADING AND ASSIGNMENTS:

1.) 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.

2. Individual Journal (50 points)

The Blackboard Journal in this class is a cumulative project that includes at least 5 components. Ideally you should work on this project the entire semester. Just doing the journal is not enough to get the full points, you must put effort and thought into the journal.

For the Blackboard Journals you must have the following:

a.) A table of contents so I can quickly see what you have included

b.) Five (5) individual entries. Each entry should be approximately 4 paragraphs.

The first paragraph should be 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 five things all integrate. Prove to me that you learned something valuable in the class and in your portfolio. So you will end up with 7 journal entries (5 entries, the conclusion, and TOC).

Movie Summary (You can have up to five movie summaries in your journal.)

Write a summary paper and reaction post to EACH video, 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. Some of the movies playing at the Hett may also count for this journal this will be discussed in class.

Observation/Community Service (You can only have one of these in your journal.)

You can participate in any service project sponsored by the center for public service. It is great if you are doing other service at home, at your church, for your grandma, etc. But this has to be something sponsored and verified by the CPS. Write a summary and reaction post, include 2 references (with page numbers from the text book) and two additional references (journal or website) that relates to your experience. Note, the experience must have enough sport or health related information for you to make it work for this class. A good example would be the Special Olympics.

Get involved at Mck: Speaker, Brown Bag, or Play (You can have up to five these Mck events in your journal.)

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.

Research Conference Attendance/Presentation (You can only have one of these.)

If you attend a research conference (e.g., ILLOWA, MUPC, etc.), and you attend a presentation related to sport, health, or exercise, you could include this in your journal. Include a summary, 2 text references, and two additional references.

“AHA” Critical incident moment reflection and additional research Paper (You can only have one of these.)

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.

Technology & Psychology (You can have two of these.)

First, pick a topic related to sport psychology that you would like to learn more about. Do some research, write a paper, include 2 references from the book and at least two additional references.

Then, here is the creative, fun, and time-consuming part. Create a unique way to share your information you found using ONE of the following cool, free websites:

- 1.) www.prezi.com (this is a new alternative to power point, create a Prezi sharing what you learned..Prezi is free and easy to use, just takes some clicking. It is a cool tool to learn and I bet you will use it in the future.)
 - 2.) www.xtranormal.com (this is a little harder to use, but so cool. You can create a little cartoon. It is free and is as easy as typing.
 - 3.) www.animoto.com (this free site lets you create a picture slide show with music could be really neat!)
-

On your journal included the link to your cool new creation. Once you create something on any of these sites you get a link generated automatically so you could share it.

This is NOT required for your journal. It is just an option and I hope you will enjoy it a bit. I think it is always good to learn new, easy, and free technologies. But they do take a little time to click around and learn.

CHANGE YOUR BEHAVIOR (You can only have one of these.)

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.

Sport psychology famous athlete biography and analysis (You can only have one of these).

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.

3.) 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 at least 5 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.

4.) TEAM PROJECTS! In addition to getting points for your team projects, there will be a competition where the team captain for each project can win up to 5 points. No person can be the team captain twice (unless the teams don't have 3 people).

a.) BLACKBOARD WEB PAGE—DISCUSSION BOARD (20 POINTS total)

Computer skills are absolutely essential in today's world. Therefore, in this class I expect you to learn psychology and technology. Each team will have to post 2 times about a section in the book. You should switch roles for each section. (If your group has a different number of people, some people can share a role or some people can do multiple roles).

INTRODUCTION SUMMARY: One Person will need to carefully read and summarize the section. You should write your summary in your own words (around 2 paragraphs).

Introduction WEBMASTER: One person should find 2 good webpages to supplement the section and give a brief summary of the webpage (what it includes) & include ONE YouTube video that gives more information.

Introduction WORDMASTER: One person should find 2 words that people may be unfamiliar with that relate to the class content, use an online dictionary to define the 2 vocabulary words from the section. In addition, find one sentence that either illustrates good or poor grammar. Include that summary and using an online grammar resource explain why this was correct or incorrect grammar (e.g., who versus whom, good versus well, etc.).

Introduction QUESTIONNER: After you carefully read the article, post a question for your section (the question should have multiple answers and it would be difficult to answer if you had not read the book).

METHOD/RESULTS MODERATOR: One Person will need to respond to at least 5 other people's questions, comments, etc. Try to use the book or websites in your response. Say more than just, "interesting post!"

CONCLUSION WRAP UP: At the very end, one person should wrap up the section and how people responded.

Your group will get a team grade on how well you manage your sections and an individual grade. I expect that you respond to **at least 6 discussion questions (not including the 2 you are assigned to)**. In addition, your responses should be insightful and unique, simply writing, "I don't like this theory" will not count as an insightful post.

The 2 Blackboard Discussion Board topics will be on leadership theories and exercise theories.

b.) GROUP RESEARCH—WIKI (20 points)

In your groups design a fairly simple research project. You can do one of the following research designs: a.) case study (an interview with a person with an interesting story), b.) a naturalistic observation (watch in an environment and take notes on your findings), c.) a simple anonymous survey either on paper or online or through interviews, d.) an archival study (you look at something that exists and code it in a way to gather data such as Facebook, yearbooks, etc.).

Your team captain will have to turn in the following research proposal:

a.) what is your group research hypothesis, b.) how will you do your project, and c.) how will you split the work? I MUST approve your research before you can start.

The final Blackboard WIKI should look like this:

- 1.)Title
 - 2.)Hypothesis
 - 3.)Introduction—Why did you do the study, summarize and include at least two outside articles and 2 book pages related to your research study.
 - 4.)Method—What did you do?
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5.)Results—What did you find? EACH person in your group must write a section for the results and include their name. Summarize the results of everyone in the group.

6.)Conclusion—So what? What did you conclude from your study? What were the strengths of your study? What were the limitations of the study? If you could do the study again what would you do differently?

7.)References: Include at least the 2 outside articles and the 2 book pages you used in the introduction section (and any other references necessary)

*The cool thing about a Wiki is you can all post and you can all edit at the same time!

c.) Sport Issue Poster and Presentation 40 points

Sometime late in the semester, your group will be assigned a specific sport issue. Each person in the group is responsible for a poster that would inform individuals about the sport issue, the rates of the issue in the general public and in college athletes, the symptoms of the issue, the problems related with the issue, and the treatments or things you can do to deal with the issue. The poster is worth twenty points; it will be graded on content (10 pts), creativity, neatness, and persuasion ability (10 pts).

Around the last two weeks of class, our class will sponsor a “Let’s Talk About Sports” educational program. Each team should prepare information about their issue (it could be a poster, a skit, a game show, a song, or any interesting way to present the information, you should NOT just stand up and read your information). Your presentation should be about 5 minutes long, each person must be involved (although not everyone must speak, the people could hold signs, etc.), the same information from the poster should be included. 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 STILL HAVE TO DO YOUR POSTER, AND 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. The poster is all individual and the skit is all team. The team captain has a big job!

You can select to do a regular poster (posterboard, markers, etc.) or a Virtual electronic poster at Glogster.com. If you do the virtual poster, put the link on our Blackboard Discussion board.

Each group will select one of the following topics:

- Dealing with sport injuries, avoiding injuries and overuse
 - Doping, Drugs, Steroids
 - Sport Gambling, Gambling addiction, Gambling in professional athletes
 - Alcohol abuse among athletes and college athletes in particular
 - How to handle sport retirement or ending your career (e.g., leaving college)
 - Violence in sport, sexual violence among athletes, being a “Good Sport”
 - Eating disorders among athletes, Sport nutrition—what and how to eat for peak physical and mental performance
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The instructor reserves the right to make adjustments to the grading criteria.



Grade Calculations

Please note, just by completing something it does not mean that you get full points. For example, if you do the minimum posts on Bb and don't say anything particularly insightful, this will not get you the FULL points. There is a difference between completion and quality.

Grades will be determined on a straight percentage. (If you get 89.5% that is a B+.)

I do not round up and extra credit can NOT raise an A- to an A.

No one can get more than 10 extra credit points.

POINTS:

200 (from the 2 test scores)

+50 (individual Journal)

+20 (current event Blog)

+20 (team Blackboard leadership and exercise Discussion Board)

+20 (team research project Wiki)

+40 (individual poster and team presentation)

+ 10 (attendance /attitude points)

Total = 360 points

Grade Percentage

	A	94-100%	A-	90-93%	
B+	87-89%	B	83-86%	B-	80-82%
C+	77-79%	C	73-76%	C-	70-72%
D	60-69%	F	below 60%		

If at any time during this course, you have any questions, suggestions, comments, or concerns-- please feel free to talk to me or call me!

COURSE OUTLINE: Health and Sports Psychology Fall 2011

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 1: Aug 31: Chapter 1: Introduction to Sport Psychology
Syllabus, Team project
Team Name ~ Team Colors ~ Team Motto/Tag Line ~ Team Mascot
- Week 2: Sept 7: Chapter 2: Personality & Chapter 4 Attributions
Team time for selections
(Post Leadership Intros & Question on Bb DB by Sept 14)
- Week 3: Sept 14: Chapter 5: Stress & Chapter 7: Teams
(Finish Answers and Conclusion by Sept 21)
- Week 4: Sept 21: Chapter 8: Leadership & Team Time
- Week 5: Sept 28: Review for the Exam
(7:30, Hett Movie Fight Club Can be used for Journal)
- Week 6: Oct 5: **Exam 1 (Chapters 1, 2, 4, 5, 7, 8)**
Group Research Wiki Project Proposal Due
- Week 7: Oct 12: Chapter 3: Motivation
(Post Exercise Intros & Question on Bb DB by October 21)
- Week 8: Oct 19: Chapter 9: Communication (some chapt 6)
- Week 9: Oct 26: Chapter 10: Youth Sports
(Finish Answers and Conclusion by Nov. 2)
- Week 10: Nov 2: Chapter 11: Exercise
- Week 11: Nov 9: Catch Up & Team Time
- Week 12: Nov 16: **Bring Individual Posters or Post Glogster link on Bb**
Team Time
Sport Skits at 8:30
- Week 13: Nov 23: HAPPY THANKSGIVING!**
- Week 14: Nov 30: **Current Event BLOG due**
Group Research Project Wiki Due
- Week 15: Dec 7: Review for Final
INDIVIDUAL SPORT PSYCHOLOGY JOURNALS DUE!
- FINALS: Dec 14: Final Exam (Chapter 3, (some 6) 9, 10, 11)**

TO DO LIST!

This is simply meant as a helpful addition.

Please refer to the full syllabus for all of the information.

Important DATES	ACTIVITY	Progress	Complete
September	Read the book Familiarize yourself with Blackboard Read the syllabus		
September 21	Leadership Blackboard Project		
October 5	Midterm Exam Group Wiki Proposal		
October 21 and November 2	Exercise Blackboard Project		
November 16	Individual Sport Issue Poster and Team Sport Skits		
November 30	Current Event BLOG Group Research Project Wiki		
December 7	INDIVIDUAL JOURNAL		
December 14	Final Exam		

