

PSYCHOLOGY OF SPORT & EXERCISE
01:377:301, Sections T1 & T2, Index #XXXXXX & #XXXXXX
Semester: Spring, 2021
Department of Kinesiology and Health
Rutgers University

1. COURSE INFORMATION

Pre/co-requisites: 01:830:101 GENERAL PSYCHOLOGY
Online learning site: Canvas <https://canvas.rutgers.edu/>
Online format: Asynchronous
Dates: January 19th, 2021 – May 12th, 2020
Class lectures will be provided using: Canvas

Technology requirements for this course: Laptop or desktop computer for full functionality to access course information and high speed internet connection (i.e., > 5mbps). Avoid accessing material on a mobile device such as a phone or tablet as Canvas functionality will be reduced depending on the screen resolution.

2. INSTRUCTOR INFORMATION

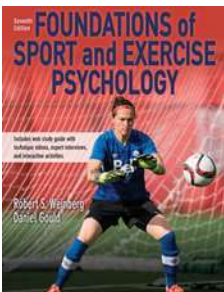
Instructor: Dr. Anthony G. Delli Paoli
Email: a.dellipaoli@rutgers.edu
Office Location: <https://rutgers.webex.com/meet/adelli>
Virtual Office Hours: Tuesdays 12-2pm
Virtual Office Hours Format: WebEx or by appointment via WebEx/Zoom

Graduate Teaching Assistant: XXX
Contact: XXX

Department Website: <http://kines.rutgers.edu/>

*Canvas email and announcements will be used for all information/communication related to this course.

3. REQUIRED COURSE MATERIALS



Weinberg, R.S. & Gould, D. (2019). *Foundations of Sport and Exercise Psychology (7th ed.)* Human Kinetics Press: Champaign, IL. ISBN: 9781492572473

- eBook recommended. Loose-leaf, or paperback versions of the textbook are acceptable
- Additional required readings will be posted as PDF files on Canvas.

4. COURSEDESCRIPTION

The purpose of this course is to provide an overview of the psychological theories and principles that influence human behavior in sport and physical activity contexts. The American Psychological Association (Division 47) defines sport and exercise psychology as "the scientific study of the psychological factors associated with participation and performance in sport, exercise, and other types of physical activity". Sport and exercise psychology practitioners focus primarily on: (1) helping individuals use psychological principles and skills to achieve optimal performance and derive satisfaction through sport participation and (2) understanding how participation in sport, exercise, and physical activity affects psychological development, health, and well-being.

*This course partially fulfills the Exercise Science Cluster Requirement for Exercise Science Majors

*This course partially fulfills the Psychology Requirement for Sport Management Majors

5. COURSE LEARNINGOBJECTIVES

By the conclusion of this course, student-learners will:

1. Identify and describe key definitions, distinctions, and proposed causal mechanisms of most major psychological theories in sport and physical activity.
2. Analyze, distinguish, and apply the theoretical knowledge to respond to challenges commonly encountered in the arenas of sport and physical activity.
3. Communicate the interdisciplinary nature of the study of sport and physical activity.
4. Identify and describe key issues related to professional ethics and responsibility in sport and exercise psychology.
5. Identify and describe key issues of diversity by demonstrating understanding of research evidence.

6. ONLINE LEARNING

This course optimizes online learning by providing students video lectures using Kaltura and online discussion boards for key concept discussion. The lecture videos will rely on recall to engage the learning process and students will then be able to apply this learning to current events in discussion boards and assignments. Video lectures can be completed on the student's own schedule whereas discussion boards are interactive. An additional feature of this course will be the live chat review sessions where students can interact with the Teaching Assistant and Instructor prior-to online exams.

7. GRADINGPOLICY

- This class uses a points-based system to calculate grades. Points are earned and not rewarded. Assignments are weighted for points based on their difficulty and effort needed to complete. The description of each assignment includes how many points it is worth. The total number of points for this class is **500**.
- Assignments are due by 11:59 PM on the due dates listed below unless otherwise noted.
- Assignments turned in late will receive a 25% point deduction for the first 24 hours unless the student communicates with the instructor BEFORE the due date and receives written approval of an extension.
- Concerns about a graded assignment must be brought to the instructor within seven days of receiving the grade. Assignment grades are finalized after this seven-day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know rightaway.

Letter Grade	GPA scale	Points Needed	Percent (%)
A	4.0	450-500	90-100
B+	3.5	425-449	85-89.9
B	3.0	400-424	80-84.9
C+	2.5	375-399	75-79.9
C	2.0	350-374	70-74.9
D	1.0	300-349	60-69.9
F	0	0-299	0-59.9

8. ASSIGNMENTS

Exams (Varied Points/ Exam)

Students will take two exams based on assigned readings and online lectures. Exam format will be a combination of true or false, multiple choice, and open ended. All Exams will be open-book and timed via Canvas Quizzes. Exams will be completed online using Canvas Quizzes. Each exam will be available to you for a 10-hour window of time. Once you begin each exam you will have 80 minutes to complete it.

Check for Understanding (Varied Points/ Assignment).

Check for Understanding assignments require students to answer questions based on each lecture. Each Check for Understanding appears on the lecture page below the lecture video. The format will be true or false, multiple choice, matching, or open ended. This purpose of this type of assignment is provide a quick way to ensure every student understands course material that is being presented during lecture videos, as well as, practice for taking exam questions. Check for Understanding assignments are open notes/book, untimed, and limited to one attempt.

In-Class Assignments (Varied Points/ Assignment)

The design of in-class activities gives more in-depth experience on select topics and occur throughout the semester. In-class activities will occur within a selected module, typically in the form of a Quiz or Assignment within the lecture module. In-Class Assignments are untimed, open notes/book, and limited to one attempt.

Reading Quizzes (10 points/ Reading Quiz)

There will be 10 quizzes based on the readings assigned for each upcoming week. They cover material from upcoming readings for the assigned week. Their purpose is to have students read and understand material prior-to lecture videos, such that lectures can be spent expanding on key aspects of the course. They also serve to prepare students for upcoming exams. The format of quizzes will be a combination of true or false, multiple choice, matching and/or short answer questions. Reading quizzes must be completed using Canvas Quizzes by 11:59 PM at the start of each week during the semester. Reading quizzes are open notes/book, timed, and limited to one attempt. The due dates are outlined in the course schedule.

Final Exam (100 points)

The final exam is cumulative, covering all content throughout the semester. The final exam will be open-book and timed via Canvas Quizzes. The final exam will be available for 24 hours starting 12:00am until 11:59 PM on **XXXXXXMayXX**. A make-up exam date reserved **XXXXXXMayXX**.

9. SUMMARY OF ASSIGNMENTS WITH DUE DATES

Assignment	Due Date	Points	Percent of Grade
Check for Understanding	Varied	50	10%
In-Class Assignments	Varied	50	10%
Online Reading Quizzes	Varied	100	20%
Exam 1	Monday October 5 th	75	15%
Exam 2	Monday November 2 nd	75	15%
Final Exam	Sunday December 20 th	125	25%
Total		500	100.00%

10. COURSE POLICIES AND PROCEDURES

Academic Integrity

Students are responsible for becoming familiar with the definitions, procedures and sanctions outlined in Rutgers University Academic Integrity Policy before submitting any assignment or exam. The policy can be found at: <http://nbacademicintegrity.rutgers.edu/home/academic-integrity-policy/>.

All students should conduct themselves with the highest standards of academic honesty. Examples of academic dishonesty include: copying others' written work, not citing sources, and submitting the same assignments/papers multiple times in different courses. All incidences of questionable academic integrity are a serious matter and may result in a no grade (0.0) for the assignment or course. Academic dishonesty will not be tolerated and will be treated in accordance with Rutgers University Academic Integrity Policy.

Expectations

- Engage with all online class material
 - Spending nine hours per week on class material. This including reading the textbook, note taking lectures, watching video lectures, and completing assignments.
- Complete all assigned readings and assignments on time
- Actively participate in all class activities, including online discussions.
- Follow the honor code when completing all quizzes, and exams
- Ask questions to enhance understanding of the material
- Communicate with the instructor if you have questions pertaining to the material or the course
- Check your email and Canvas announcements regularly to stay informed about class updates
- Ask questions during class to enhance understanding of the material.
- Either speak with or email your instructor if you have questions pertaining to the material or the course.

Email Etiquette

When emailing your instructor, please use your Rutgers e-mail address and identify yourself by full name and course number. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate e-mail etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 1-2 business days.

Plagiarism

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity. The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference).

Make-up Policy

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance:

- Athletic or other Rutgers sponsored trips: Travel dates and times accompanied by a signed memo from the group's advisor/coach must be presented to the instructor prior to travel dates.
- Religious observances.
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, etc. It will be up to the prerogative of the instructor whether or not the student will be allowed to take the make-up or receive an extension.

Behavior

- Behavior should facilitate and enhance the learning process. Any behavior that disrupts the learning process of yourself or other students will not be tolerated.
- Important to your educational success is the ability to think and speak freely. As a result, classmate perspectives and opinions should be respected, even if they differ from one's own positions. Disagreements, debates, and other contentious dialogue are welcomed, but must be carried out in a manner that focuses on finding better answers, not making personal attacks.

Laptops, Tablets, Cell Phones, and Other Electronic Technologies

- Access to Canvas should be on a laptop or desktop computer for full functionality.
- All timed quizzes and exams should be completed on reliable equipment such as a desktop computer or a laptop that is plugged in.
- Avoid accessing material on a mobile device such as a phone or tablet as Canvas functionality will be reduced depending on the screen resolution.
- Please visit the Rutgers Student Tech Guide page for resources available to all students. If you do not have the appropriate technology for financial reasons, please email Dean of Students deanofstudents@echo.rutgers.edu or complete the contact form for assistance. If you are facing other financial hardships, please visit the Office of Financial Aid at <https://financialaid.rutgers.edu/>.

Assignment Submissions

- Let's face it technology breaks at the most inconvenient times. Servers go down, computers get viruses, transfers time out, printers don't work, and files become corrupt. The list goes on and on. These are not considered emergencies. They are part of the normal production process. An issue you may have with technology is no excuse for late work. You need to protect yourself by managing your time and backing up your work.
- Students agree that by taking this course all required papers may be subject to submission for textual similarity review to Turnitin.com (directly or via learning management system, i.e. Canvas) for the detection of plagiarism. All submitted papers will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site. Students who do not agree should contact the course instructor immediately.

Diversity & Inclusion

- The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to University and global reach.

11. UNIVERSITY SERVICES

Although many of these offices remain closed to in-person visits, all remain accessible virtually. We encourage students to continue to use these resources during this semester of remote learning.

Service	Description	Contact Information
Student Accommodations	If you are a student in need of accommodations, please register with the Office of Disability Services in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 https://ods.rutgers.edu/
Just In Case Web App	Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.	http://codu.co/cee05e
Counseling, ADAP & Psychiatric Services (CAPS)	CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.	(848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 www.rhscaps.rutgers.edu/ Medical Services: http://health.rutgers.edu/medical-counseling-services/medical/ Counseling Services: http://health.rutgers.edu/medical-counseling-services/counseling/
Violence Prevention & Victim Assistance (VPVA)	The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.	(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901 www.vpva.rutgers.edu/
Scarlet Listeners	Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.	(732) 247-5555 https://rutgers.campuslabs.com/engage/organization/scarletlisteners
Academic Support	School of Arts and Sciences Academic Advising for personal, career, and educational goals. Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.	SAS: https://sasundergrad.rutgers.edu/ Dept. of Kinesiology & Health: Daria Gonzalez Loree Gym, Room 110 Email: Daria.Gonzalez@rutgers.edu https://kines.rutgers.edu/academics/academic-advising

12. COURSE OVERVIEW

Week	Module	Day	Date	Topic	Reading	Assignment Due
1	Module 1	Mon	Jan-19	Course Introduction	Syllabus	
		Wed	Jan-20	What is Sport and Exercise Psychology?	Chapters 1, 2 (p. 3-28)	
2		Mon	Jan-25	Personality and Sport	Chapter 3 (p. 29-52)	
		Wed	Jan-27	Motivation & Reinforcement	Chapter 4, 7 (p. 53-76, 121-150)	
3		Mon	Feb-01	Arousal, Stress, and Anxiety	Chapter 5 (p. 77-102)	Reading Quiz 1 (Ch 5 & 6)
	Module 2	Wed	Feb-03	Competition & Cooperation	Chapter 6 (p. 103-120)	
Mon		Feb-08	Diversity & Inclusion	Chapter 8 (p. 151-171)	ReadingQuiz 2 (Ch 8 & 9)	
Wed		Feb-10	Team Dynamics & Cohesion	Chapter 9 (p. 175-210)		
Mon		Feb-15	Leadership	Chapter 10 (p. 211-232)	ReadingQuiz 3 (Ch 10 & 11)	
Wed		Feb-17	Communication	Chapter 11 (p. 233-258)		
6	Mon	Feb-22	Exam 1	Lecture Notes + Ch 1-11	Exam 1	
	Module 3	Wed	Feb-24	Psychological Skills Training	Chapter 12 (p. 261-284)	
Mon		Mar-01	Arousal Regulation & Imagery	Chapter 13 (p. 285-XXX)	ReadingQuiz 4 (Ch 13 & 14)	
Wed		Mar-03	Imagery	Chapter 14 (p. XXX-XXX)		
Mon		Mar-08	Self-Confidence	Chapter 15 (p. 335-360)	Reading Quiz 5 (Ch 15 & 16)	
Wed		Mar-10	Goal Setting	Chapter 16 (p. 361-381)		
9	Module 4	Mon	Mar-15	SPRING BREAK		
		Wed	Mar-17	SPRING BREAK		
Mon		Mar-22	Choking & Concentration	Chapter 17 (p. 381-411)	Reading Quiz 6 (Ch 17 & 18)	
Wed		Mar-24	Exercise & Psychological Well-Being	Chapter 18 (p. 415-434)		
11		Mon	Mar-29	Exam 2	Lecture notes + Ch 12-19	Exam 2
		Wed	Mar-31	Exercise Behavior & Adherence	Chapter 19 (p. 435-466)	
12	Module 5	Mon	Apr-05	Athletic Injuries & Psychology	Chapter 20 (p. 467-484)	Reading Quiz 7 (Ch 20 & 21)
		Wed	Apr-07	Addictive & Unhealthy Behaviors	Chapter 21 (p 485-518)	
13		Mon	Apr-12	Burnout & Overtraining	Chapter 22 (p. 519-540)	Reading Quiz 8 (Ch 22 & 23)
		Wed	Apr-14	Children & Sport Psychology	Chapter 23 (p. 543-566)	
14		Mon	Apr-19	Critical Issues in Youth Sport	Assigned Reading #1	Reading Quiz 9 (AR#1 & AR#2)
		Wed	Apr-21	Critical Issues in Youth Physical Activity	Assigned Reading #2	
15		Mon	Apr-26	Aggression in Sport	Chapter 24 (p. 567-584)	Reading Quiz 10 (Ch 24 & 25)
		Wed	Apr-28	Character Development & Good Sporting Behavior	Chapter 25 (p 585-607)	
16		Mon	May-03	Bonus Lecture	Assigned Reading #3	
		Wed	May-05	Review Lecture		
17		TBD	TBD	Final Exam	Cumulative	

* Note Course Overview is subject to be updated. The Course Instructor will inform all students of any and all updates.