

EXS311: Sport Psychology (Summer 2005, 3 credits)
School of Physical Activity & Health, Eastern Oregon University
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Description: Study of psychological factors affecting sport performance and exercise participation. Specific attention will be given to techniques for effectively coaching athletes and teaching physical education classes. Topics include motivation, arousal, psychological skill training, goal setting, and group dynamics. Writing Intensive.

Goals: Students will. . .

1. Understand the science of both theoretical and applied sport psychology.
2. Explain the principles of modeling, goal setting, motivation, arousal, and group dynamics.
3. Learn techniques for encouraging intrinsic motivation for exercise and sport.
4. Demonstrate acquisition of knowledge from textbook by recalling information and synthesizing solutions on exams and discussions.
5. Write a review of literature paper on the relevant primary research for a specific sport psychology topic.
6. Understand the psychological factors affecting sport performance with particular emphasis on coaching.

Text: Weinberg, R. & Gould, D. (2003). *Foundations of Sport and Exercise Psychology*, (3rd ed.). Champaign, IL: Human Kinetics. ISBN: 0736044191

Requirements

- 45% Exams: Multiple choice, true false, matching, and essay exams as indicated on the schedule.
- 30% Assignments: The instructor will give various assignments throughout the term.
- 25% Review of literature: Each student will be required to write a paper on an approved topic that focuses on research publications. Drafts and final paper are due on the dates indicated in schedule. The paper guidelines will be supplied by the instructor.

Computer Technology

Each student will be required to submit or access assignments through various methods such as email (including attachments), Blackboard, the internet, Adobe Acrobat Reader, or a word processor. The student should be proficient in these activities and possess up-to-date software. For assistance with any of the required technology, contact computer support or read the help documentation accompanying the product. Blackboard also maintains a manual that is helpful for students. As a last resort, contact the instructor.

Late Work

Assignments are due as indicated by the schedule or instructor. All late work carries a penalty of 10 percent off the total possible of the assignment. No work will be accepted after the final exam.

Academic Honesty

Students are expected to exhibit honesty in their learning by turning in their original work and providing information from their own knowledge. Any students caught cheating, lying, or plagiarizing may fail the class and be subject to further discipline by the university. **Students are NOT allowed to log into another student's Blackboard account for any reason.**

According to www.webster.com "plagiarize" means "to steal and pass off (the ideas or words of another) as one's own," or, "use (another's production) without crediting the source." Eastern Oregon University's Online Writing Lab (OWL) maintains a website with information about plagiarism and how to avoid it. There is a link to this website from the instructor's homepage. Each student will be held responsible for knowing this information.

Online Exams

Exams are administered without a proctor. Students are allowed to utilize any sources such as the internet, classmates, discussion boards, text books, and additional readings. However, all information submitted must be original work from the student. To avoid penalties for plagiarism, all copied and borrowed materials from sources must be properly cited (see APA style guide at <http://www.eou.edu/~bsather/documents/apa.pdf>). The same rules apply for information taken from the textbook, class notes, and class discussions. All essay responses must also be original work. **Students are NOT allowed to turn in the same essays or copied materials from a partner's essays.**

Grades

Students are responsible for reviewing their grades online to ensure that all assignments are turned in and properly recorded. The instructor will provide a username, password, and web address. The following are the percentages required for each letter grade:

A 93+	B+ 88-89	C+ 78-79	D+ 68-69	F <59
A- 90-92	B 82-87	C 72-77	D 62-67	
	B- 80-81	C- 70-71	D- 60-61	