

**NORTHEASTERN UNIVERSITY
COLLEGE OF ARTS & SCIENCES
PSY U310 - SPORTS PSYCHOLOGY**

Instructor: Dr. Grayson Kimball
Class Location: Shillman Hall RM 320
Class Day/Time: Tuesday~Friday - 9:50-11:30

Phone: 617-731-9431
Office: 235 Nightingale
Email: gtk18@aol.com
g.kimball@neu.edu

COURSE DESCRIPTION

This course studies the physical, affective, and cognitive behaviors associated with sport participation and will also examine the psychological theories and research related to sport and exercise behavior. The course is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area including the history of sport and exercise psychology, leadership, self-confidence, youth sports, aggression, moral development, team dynamics, anxiety and arousal, goal-setting, imagery, and motivation. The topics covered in this course are designed to increase your understanding of the psychological makeup of athletes, how psychological factors influence involvement and performance in sport, and help you acquire the skills and knowledge about sport and exercise psychology that you can apply to your everyday life.

TEXT AND READINGS

The following textbook will be used for this course. You may follow along with lectures by reading the course material prior to each class meeting.

Weinberg, R.S., & Gould, D. (2007). Foundations of sport and exercise psychology (4th Edition). Champaign, IL: Human Kinetics.

ADDITIONAL REFERENCES:

Jackson, S. & Csikszentmihalyi, M. (1999). Flow in sports. Champaign, IL: Human Kinetics.

Williams, J. M. (Ed.) (2006). Applied sport psychology: Personal growth to peak performance (5th Edition). Palo Alto, CA: Mayfield.

CLASS PROCEDURES AND REQUIREMENTS

Course Evaluation	% Each	% Total	Due Date
Semester Exams (2)	10%	20%	Feb 1 st & Feb 22 nd
Class Assignments (6)	10%	60%	See Below**
Final Exam	20%	20%	TBA

EXAMINATIONS

Two exams will be scheduled during the semester as well as the final exam during finals week. Exams will consist of true-false, multiple choice, matching, fill-in-the-blank, or short essay questions. There will be **NO MAKE-UPS** for missed exams. If the student cannot make it to class on the day of an exam, they **MUST** get in contact with the instructor via telephone, email, or any other creative means the student can think of. If a student fails to contact the instructor **before** the exam is to be given, they will receive a zero on the exam.

CLASS ASSIGNMENTS

There will be six class assignments throughout the semester. The assignments may consist of short answer, small group projects, movie critiques, quizzes, presentations, etc and will be both in-class and take-home. There will be **NO MAKE-UPS** for missed class assignments.

****Dates are subject to change****

1. Assignment #1 – January 29th
2. Assignment #2 – February 8th
3. Assignment #3 – March 14th
4. Assignment #4 – March 21st
5. Assignment #5 – March 25th
6. Assignment #6 – March 28th

ATTENDANCE

Students are expected to attend each class period. If any student misses a class, they will be held responsible for material covered in missed class.

EXPECTATIONS

- No exams or assignments will be made up for unexcused absences. The student is expected to turn in all assignments on the due date. **No late papers/assignments will be accepted.**
- Students are expected to read any materials distributed in class for further clarification of lecture content.
- Academic dishonesty will be dealt with in accordance with the guidelines of Northeastern University.
 - Plagiarism is defined as “Intentionally or knowingly representing the words or ideas of another as one’s own in any academic exercise without providing proper documentation of source by way of a footnote, endnote, or intertextual note” (Northeastern University, OSCCR).
 - Cheating will not be tolerated. Anyone caught cheating will be asked to turn in their test, will receive a zero, and may be removed from class on a permanent basis.

COURSE SYLLABUS - Spring 2008*

Tuesday	Friday
<u>January 8</u> Introduction to Sport Psychology	<u>January 11</u> History of Sport Psychology
<u>January 15</u> Personality & Sport	<u>January 18</u> Motivation
<u>January 22</u> Arousal, Stress, & Anxiety	<u>January 25</u> Feedback, Reinforcement, Intrinsic Motivation
<u>January 29</u> CATCH-UP/REVIEW	<u>February 1</u> EXAM 1
<u>February 5</u> Group & Team Dynamics	<u>February 8</u> Group Cohesion
<u>February 12</u> Leadership	<u>February 15</u> Communication
<u>February 19</u> CATCH-UP/REVIEW	<u>February 22</u> EXAM 2
<u>February 26</u> MOVIE	<u>February 29</u> MOVIE
<u>March 4</u> SPRING BREAK	<u>March 7</u> SPRING BREAK
<u>March 11</u> Children & Sport Psychology	<u>March 14</u> Professionalization of Youth Sport
<u>March 18</u> Character Development/Sportsmanship	<u>March 21</u> Aggression in Sport
<u>March 25</u> IN-CLASS PRESENTATIONS	<u>March 28</u> Introduction to Psychological Skills Training
<u>April 1</u> Anxiety & Arousal Regulation/Imagery	<u>April 4</u> Self-Confidence
<u>April 8</u> Concentration/Goal-Setting	<u>April 11</u> SPORT PSYCHOLOGY CONSULTATION
<u>April 15</u> REVIEW FOR FINAL EXAM	<u>April ???</u> FINAL EXAM ~ Time-TBA

*Subject to change throughout the semester