



Course Syllabus  
KNES 4033 X10 Sport & Exercise Psychology  
West College of Education  
Fall 2021

Contact Information

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Instructor Response Policy

My preferred method of communication is by email. I check my email throughout the day (MTWR), so you can expect to hear back from me usually within a few hours of receiving your message. Do not expect a response during the evening hours or over the weekend. I generally do not pay attention to the phone, so if you call and leave a message, you may not receive a return call. It is best to drop me an email.

Required Course Materials

Textbook  
Computer or tablet  
Internet access

Required Textbook

Weinberg, R.S. & Gould, D. (2019). Foundations of Sport and Exercise Psychology (7<sup>th</sup> ed.).  
Champaign, IL: Human Kinetics.

Course Description

Introduction to the psychosocial dynamics involved in sport and exercise performance.

Learning Outcomes

Students will examine the dynamics of personality, motivation, arousal, competition, and reinforcement as determinants of sport behavior and performance.

Students will examine how leadership, teamwork, and communication can interact to create the optimal environment for success and maximum performance.

Students will examine how self-confidence, concentration, and various psychological skills are essential for successful performance.

Students will examine the psychological impact that injuries, unhealthy behaviors, burnout, and overtraining have on sport behavior and performance.

Students will examine how sport can contribute to psychological growth and development.

## Course Essentials

### Syllabus

The syllabus provides general information about the course, assignment expectations and requirements, and assessment information.

### Course Calendar

The course calendar is the road map for this course. The course calendar identifies: (1) the topics to be studied, (2) the chapter reading assignments, (3) the assessment activities to be completed, and (4) the completion dates for the assessments.

### Textbook

The textbook is required reading for this course. Reading assignments and assessments are connected directly to the text. This is an excellent text, and the number one text used in undergraduate sport psychology courses. The authors are leading scholars in the field, the research is current, and examples and discussion relevant.

### Desire-to-Learn (D2L)

This course is delivered on the MSU Texas online platform D2L. Each student is expected to be familiar with this program as it is the source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Texas Homepage.

## Exams

### Description

Exams for learning modules 1-6 have been created to assess your understanding and ability to apply basic concepts of sport and exercise psychology. Questions relate directly to the content of each chapter in the textbook.

### Questions and Points

Exams are composed of multiple-choice questions of varying levels of difficulty. Each question is worth 2 points.

### Exam Location

Exams can be found by clicking on “assessments” at the top of the course homepage or by clicking on a link within the learning module. If using the assessment menu, click on “tests”. A list of exams will appear and you should click on the exam you wish to complete.

### Failure to Complete

Failure to complete an exam within the week it is available will result in a grade of zero (0). There are no make-up opportunities, redo’s or extra credit.

### Self-Assessment Activities

Four self-assessment activities are required throughout the semester that give you an opportunity to learn about yourself. These activities involve completing a self-assessment and writing a 2-page reflection paper that summarizes your results and what you learned.

### Grading/Assessment

#### Exams (440 points)

Exam 1	Participants	Points = 60
Exam 2	Environment	Points = 60
Exam 3	Group Processes	Points = 60
Exam 4	Performance	Points = 100
Exam 5	Well-Being	Points = 100
Exam 6	Development	Points = 60

#### Self-Assessments (200 points)

Self-Assessment 1	Personality	Points = 50
Self-Assessment 2	Self-Motivation	Points = 50
Self-Assessment 3	Leadership	Points = 50
Self-Assessment 4	Self-Confidence	Points = 50

#### Final Grade Determination

A	576-640 points
B	512-575 points
C	448-511 points
D	384-447 points
F	000-383 points