Course Syllabus Spring 2024

KNES 4033 X20 Sport & Exercise Psychology
Dr. Julie Wood
January 15 – May 10

Contact Information

- Office: Bridwell 322

- Hours: 10:00-12:00 TWR or Email for Appointment

- Email: julie.wood@msutexas.edu

Contact Preference

My preferred method of communication is by email. I check my email throughout the day (MTWRF), so you can expect to hear back from me usually within a few hours of receiving your message. I generally do not respond during the evening hours or over the weekend. If you should call and leave a message, I would appreciate it if you would also send me an email as I most often do not pay attention to the phone.

Course Description

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

Textbook

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

Learning Outcomes

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

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

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

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

5. 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. 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 platform 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.

The content for this course is organized into modules on D2L. The modules can be found listed in the course browser or by clicking on the content icon on the course homepage. There is a module for course materials followed by 6 learning modules. Learning modules contain chapter power point slides, learning activities, and grading rubrics.

Instructor Beliefs and Expectations

I thought it might be important to share with you some of my beliefs about teaching and my approach to working with students who I meet along this journey of life. This is my 48th year of teaching in higher education, so I've been around the block a few times and experienced many interesting students along the way.

Beliefs

1. I believe you are growing into the very best person you can be.
2. I believe you will give your best effort to meet the challenges you experience in this class.
3. I believe the assignments you will submit are yours – original work that you have spent time and effort to show the best of you.
4. I believe you will be open and honest when interacting and communicating with me and your classmates.
5. I believe you will be successful in your own individual way.

Expectations

1. You are responsible for purchasing and reading the assigned material in the text.
2. You are responsible for locating scholarly material through the MSU library or other online scholarly sources when needed to complete assignments.

3. Written assignments should be doubled spaced using 12-point font. Copying and pasting information is not acceptable. Points will be deducted for not following professional conventions.

4. When references are requested, citations and reference information should be complete and formatted following APA guidelines. The APA manual 7th edition can be found online at [Purdue Owl APA](#) or [American Psychological Association](#). Points will be deducted for formatting issues.

5. Be sure to submit the correct document to the assignment dropbox. Submitting incorrect or blank documents does not excuse you. A grade of zero will be recorded.

6. Late assignments and exams must be completed within 48 hours past the due date and time. Assignments and exams are posted the first day of class giving you ample time to complete and submit your work. Points will be deducted for assignments submitted within the 48-hour late window. After the 48-hour late window, assignments and exams will not be accepted and a grade of zero will be recorded.

7. There are no redoes for assignments or exams.

8. There are no opportunities for extra credit.

9. I expect you to take the initiative to contact me via email if you have questions about the class or an assignment.

Graded Assignments

Learning Activities

Seven learning activities are required throughout the semester that give you an opportunity to apply concepts and principles to various activities. Learning activities include self-assessments and concept application questions.

Exams

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

Student Integrity

AI Generated Writing

Using ChatGPT and other AI generative programs to compose an assignment are not yet considered acceptable practices. AI generated information is not original work. The machine is giving you information that has been copied from others with no acknowledgement of who authored or created the original material. If you copy and paste AI generated information, you have plagiarized the information given to you by the machine. If you rephrase AI generated information, you have again committed plagiarism because the information is not your original work.

That said, if you decide to use generative AI for parts of an assignment, please read the information at the following two links carefully. The Best Practices article gives you suggestions and guidelines for acceptable use. Keep in mind that AI is not always correct or current or trustworthy. However, you are responsible for the accuracy of all material you include in an assignment. Best Practices AI Scientific Manuscripts

Most importantly, you must provide citations and references for all generative AI information used. Since generative AI information is not reproducible, you should save copies of the information you obtained and include those documents in appendices attached to your assignment. Full citation information can be found at the APA How to Cite link. How to Cite ChatGPT

Plagiarism

All assignments are submitted to Turnitin for plagiarism and AI checks. Next, the instructor will review the plagiarism/AI issues. Many times, scores can be impacted by reference and citation information, and these issues will be disregarded. All paraphrased and quoted information

should be cited and a reference for that citation should be included with the assignment or on the reference page. Remember, this is true for AI generated information as well. The APA manual 7th edition can be found online. [Purdue Owl APA](#) or [American Psychological Association](#)

Resolving AI/Plagiarism Issues

I understand that you may make mistakes and you may be confused by policies that differ from course to course. However, you are responsible for the originality and accuracy of any assignment you submit. It is very important that you read every syllabus and understand all faculty expectations.

Minor Incident

You will receive feedback on the assignment grading rubric regarding the plagiarism/AI issues noted. It is your responsibility to read the feedback, contact me if you have questions, and incorporate corrections on future assignments. Points will be deducted for the plagiarism/AI issues mentioned relative to the extent of the issue.

Major Incident

If a substantial part of the assignment (50% or more) is flagged as plagiarized or AI generated (excluding assignment instructions, citations, references, etc.), you will receive a grade of zero for that assignment. Feedback regarding a serious issue will be noted on the grading rubric for the assignment. You will also receive an email detailing the issues in question.

Assessment Disagreement

If you disagree with my assessment regarding plagiarism and use of AI, please set up an appointment to meet with me to discuss the issue. Plagiarism can be flagged for various reasons, some of which could be unintentional. Hopefully an understanding can be reached and the resolution we agree to will guide how we proceed.

Assessment

Assignments, Points, Due Dates

Assignments	Points	Due Date
Activity Personality	60	Friday January 26
Exam 1	60	Friday February 2
Activity Self-Motivation	50	Friday February 9
Exam 2	60	Friday February 16
Activity Group Cohesiveness	40	Friday February 23
Exam 3	60	Friday March 1
Activity Practice	60	Friday March 8
Activity Intention	40	Friday March 22
Exam 4	100	Friday April 5
Activity Conditioning	50	Friday April 12
Exam 5	100	Friday April 19
Activity Discipline	75	Friday April 26
Exam 6	60	Friday May 3
Total Points	815	

Final Grade Determination

Grade	Points	Percent
A	733-815	90-100
B	652-732	80-89
C	570-651	70-79
D	489-569	60-69
F	000-488	00-59