

KNES 4033 X20 Sport & Exercise Psychology  
Course Syllabus Spring 2025  
Dr. Julie Wood

Contact Information

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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 (7<sup>th</sup> 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.

## Learning Modules

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 that contain the learning activities for each topic.

## Assessment

### 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.

- Total Points: 230 points
- Percent of Final Grade: 31%

### 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.

- Total Points: 440 points
- Percent of Final Grade: 60%

### Responsibility

Responsibility entails submitting assignments (7) and exams (6) by the due date and time. Students can earn 5 points for each assignment and exam submitted on time.

- Total Points: 65 points
- Percent of Final Grade: 09%

## Student Expectations

- **COURSE CONTENT:** Students are responsible for reading/viewing assigned material.
- **SCHOLARLY RESEARCH:** Students are responsible for locating scholarly material through the MSU library or other online scholarly sources when needed to complete assignments.
- **ORIGINAL WORK:** Students are expected to submit original work. Generative AI and plagiarism are not acceptable. Refer to course grading rubrics for point deductions.
- **WRITING CONVENTIONS:** Written assignments should be double spaced using 12-point font. Copying and pasting information is not acceptable.
- **CITATIONS AND REFERENCES:** When references are requested, citations and reference information should be complete and formatted following APA guidelines. The APA manual 7<sup>th</sup> edition can be found online at [Purdue Owl APA](#) or [American Psychological Association](#).
- **ASSIGNMENT SUBMISSION:** Be sure to submit the correct document to the assignment drop box. Submitting incorrect or blank documents does not excuse you. A grade of zero will be recorded.
- **LATE ASSIGNMENTS:** Learning activities and exams will be accepted during the 8 weeks in which they were assigned. A grade of zero will be recorded until the work is completed. A responsibility grade of zero will also be recorded.
- **RESUBMISSIONS:** There are no redoes for assignments or exams.
- **EXTRA CREDIT:** There are no opportunities for extra credit.
- **QUESTIONS:** I expect you to take the initiative to stop by the office or contact me via email if you have questions about the class or an assignment.
- **PROFESSIONAL CONDUCT:** I expect any interaction or communication we have to be professional and respectful.

## Assessment

### Assignments, Points, Due Dates

| Assignments              | Points | Due Date           |
|--------------------------|--------|--------------------|
| Activity Personality     | 40     | Friday January 31  |
| Exam 1                   | 60     | Friday February 7  |
| Activity Self-Motivation | 25     | Friday February 14 |

| Assignments                 | Points | Due Date            |
|-----------------------------|--------|---------------------|
| Exam 2                      | 60     | Friday February 21  |
| Activity Group Cohesiveness | 30     | Friday February 28  |
| Exam 3                      | 60     | Friday March 7      |
| Activity Practice           | 40     | Friday March 21     |
| Activity Intention          | 25     | Friday March 28     |
| Exam 4                      | 100    | Friday April 4      |
| Activity Conditioning       | 25     | Friday April 11     |
| Exam 5                      | 100    | Friday April 25     |
| Activity Discipline         | 45     | Friday May 2        |
| Exam 6                      | 60     | Friday December 9   |
| Responsibility Points       | 65     | Throughout Semester |
| Total Points                | 735    |                     |

#### Final Grade Determination

| Grade | Points  | Percent |
|-------|---------|---------|
| A     | 661-735 | 90-100  |
| B     | 588-660 | 80-89   |
| C     | 514-587 | 70-79   |
| D     | 441-513 | 60-69   |
| F     | 000-440 | 00-59   |