

Course Calendar

KNES 4033 Sport and Exercise Psychology

Spring 2026

January 19 Introduction

Course Materials

Read the course materials posted on D2L in the content folder entitled Introduction. (On the menu at the top of the course home page click on Content.) Materials posted include the syllabus, course calendar, introductory activity, and any other documents appropriate for this course. Please purchase the textbook. The text is required, and you should have it in hand by the second week of the semester.

Activity Personality (40 points)

Due Friday January 23, 11:59 pm

Midterm Topic Paper

Information is posted in the D2L content folder entitled midterm topic paper. (100 points)

Due Friday March 6, 11:59 pm

Final Topic Paper

Information is posted in the D2L content folder entitled final topic paper. (100 points)

Due Friday May 1, 11:59 pm

January 26 Motivation

Read Chapter 4 Motivation

Activity Achievement Motivation (50 points)

Due Friday January 30, 11:59 pm

February 2 Stress

Read Chapter 5 Arousal, Stress, & Anxiety

Activity Arousal, Stress, & Anxiety (100 points)

Due Friday February 6, 11:59 pm

February 9 Imagery

Read Chapter 14 Imagery

Activity Imagery (45 points)
Due Friday February 13, 11:59 pm

February 16 Confidence

Read Chapter 15 Self-Confidence

Activity Self-Confidence (60 points)
Due Friday February 20, 11:59 pm

February 23 Concentration

Read Chapter 17 Concentration

Activity Concentration (50 points)
Due Friday February 27, 11:59 pm

March 2 Midterm Topic Paper

Refer to content folder entitled Midterm Topic Paper

Activity Midterm Topic Paper (100 points)
Due Friday March 6, 11:59 pm

March 9 Spring Break

March 16 Goals

Read Chapter 16 Goal Setting

Activity Goal Setting (40 points)
Due Friday March 20, 11:59 pm

March 23 Well-Being

Read Chapter 18 Exercise & Psychological Well-Being

Activity Practice (45 points)
Due Friday March 27, 11:59 pm

March 30 Holiday Break

April 6 Adherence

Read Chapter 19 Exercise Behavior & Adherence

Activity Exercise Behavior (25 points)
Due Friday April 10, 11:59 pm

April 13 Injuries

Read Chapter 20 Athletic Injuries & Psychology

Activity Athletic Injuries (60 points)
Due Friday April 17, 11:59 pm

April 20 Burnout

Read Chapter 22 Burnout & Overtraining

Activity Burnout (40 points)
Due Friday April 24, 11:59 pm

April 27 Final Topic Paper

Refer to content folder entitled Final Topic Paper

Activity Final Topic Paper (100 points)
Due Friday May 1, 11:59 pm

May 4 Late Assignment Submission

Late submissions for all assignments.
Due Friday May 8, 11:59 pm