

Course Calendar

KNES 4033 Sport and Exercise Psychology

Fall 2026

August 24 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, 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.

Midterm Topic Paper

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

Due Friday October 16, 11:59 pm

Final Topic Paper

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

Due Friday December 4, 11:59 pm

August 31 Personality

Activity Personality (40 points)

Due Friday September 4, 11:59 pm

September 7 Motivation

Read Chapter 4 Motivation

Activity Achievement Motivation (50 points)

Due Friday September 11, 11:59 pm

September 14 Stress

Read Chapter 5 Arousal, Stress, & Anxiety

Activity Arousal, Stress, & Anxiety (100 points)

Due Friday September 18, 11:59 pm

September 21 Imagery

Read Chapter 14 Imagery

Activity Imagery (45 points)

Due Friday September 25, 11:59 pm

September 28 Confidence

Read Chapter 15 Self-Confidence

Activity Self-Confidence (60 points)

Due Friday October 2, 11:59 pm

October 5 Concentration

Read Chapter 17 Concentration

Activity Concentration (50 points)

Due Friday October 9, 11:59 pm

October 12 Midterm Topic Paper

Refer to content folder entitled Midterm Topic Paper

Activity Midterm Topic Paper (100 points)

Due Friday October 16, 11:59 pm

October 19 Goals

Read Chapter 16 Goal Setting

Activity Goal Setting (40 points)

Due Friday October 23, 11:59 pm

October 26 Well-Being

Read Chapter 18 Exercise & Psychological Well-Being

Activity Practice (45 points)

Due Friday October 30, 11:59 pm

November 2 Adherence

Read Chapter 19 Exercise Behavior & Adherence

Activity Exercise Behavior (25 points)

Due Friday November 6, 11:59 pm

November 9 Injuries

Read Chapter 20 Athletic Injuries & Psychology

Activity Athletic Injuries (60 points)

Due Friday November 13, 11:59 pm

November 16 Burnout

Read Chapter 22 Burnout & Overtraining

Activity Burnout (40 points)

Due Friday November 20, 11:59 pm

November 23 Thanksgiving Week

November 30 Final Topic Paper

Refer to content folder entitled Final Topic Paper

Activity Final Topic Paper (100 points)

Due Friday December 4, 11:59 pm