

KNES 4033 X10 Sport & Exercise Psychology
Course Syllabus Fall 2025
Dr. Julie Wood

Contact Information

- Office: Bridwell 322
- Hours: 10:30-12:00 TR, 10:00-12:00 W; Other times by appointment.
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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 (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.

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: 34%

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: 66%

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 7th 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.
- **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 September 5
Exam 1	60	Friday September 12
Activity Self-Motivation	25	Friday September 19
Exam 2	60	Friday September 26
Activity Group Cohesiveness	30	Friday October 3
Exam 3	60	Friday October 10
Activity Practice	40	Friday October 17
Activity Intention	25	Friday October 24

Assignments	Points	Due Date
Exam 4	100	Friday October 31
Activity Conditioning	25	Friday November 7
Exam 5	100	Friday November 14
Activity Discipline	45	Friday November 21
Exam 6	60	Friday December 5
Total Points	670	

Final Grade Determination

Grade	Points	Percent
A	603-670	90-100
B	536-602	80-89
C	469-535	70-79
D	402-468	60-69
F	000-401	00-59