

KNES 4033 Sport & Exercise Psychology

Course Syllabus Spring 2026

Dr. Julie Wood

Contact Information

- Office: Bridwell 322
- Hours: 10:30-12:00 TR, 10:00-12:00 W; Anytime the office door is open or 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, and anxiety as determinants of sport behavior and performance.
2. Students will examine how self-confidence, concentration, and various psychological skills and tools are essential for successful performance.
3. Students will examine the physical and psychological impact that injuries, burnout, and overtraining have on sport behavior and performance.

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 and general course information. You can log into [D2L](#) through the MSU Texas Homepage.

Content Folders

The content for this course is organized into folders on D2L. The folders can be found listed in the course browser or by clicking on the content icon on the course homepage.

Assignments

Weekly Assignments

Eleven weekly assignments are required throughout the semester that give you an opportunity to apply concepts and principles to various activities. Weekly assignments include concept application and self-perception questions. Assignments are organized in content folders on D2L.

- Total Points: 555 points
- Percent of Final Grade: 74%

Topic Papers

Two topic papers are required that serve as midterm and final assessments. Topic papers allow students to research various concepts and applications from an approved list of topics identified for each assessment. Expectations and topics are in content folders on D2L. Each paper is worth 100 points.

- Total Points: 200 points
- Percent of Final Grade: 26%

Student Expectations

Course Content

Students are responsible for reading assigned material.

Assignment Responses

Unless otherwise noted, it is expected that assignment responses correspond to information presented in the text.

Scholarly Research

Students are responsible for locating scholarly material through the MSU library or other online scholarly sources when needed to complete the midterm and final topic papers.

Plagiarism

Students are expected to submit original work. Please do not copy the work of others without providing proper citations.

Use of Artificial Intelligence (AI)

If you should choose to use AI tools to complete your assignments, please be sure to indicate the tool you used at the end of the assignment.

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 will result in a grade of zero until the correct document is submitted.

Late Assignments

Late assignments will be accepted through the last week of the semester. A grade of zero will be recorded until the assignment is completed.

Resubmissions

There are no redoes for assignments.

Extra Credit

There are no opportunities for extra credit.

Questions

Please stop by the office or contact me via email if you have questions about the class or an assignment.

Assessment

Assignments, Points, Due Dates

Assignments	Points	Due Date
Personality	40	Friday January 23
Achievement Motivation	50	Friday January 30
Arousal, Stress, & Anxiety	100	Friday February 6
Imagery	45	Friday February 13
Self-Confidence	60	Friday February 20
Concentration	50	Friday February 27
Midterm Topic Paper	100	Friday March 6
Goals	40	Friday March 20
Practice	45	Friday March 27
Exercise Behavior	25	Friday April 10
Athletic Injuries	60	Friday April 17
Burnout	40	Friday April 24
Final Topic Paper	100	Friday May 1
Total Points	755	

Final Grade Determination

Grade	Points	Percent
A	679-755	90-100
B	604-678	80-89
C	528-603	70-79
D	453-527	60-69
F	000-452	00-59