

Course Calendar  
KNES 4033 X10/DX1 Sport & Exercise Psychology  
West College of Education  
Spring 2023

**January 16 Course Materials**

Assignment

Read all of the course materials posted on D2L in the module entitled Course Materials. Materials posted include the syllabus, course calendar, self-assessment activities, technology and skill requirements, tips for exam success, and any other documents appropriate for this course.

Please purchase the textbook. It is required reading for this course and you should have it in hand by the second week of the semester.

**January 23 Participants**

Required Reading

Read the following chapters in the text: Chapter 3 Personality, Chapter 4 Motivation, and Chapter 5 Arousal, Stress and Anxiety.

Self-Assessment (Due Date: Friday, January 27)

Complete Self-Assessment 1 on Personality and submit a 2-page reflection paper that includes your score, the interpretation of that score, and how the information learned can benefit you moving forward. The reflection paper is worth 50 points. Submit the assignment to the appropriate dropbox on D2L. Refer to the Self-Assessments document posted in the Course Materials module for more specific directions.

Personality Test

[https://www.123test.com/personality-test/?utm\\_expId=.85TJSgpPTQSKkGgYcTK5lw.0&utm\\_referrer=https%3A%2F%2Fwww.google.com%2F](https://www.123test.com/personality-test/?utm_expId=.85TJSgpPTQSKkGgYcTK5lw.0&utm_referrer=https%3A%2F%2Fwww.google.com%2F)

Exam (Due Date: Friday, February 3)

Exam 1 covers the material presented in chapters 3, 4, and 5. It is comprised of 30 multiple choice questions worth 2 points each for a total of 60 points.

**February 6 Environment**

### Required Reading

Read the following chapters in the text: Chapter 6 Competition and Cooperation, Chapter 7 Feedback, Reinforcement, and Intrinsic Motivation, and Chapter 8 Diversity and Inclusion.

### Self-Assessment (Due Date: Friday, February 10)

Complete Self-Assessment 2 on Self-Motivation and submit a 2-page reflection paper that includes your score, the interpretation of that score, and how the information learned can benefit you moving forward. The reflection paper is worth 50 points. Submit the assignment to the appropriate dropbox on D2L. Refer to the Self-Assessments document posted in the Course Materials module for more specific directions.

### Self-Motivation

[https://www.mindtools.com/pages/article/newLDR\\_57.htm](https://www.mindtools.com/pages/article/newLDR_57.htm)

### Exam (Due Date: Friday, February 17)

Exam 2 covers the material presented in chapters 6, 7, and 8. It is comprised of 30 multiple choice questions worth 2 points each for a total of 60 points.

## **February 20 Group Processes**

### Required Reading

Read the following chapters in the text: Chapter 9 Team Dynamics and Cohesion, Chapter 10 Leadership, and Chapter 11 Communication.

### Self-Assessment (Due Date: Friday, February 24)

Complete Self-Assessment 3 on Leadership and submit a 2-page reflection paper that includes your score, the interpretation of that score, and how the information learned can benefit you moving forward. The reflection paper is worth 50 points. Submit the assignment to the appropriate dropbox on D2L. Refer to the Self-Assessments document posted in the Course Materials module for more specific directions.

### Leadership

[https://www.mindtools.com/pages/article/newLDR\\_50.htm](https://www.mindtools.com/pages/article/newLDR_50.htm)

### Exam (Due Date: Friday, March 3)

Exam 3 covers the material presented in chapters 9, 10, and 11. It is comprised of 30 multiple choice questions worth 2 points each for a total of 60 points.

### **March 6 Performance**

#### Required Reading

Read the following chapters in the text: Chapter 13 Arousal Regulation, Chapter 14 Imagery, Chapter 15 Self-Confidence, Chapter 16 Goal Setting, and Chapter 17 Concentration.

#### Self-Assessment (Due Date: Friday, March 24)

Complete Self-Assessment 4 on Self-Confidence and submit a 2-page reflection paper that includes your score, the interpretation of that score, and how the information learned can benefit you moving forward. The reflection paper is worth 50 points. Submit the assignment to the appropriate dropbox on D2L. Refer to the Self-Assessments document posted in the Course Materials module for more specific directions.

#### Self-Confidence

[https://www.mindtools.com/pages/article/newTCS\\_84.htm](https://www.mindtools.com/pages/article/newTCS_84.htm)

#### Exam (Due Date: Friday, March 31)

Exam 4 covers the material presented in chapters 13, 14, 15, 16, and 17. It is comprised of 50 multiple choice questions worth 2 points each for a total of 100 points.

### **April 3 Health & Well-Being**

#### Required Reading

Read the following chapters in the text: Chapter 18 Psychological Well-Being, Chapter 19 Exercise Behavior and Adherence, Chapter 20 Athletic Injuries, Chapter 21 Addictive and Unhealthy Behaviors, and Chapter 22 Burnout and Overtraining.

#### Exam (Due Date: Friday, April 21)

Exam 5 covers the material presented in chapters 18, 19, 20, 21, and 22. It is comprised of 50 multiple choice questions worth 2 points each for a total of 100 points.

### **April 24 Growth & Development**

#### Required Reading

Read the following chapters in the text: Chapter 23 Children and Sport Psychology, Chapter 24 Aggression, and Chapter 25 Character Development and Sporting Behavior.

Exam (Due Date: Friday, May 5)

Exam 6 covers the material presented in chapters 23, 24, and 25. It is comprised of 30 multiple choice questions worth 2 points each for a total of 60 points.