

Course Syllabus Fall 2023

KNES 4033 X10 Sport & Exercise Psychology

Dr. Julie Wood

August 28 – December 16

Contact Information

- Office: Bridwell 322
- Hours: 10:00-12:00 TWR or Email for Appointment
- Email: julie.wood@msutexas.edu

Contact Preference

My preferred method of communication is by email. I check my email throughout the day (MTWR), 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

- Students will examine the dynamics of personality, motivation, arousal, competition, and reinforcement as determinants of sport behavior and performance.
- Students will examine how leadership, teamwork, and communication can interact to create the optimal environment for success and maximum performance.
- Students will examine how self-confidence, concentration, and various psychological skills are essential for successful performance.
- Students will examine the psychological impact that injuries, unhealthy behaviors, burnout, and overtraining have on sport behavior and performance.

- 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 program 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 on the course homepage. There is a module for course materials followed by 6 learning modules. Learning modules contain chapter power point slides, learning activities, and grading rubrics.

Graded Assignments

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.

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.

Instructor Beliefs

I thought it might be important to share with you some of my beliefs about teaching and my approach to working with students who I meet along this journey of life. I am beginning my 48th year of teaching in higher education, which means you were not in anyone's "thoughts" when I began my career.

That said, what do I believe about you as we begin this semester?

1. I believe you are growing into the very best person you can be.
2. I believe you will give your best effort to meet the challenges you experience in my class.
3. I believe the assignments you will submit are yours – original work that you have spent time and effort to show the best of you.
4. I believe you will take the initiative to contact (email) me if you have questions about the class or issues with an assignment.
5. I believe you will be open and honest when interacting and communicating with me.
6. I believe you will be successful in your individual way.

Student Integrity

AI Generated Writing

Using ChatGPT and other AI generative programs to compose an assignment are not yet considered acceptable practices. AI generated information is not original work. The machine is giving you information that has been copied from others with no acknowledgement of who authored or created the original material. If you copy and paste AI generated information, you have plagiarized the information given to you by the machine. If you rephrase AI generated information, you have again committed plagiarism because the information is not your original work.

That said, if you decide to use generative AI for parts of an assignment, please read the information at the following two links carefully. The Best Practices article gives you suggestions and guidelines for acceptable use. Keep in mind that AI is not always correct or current or trustworthy. However, you are responsible for the accuracy of all material you include in an

assignment. You should locate and cite professional sources that support the AI generative information you use. [Best Practices AI Scientific Manuscripts](#)

Most importantly, you must provide citations and references for all generative AI information used. Since generative AI information is not reproducible, you should save copies of the information you obtained and include those documents in appendices attached to your assignment. Full citation information can be found at the APA How to Cite link. [How to Cite ChatGPT](#)

Plagiarism

All assignments are submitted to Turnitin for plagiarism and AI checks. Next, the instructor will review the plagiarism/AI issues. Many times, scores can be impacted by reference and citation information, and these issues will be disregarded. All paraphrased and quoted information should be cited and a reference for that citation should be included with the assignment or on the reference page. Remember, this is true for AI generated information as well. The APA manual 7th edition can be found online. [Purdue Owl APA](#) or [American Psychological Association](#)

Resolving AI/Plagiarism Issues

I prefer to view AI and plagiarism issues as a learning experience. I understand that you may make mistakes and you may be confused by policies that differ from course to course. It is very important that you read every syllabus and understand all faculty expectations.

So, how will we resolve AI and plagiarism issues in this course.

1. I will return the assignment and ask you to fix the issues noted or redo the entire assignment.
 - If the resubmission is complete and correct, I will record your grade without penalty.
 - If the resubmission is not acceptable, I will send it back again. And again, until we work out the issues in a satisfactory manner. I will then record your grade without penalty.
 - If you should choose not to resubmit an assignment, the original grade earned will be recorded.
2. If you and I have a different view of an issue, meaning I see a problem with AI or plagiarism and you believe my view is mistaken, then we need to meet to discuss the problem. I believe with an open and honest discussion we will be able to resolve the issue. Learning is always possible if we recognize that each of us have something to learn.

- The resolution we agree to will guide how we proceed, with positive student learning as the intended outcome.

Assessment

Assignments	Points	Due Date
Activity Personality	50	Friday September 8
Exam 1	60	Friday September 15
Activity Self-Motivation	40	Friday September 22
Exam 2	60	Friday September 29
Activity Group Cohesiveness	25	Friday October 6
Exam 3	60	Friday October 13
Activity Practice	40	Friday October 20
Activity Intention	25	Friday October 27
Exam 4	100	Friday November 3
Activity Conditioning	40	Friday November 10
Exam 5	100	Friday November 17
Activity Discipline	65	Friday December 1
Exam 6	60	Friday December 8
Total Points	725	

Grade	Points	Percent
A	652-725	90-100
B	580-651	80-89
C	507-579	70-79
D	435-506	60-69
F	000-434	00-59