

**WAYNE STATE UNIVERSITY  
COLLEGE OF EDUCATION**

DIVISION: Kinesiology, Health, and Sport Studies  
PROGRAM AREA: Kinesiology (KHS)  
COURSE: KHS 5520, Sport Psychology - Section 17657  
COURSE CREDIT: 3 Hours  
TERM/YEAR: Fall, 2016

COURSE LOCATION: 0103 Old Main Bldg  
TIME: Wednesday, 4:30 pm - 7:15 pm  
INSTRUCTOR: Jeff Martin, Ph.D.  
OFFICE: 6 Old Main Building – in the Sub-basement under the Elaine Jacobs Gallery, South-West Corner of Old Main in the Newer addition.  
OFFICE HOURS: By appointment: Monday and Wednesday 3-4.30 and 7.15-8.15.  
TELEPHONE & EMAIL: 577-1381 or aa3975@wayne.edu  
COURSE DESCRIPTION: Introduction to sport psychology.

COURSE OBJECTIVES: At the finish of the course the student will be able to;

- 1) Know about the emerging field of sport psychology.
- 2) Understand the history of sport psychology.
- 3) Comprehend the research examining personality and sport.
- 4) Discuss coping with sport injury and the psychology of injury.
- 7) Understand sport models and theories of motivation.
- 8) Discuss arousal, stress and anxiety and the role they play in sport.
- 9) Know competition and co-operation research in sport.
- 10) Comprehend principles of feedback, reinforcement, and intrinsic motivation.
- 11) Be cognizant of group and team dynamics.
- 12) Discuss group cohesion, communication and leadership processes.
- 13) Comprehend psychological qualities and skills such as goal setting, arousal regulation, imagery, self-confidence, and concentration.
- 14) Understand addictive and unhealthy sport behaviors.
- 15) Be cognizant of burnout and overtraining issues in athletics.
- 16) Be familiar with the psychology of youth sport.
- 17) Know about character development and sportpersonship in sport.

REQUIRED READINGS: Gould and Weinberg Text (6<sup>th</sup> edition) and potentially up to an average of 1-2 research articles per chapter and other material handed out or discussed, or viewed in class.

**EVALUATION:**

- 1) Test 1 = 50 pts. Material from the textbook, any research articles handed out and/or discussed, DVD's presented in class, class handouts, etc.
- 2) Preparation and Participation = 130 pts (10 points per class). Each period we meet ( $N = 12$ ) or

out of class/BB assignments ( $N = 1$ ) where we do not meet is worth 10 points (this includes typed homework questions handed in on time).

3) Quizzes – 5 points per chapter equals 5 times 22 = 110. 2 lowest are converted to 5 each (this allows you to miss a class and obtain a 0 that is changed into a perfect score).

**Quizzes (that can only be taken in class on the day those chapters are covered) will be given at the end of class are factored into preparation and participation points.** One free absence regardless of the reason – note that 0's are recorded in BB up until the end of the semester in which case one 0 is turned into 10 points to account for the freebie . Save your absences for worthy reasons (e.g., illness, death, work, marriage, birth, etc.). If you miss a class or more because you added the class late those absences still “count”.

4) Anything late will be deducted points.

5) Anything that is late – **bring next time we meet** – do not email it to me.

3) Final = 60 points.

4) Total Points = 350 pts (Graduate students have an extra assignment worth 50 points so their total is 400 pts)

### Advice

- 1) Buy the book.
  - 2) Most students will likely have to read the chapters 2-3 times and take notes in order to obtain an A.
  - 3) Any short answer and essay test questions will look a lot like the questions at the back of each chapter and/or the back of the book.
  - 4) Coming to class will also be important in order to that you do not miss information that is presented and not in the book.
  - 5) Being on time and staying the complete time will also aid in obtaining complete participation points.
  - 6) During class be prepared to answer questions from the back of the chapters, define terms, explain relationships, discuss differences, offer explanations for various findings, etc.
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### GRADING:

A = 94-100%; A- = 91-93% B+ = 88-90%; B = 84-87%; B- = 81-83%

C+ = 78-80%; C = 74-77%; C- = 71-73%

D+ = 68-70%; D = 64-67%; D- = 61-63%

E = 61% or below

**CLASS POLICIES:** Students are expected to attend all classes. **All assignments must be typed.**

## COURSE OUTLINE

Week	Date	Topic/Chapter
1	08/31	<p>Chapters 1 &amp; 2 &amp; Introduction to the class:</p> <p>Discussion of Chapter 1&amp;2, syllabus, plagiarism, research, and statistics.            Homework: Read Chapters 3 &amp; 4 for 09/07.            Homework: Answer questions for chapters as follows for 09/07.            Chapter 1: 4 OR 6            Chapter 2: 4 OR 7            Chapter 3: 8 OR 10            Chapter 4: 3 OR 8</p>
2	09/07	<p>Chapters 3 &amp; 4</p> <p>Discussion of Chapters 3 &amp; 4.            Homework: Read Chapters 5 &amp; 6 for 09/14.            Homework: Answer questions for chapters as follows for 09/14.            Chapter 5: 5            Chapter 6: 4 and 6</p>
3	09/14	<p>Chapters 5 &amp; 6</p> <p>Discussion of Chapters 5 &amp; 6.            Homework: Read Chapters 7 &amp; 8 for 09/21.            Homework: Answer questions for chapters as follows for 09/21            Chapter 7: 5 and 6            Chapter 8: 1 and 4</p>
4	09/21	<p>Chapters 7 &amp; 8</p> <p>Discussion of Chapters 7 &amp; 8.            Homework: Read Chapters 9 and 10 for 10/05            Homework: Answer questions for chapters as follows for 10/05.            Chapter 9: 1            Chapter 10: 8 and 9</p>
5	09/28	<p>Out of class activity – we do not meet for our regular class on WSU campus as I</p>

am out of town: **Assignment is due 10/12.** Watch the documentary Murderball and write up 2-4 pages of reflections on it that incorporates what you have learned so far in class about sport psychology.

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6 10/05 Chapters 9 & 10 - Frazer

Discussion of Chapters 9 & 10.

Homework: Read Chapter 11 for 10/12 and review for test on 10/19

Homework: Answer questions for chapters as follows for 10/12.

Chapter 11: 6 and 7

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7 10/12 Chapters 11 & Some review – bring questions – this is not me telling you what is on the test

Discussion of Chapters 11

Homework: Study for Test on 10/19

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8 10/19 Test One – First 11 Chapters 1 to 11 and any supplemental material.

Homework: Read chapters 12 and 13.

Homework: Answer questions for chapters as follows for 10/26.

Chapter 12: 6

Chapter 13: 8

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9 10/26 Chapters 12 & 13

Discussion of Chapters 12 & 13

Homework: Read Chapters 14 & 15.

Homework: Answer questions for chapters as follows for 11/02.

Chapter 14: 5

Chapter 15: 4

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10 11/02 Chapters 14 & 15

Discussion of Chapters 14 & 15

Homework: Read Chapters 16 & 19 (No chapters 17/18)

Homework: Answer questions for chapters as follows for 11/09.

Chapter 16: 5

Chapter 19: 3 and 4

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11 11/09 Chapters 16 & 19 (No Chapters 17 or 18)

Discussion of Chapters 16 & 19

Homework: Read Chapter 20

Homework: Answer questions for chapters as follows for 11/23.

Chapter 20: 4

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12 11/16 Chapter 20 & Disability Sport Lecture

Discussion of Chapter 20 and Disability

Homework: Read Chapters 21 & 22.

Homework: Answer questions for chapters as follows for 11/23.

Chapter 21: 4 and 5

Chapter 22: 5

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13 11/23 No Class - Thanksgiving

Homework: Study

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14 11/30 Chapters 21 and 22 (Brigid).

Discussion of Chapters 21 and 22.

Homework: Read Chapters 23 and 24

Homework: No chapter based questions this week

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15 12/07 Chapters 23 and 24 and SETs.

Discussion of Chapters 23 and 24.

Homework: Study for the second test (chapters 12 to 24 (no 17 and 18)).

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16 12/14 Test 2 – Chapters 12 to 24 (no 17/18) and any supplemental readings, activities and DVDs, online or BB activities.

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**Religious holidays (from the online Academic Calendar):** Because of the extraordinary variety of religious affiliations of the University student body and staff, the Academic Calendar makes no provisions for religious holidays. However, it is University policy to respect the faith and religious obligations of the individual. Students with classes or examinations that conflict with their religious observances are expected to notify their instructors well in advance so that mutually agreeable alternatives may be worked out.

### **Student Disabilities Services**

If you have a documented disability that requires accommodations, you will need to register with Student Disability Services for coordination of your academic accommodations. The Student Disability Services (SDS) office is located in the Adamany Undergraduate Library. The SDS telephone number is 313-577-1851 or 313-202-4216 (Videophone use only). Once your accommodation is in place, someone can meet with you privately to discuss your special needs. Student Disability Services' mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

Students who are registered with Student Disability Services and who are eligible for alternate testing accommodations such as extended test time and/or a distraction-reduced environment should present the required test permit to the professor at least one week in advance of the exam. Federal law requires that a student registered with SDS is entitled to the reasonable accommodations specified in the student's accommodation letter, which might include allowing the student to take the final exam on a day different than the rest of the class.

### **Academic Dishonesty -- Plagiarism and Cheating:**

Academic misbehavior means any activity that tends to compromise the academic integrity of the institution or subvert the education process. All forms of academic misbehavior are prohibited at Wayne State University, as outlined in the Student Code of Conduct (<http://www.doso.wayne.edu/student-conduct-services.html>). Students who commit or assist in committing dishonest acts are subject to downgrading (to a failing grade for the test, paper, or other course-related activity in question, or for the entire course) and/or additional sanctions as described in the Student Code of Conduct.

**Cheating:** Intentionally using or attempting to use, or intentionally providing or attempting to provide, unauthorized materials, information or assistance in any academic exercise. Examples include: (a) copying from another student's test paper; (b) allowing another student to copy from a test paper; (c) using unauthorized material such as a "cheat sheet" during an exam.

**Fabrication:** Intentional and unauthorized falsification of any information or citation. Examples include: (a) citation of information not taken from the source indicated; (b) listing sources in a bibliography not used in a research paper.

**Plagiarism:** To take and use another's words or ideas as one's own. Examples include: (a) failure to use appropriate referencing when using the words or ideas of other persons; (b) altering the language, paraphrasing, omitting, rearranging, or forming new combinations of words in an attempt to make the thoughts of another appear as your own.

Other forms of academic misbehavior include, but are not limited to: (a) unauthorized use of resources, or any attempt to limit another student's access to educational resources, or any attempt to alter equipment so as to lead to an incorrect answer for subsequent users; (b) enlisting the assistance of a substitute in the taking of examinations; (c) violating course rules as defined in the course syllabus or other written information provided to the student; (d) selling, buying or stealing all or part of an un-administered test or answers to the test; (e) changing or altering a grade on a test or other academic grade records.

### **Academic Dishonesty/Plagiarism**

The College of Education has a "zero tolerance" approach to plagiarism and other forms of academic dishonesty. (See Student Code of <http://doso.wayne.edu/assets/codeofconduct.pdf>). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University's Undergraduate Bulletin (<http://bulletins.wayne.edu/ubk-output/index.html>) and Graduate Catalog (<http://www.bulletins.wayne.edu/gbk-output/index.html>) under the heading "Student Ethics." These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student's responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

#### **Specific Academic Dishonesty/Plagiarism Policy for all Health Classes:**

This policy pertains only to those instances where the instructor is reasonably certain that plagiarism has occurred. Instructors will discuss the policy and his/her specific referencing requirements for their class, however, it's the students' responsibility to understand and comply with this policy. Additional responsibilities of the student are contained in the paragraph above.

\* All materials (tests, assignments, etc.) submitted to Blackboard will be submitted through Safe Assign and students will be able to view the report.

- \* Instructors will review the Safe Assign reports prior to grading the assignment.
- \* If an instructor determines that plagiarism has occurred, the assignment will not be graded and the following policies will be in effect.
  - o 1st Offense – The student must re-do the assignment until the instructor deems it satisfactory. A grade of “F” will be given on that assignment and the final grade will drop 1 complete letter. This policy will be in effect even if the grade drop moves the student to a non-passing grade.
  - o 2nd Offense – A grade of “F” will be assigned in the class.

**Course Drops and Withdrawals:** In the first two weeks of the (full) term, students can drop this class and receive 100% tuition and course fee cancellation. After the end of the second week there is no tuition or fee cancellation. Students who wish to withdraw from the class can initiate a withdrawal request on Pipeline. You will receive a transcript notation of WP (passing), WF (failing), or WN (no graded work) at the time of withdrawal. No withdrawals can be initiated after the end of the tenth week. Students enrolled in the 10th week and beyond will receive a grade. Because withdrawing from courses may have negative academic and financial consequences, students considering course withdrawal should make sure they fully understand all the consequences before taking this step. More information on this can be found at:

<http://reg.wayne.edu/pdf-policies/students.pdf>

### **Student services**

The Academic Success Center (1600 Undergraduate Library) assists students with content in select courses and in strengthening study skills. Visit [www.success.wayne.edu](http://www.success.wayne.edu) for schedules and information on study skills workshops, tutoring and supplemental instruction (primarily in 1000 and 2000 level courses).

The Writing Center is located on the 2nd floor of the Undergraduate Library and provides individual tutoring consultations free of charge. Visit <http://clasweb.clas.wayne.edu/writing> to obtain information on tutors, appointments, and the type of help they can provide.

The Writing Center (2<sup>nd</sup> floor, UGL) provides individual tutoring consultations free of charge for students at Wayne State University. While the center serves both graduate and undergraduate students, undergraduate students in General Education courses, including composition courses, receive priority for tutoring appointments. The Writing Center serves as a resource for writers, providing tutoring sessions on the range of activities in the writing process – considering the



audience, analyzing the assignment or genre, brainstorming, researching, writing drafts, revising, editing, and preparing documentation. The Writing Center is **not** an editing or proofreading service; rather, students are guided as they engage collaboratively in the process of academic writing, from developing an idea to correctly citing sources. To make an appointment, consult the Writing Center website: <http://www.clas.wayne.edu/writing/>.

To submit material for online tutoring, consult the Writing Center HOOT website (Hypertext One-on-One Tutoring) <http://www.clas.wayne.edu/unit-inner.asp?WebPageID=1330>.

### **Registration Calendar:**

**Winter 2017: See [http://www.classschedule.wayne.edu/drilldown\\_new.cfm](http://www.classschedule.wayne.edu/drilldown_new.cfm)**

Enrollment/withdrawal: Final date to initiate withdrawal is Sunday, November 13, 2016.

### **Undergraduate and Graduate Student Exclusion Policy**

The Kinesiology, Health, and Sports Studies (KHS) division values the student experience and goes to great lengths to ensure that our students have the opportunities, tools, and support to succeed.

The individual program areas in KHS review the academic records of students at the close of every academic term. If sufficient academic progress is not attained, a student may be considered for program exclusion, which will result in the cancellation of any future course enrollments in KHS and removal from the program. The following criteria will be used to determine exclusion for inadequate academic progress:

#### **KHS Undergraduate students may be excluded if you:**

- \* Have taken and earned below a C in a core/major course twice – no overrides will be granted for a third attempt.
- \* Fail to earn at least a 2.5 semester GPA in the term following the placement of an academic probation hold.
- \* Earned a cumulative GPA below a 2.5 for more than three academic semesters after completing 40+ credits at WSU.
- \* Violate the Academic Integrity policy pursuant to the Student Code of Conduct.

Note: The 2.50 cumulative GPA is required for College of Education undergraduate students and exceeds the minimum 2.0 cumulative GPA used by the university to determine academic probation. This policy applies to Level 2 students and students directly admitted to programs without the Level 1 and 2 distinction.

#### **KHS Graduate students may be excluded if you:**

- \* Were offered qualified admission and failed to earn at least a 3.0 in your first academic semester.
- \* Have taken and earned below a B- in a graduate course twice – no overrides will be granted for a third attempt.
- \* Fail to earn at least a 3.0 semester GPA in the term following an academic probation hold.
- \* Earned a cumulative GPA below a 3.0 for more than three academic semesters.
- \* Violate the Academic Misconduct policy pursuant to the Graduate Student Handbook.

### **Notification Process:**

- \* The specific program area within the Kinesiology, Health, and Sports Studies division will notify the student of the exclusion via a letter sent to the address in your student record and a copy will be sent to your Wayne State University email address.
- \* For Undergraduate students, the College of Education Academic Services division will place a registration hold on your account noting your “unsatisfactory academic progress.”
- \* For Graduate students, the College of Education Academic Services division will remove you from the program and place you in a non-degree; graduate status. A registration hold will be placed on your account noting your exclusion from the graduate program.

### **Appealing Exclusion**

Students may submit a formal appeal that will be reviewed by faculty and academic officers from the divisions of KHS and Academic Services. To do so, students must submit an appeal letter that includes the following:

- \* Full name
- \* WSU Access ID
- \* WSU email address and contact number
- \* Name of degree and program
- \* A concise narrative of why the Division of Kinesiology, Health, and Sports Studies should consider your request to be allowed to remain in this degree program.
- \* A concise description of the circumstances that affected your academic performance.
- \* Any supporting documentation that would be pertinent to the committee’s consideration of your request.
- \* An outline of strategies for future success if allowed to continue in this degree program.

Note: Do not plagiarize an appeal letter, in whole or part, from a website or any other source. A student can submit an appeal letter in person, via postal mail, or from their WSU email account. Petitions will not be accepted if they are completed by anyone other than the student. Third parties – including parents and advisors – cannot petition on behalf of a student.

Appeals should be submitted to the Program Coordinator for the academic program from which the student was excluded within ten days of the initial email/letter notification. Requests will be considered by program area, then by the Assistant Dean for KHS. Appeal requests that are sent elsewhere within the division or college will be returned to the student.

### **Reinstatement to a KHS Program**

Students wishing to be considered for reinstatement to a KHS program after an exclusion need to contact the Coordinator for the program area for specific information on how they can satisfy program-specific requirements. This may include, but is not limited to, completion of certain courses, a greater grade–point deficiency reduction, or attainment of a cumulative grade in specified series of courses.