

| Capilano University COURSE OUTLINE | |
|---|---|
| TERM: Spring 2016 | COURSE NO.: HKIN 231 |
| INSTRUCTOR: | COURSE NAME: Mental Theories of Sport and Exercise |
| OFFICE: LOCAL: | SECTION NO.: COURSE CREDITS: 3 |

FORMAT: 3 lecture hours per week and in-class discussion.
1 hour of online tutorial each week where students will have to review a given topic, article and or exercise and complete questions for marks.

DURATION: 15 weeks.

PREREQUISITE: None

OBJECTIVES: This course reviews the psychological theories and research related to sport and exercise behavior.

LEARNING OUTCOMES: Upon completion of this course, successful students will:

1. Explain the theories and models applied in the sport and exercise psychology settings as related to influencing behavior change in athletes and performance populations.
2. Describe the key psychological principles influencing performance in sport, exercise and physical education settings.
3. Apply the basic skills and strategies commonly administered by coaches, teachers, fitness/exercise leaders and consultants using sport and exercise psychology applications.
4. Value ethical behaviors while implementing psychology applications in sport and exercise settings.
5. Examine current literature in sport and exercise psychology, and write a critique analyzing the strengths and weakness of case studies, single subject's designs, multiple baseline models and other contemporary research ideas.
6. Design sport and exercise psychology interventions applying popular theories, models and strategies for the athletic and performance populations

CONTENT:

1. Introduction to Sport and Exercise Psychology
2. Understanding Participants
3. Understanding Sport and Exercise Environments
4. Focusing on Group Process
5. Improving Performance
6. Enhancing Health and Well-Being
7. Facilitating Psychological Growth and Development

REQUIRED TEXT: **Foundations of Sport and Exercise Psychology.**
Weinberg, R.S. & Gould, D. (6th.Ed.)
Champaign, IL: Human Kinetics (2015).

| | | |
|----------------------------|--------------------------------|-------------|
| EVALUATION PROFILE: | Assignments | 20% |
| | Participation | 10% |
| | Term Paper/Presentation | 20% |
| | Midterm Examination..... | 25% |
| | Final Written Examination..... | 25% |
| | TOTAL | 100% |

GRADING PROFILE: Letter grades will normally be assigned according to the following guidelines:

| | | | |
|----------------|---------------|---------------|--------------|
| A+ = 90 - 100% | B+ = 77 - 79% | C+ = 67 - 69% | D = 50 - 59% |
| A = 85 - 89% | B = 73 - 76% | C = 63 - 66% | F = 0 - 49% |
| A- = 80 - 84% | B- = 70 - 72% | C- = 60 - 62% | |

OPERATIONAL DETAILS:

University Policies: Capilano University has policies on Academic Appeals (including appeal of final grade), Student Conduct, Cheating and Plagiarism, Academic Probation, and other educational issues. These and other policies are available on the University website.

Class Procedures: The class will be taught using a student-centered instructional approach. **Full attendance is expected at all lectures and lab sessions.** Due to the integrated nature of the course material, absence from either labs or lectures will greatly impair the ability of students to integrate course content.

Students are expected to dress appropriately for all labs and attend all lab sessions promptly. If illness or injury precludes any student from actively participating in lab sessions, such students should make every effort to attend, observe, and take part in the non-active phases of the lab.

Incomplete Grades: I = Incomplete. An "I" grade will be assigned only under exceptional circumstances.

Late Assignments: Late assignments will be penalized at the rate of 10% of the worth of the assignment per day late.

Missed Examinations:

- Excuses for missed examinations, quizzes, tests, labs, etc. are accepted only under exceptional circumstances (e.g. illness, death in the family, etc.)
- The student is responsible for ensuring that the instructor (or the Human Kinetics office staff, if the instructor is not available) is notified about the missed examination, quiz, test, lab, etc. Such notification **should** occur in advance if possible, or at the latest, the day of the examination.
- The student will be required to provide proof, such as a medical or death certificate to validate the excuse.
- Once (a), (b), and (c) above are satisfied, it is the instructor's option as to how the missed examination, quiz, test, lab, etc. is made up.
- MAKE-UP EXAM:** If a make-up is given, it is entirely different than the originally scheduled exam and will not be easier.

- Final Letter Grade:*** All registered students will receive a **Final Letter Grade** unless they have officially withdrawn (see the University website for the official withdrawal date).
- Attendance:*** Students are reminded that the University is a post-secondary institution and appropriate conduct is expected. It is the students' responsibility for all information given out in lectures and/or laboratories, including times of exams and assignments. Make-up examinations will be given only under exceptional circumstances. **In order to pass the course, students must hand in all aspects of the course assignments**
- Cheating/Plagiarism:*** Plagiarism is the presentation of another person's or source's words and/or ideas as if they were one's own. This is a serious offence and is a form of cheating. Students caught cheating may have a sanction imposed by the instructor ranging from a failing grade for the assignment to a failing grade for the course. **Plagiarism** (including the copying of any part of assignments, laboratory reports, and essays) is a serious offence and is a form of cheating.
- Final Exam Period:*** Students should note that the date of the final exam might include Saturdays. Students can expect to write exams at **any time** during this period. Individual exam times will not normally be rescheduled because of holidays, work, or other commitments. While efforts are made to spread exams throughout the exam period, an individual's particular course combination may result in exams being scheduled close together, or widely spread through the entire exam period.
- English Usage:*** Capilano University recognizes the importance of good *English Usage*. English grammar and spelling will be considered in marking assignments and tests, and in awarding final grades.
- Lecture Notes:*** Partial or complete notes will be made available by the instructor.
- Classroom Etiquette:*** Appropriate classroom etiquette includes not entering or leaving during a lecture and no eating, sleeping, private conversations, or unrelated activities such as card playing. Students are expected to listen and contribute with respect for others. Disruptions or distracting behaviour including usage of cell phones, pagers, personal digital assistants (PDA or Blackberry), improper use of laptops and portable digital audio players, may result in a reduced participation grade, regardless of the level of participation at other times.