NORTHEASTERN UNIVERSITY
COLLEGE OF ARTS & SCIENCES
PSYC 1210 - SPORTS PSYCHOLOGY

Instructor: Dr. Grayson Kimball     Phone: 617-875-4910
Class Day/Time: Tuesday–Friday: 9:50-11:30am     Email: g.kimball@neu.edu
Class Location: Richards Hall Room 300
Office Hours: Tuesdays 11:30am & By Appt

COURSE DESCRIPTION

This course studies the physical, affective, and cognitive behaviors associated with sport participation and will also examine the psychological theories and research related to sport and exercise behavior. The course is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area including the history of sport and exercise psychology, leadership, self-confidence, personality, psychology of the fan, youth sports, aggression, moral development, team dynamics, anxiety and arousal, goal-setting, imagery, and motivation. The topics covered in this course are designed to increase your understanding of the psychological makeup of athletes, how psychological factors influence involvement and performance in sport, and help you acquire the skills and knowledge about sport and exercise psychology that you can apply to your everyday life; athletically, academically, or personally.

COURSE GOALS

1. Gain an understanding of the social, emotional, and cognitive foundations of physical activity and sport performance
2. Apply mental training strategies to enhance your athletic, academic, and personal lives.

COURSE OBJECTIVES

1. Understand the effects of psychological factors on sport performance
2. Understand the effects of participation in physical activity on overall psychological development.
3. Describe the differences between clinical and educational sport psychology specialists.
4. Analyze and categorize the behaviors of athletes from a psychological perspective.
5. Analyze and categorize the appropriate leadership qualities in sporting environments.
6. Describe the psychological factors that influence recreational and competitive performance.
7. Demonstrate an understanding of how to apply the concepts and techniques used for performance enhancement for individuals and teams.
8. Examine the ethical issues surrounding performance enhancing drugs and the moral issues of unsportsmanlike conduct.
TEXT AND READINGS

Required Text:


The following sources serve as additional resources for the information provided in the PowerPoint slides and lecture discussions.


GRADING SYSTEM:

<table>
<thead>
<tr>
<th>Course Evaluation</th>
<th>% Each</th>
<th>% Total</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>Semester Quizzes (3)</td>
<td>15%</td>
<td>45%</td>
<td>Oct 7(^{th}), Nov 8(^{th}), Dec 6(^{th})</td>
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<tr>
<td>Class Assignments</td>
<td>20%</td>
<td>20%</td>
<td>See Below</td>
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<tr>
<td>Course Project</td>
<td>35%</td>
<td>35%</td>
<td>December 6(^{th})</td>
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CLASS ASSIGNMENTS AND REQUIREMENTS

QUIZZES

Three quizzes will be scheduled during the semester. Quizzes will consist of multiple-choice and true-false questions. There will be NO MAKE-UPS. If the student cannot make it to class on the day of a quiz, they MUST get in contact with the instructor via telephone, email, or any other creative means the student can think of. If a student fails to contact the instructor before the quiz is to be given, they will receive a zero on the quiz.

CLASS ASSIGNMENTS

Each student will be assigned to write a reaction paper to one of the topics we cover in class.

1. Assignment #1 – September 30\(^{th}\)
2. Assignment #2 – October 21\(^{st}\)
3. Assignment #3 – October 28\(^{th}\)
4. Assignment #4 – November 8\(^{th}\)
5. Assignment #5 – November 29\(^{th}\)
6. Assignment #6 – December 6\(^{th}\)
COURSE PROJECT

For this project, you will choose an activity that will force you to break from your comfort zone and try something new/challenging. Your activity should be completed by the middle/end of November to give yourself enough time to write the paper. Using Grateful Running as your template, you will identify your challenge (activity), your sources of motivation for completing the challenge, strategies you used to help maintain positive thinking/confidence throughout your training/preparation, specific weekly goals you set for yourself to help complete the challenge, sources of anxiety/stress, any other issues/problems/triumphs you had along the way, and how the actual event/activity went. The paper should be 4-5 pages in length.

ATTENDANCE

Students are expected to attend each class period. If any student misses a class, they will be held responsible for material covered in missed class.

ACCOMMODATIONS

Students who have a disability are encouraged to seek accommodations though the University Disability Resource Center. Please speak privately with me about your needs for accommodations and strategies to support your success. This information will be confidential.

EXPECTATIONS

• No quizzes or assignments will be made up for unexcused absences. The student is expected to turn in all assignments on the due date. No late papers/assignments will be accepted.
• Students are expected to read any materials distributed in class for further clarification of lecture content.
• Academic dishonesty will be dealt with in accordance with the guidelines of Northeastern University.
  • Plagiarism is defined as “Intentionally or knowingly representing the words or ideas of another as one’s own in any academic exercise without providing proper documentation of source by way of a footnote, endnote, or intertextual note” (Northeastern University, OSCCR).
• Cheating will not be tolerated. Anyone caught cheating will be asked to turn in their test, will receive a zero, and may be removed from class on a permanent basis.
## COURSE SYLLABUS – Fall 2016*

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Friday</th>
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<tr>
<td><strong>September 6</strong></td>
<td><strong>September 9</strong></td>
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<tr>
<td>Introduction to Course</td>
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<td><strong>September 13</strong></td>
<td><strong>September 16</strong></td>
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<td>History of Sport Psyc: Past, Present</td>
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<td>, Future</td>
<td>Personality &amp; Motivation</td>
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<td><strong>September 20</strong></td>
<td><strong>September 23</strong></td>
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<td>Psychological Skills Training</td>
<td>Psychological Skills Training</td>
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<td><strong>September 27</strong></td>
<td><strong>September 30</strong></td>
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<tr>
<td>Psychological Skills Training</td>
<td>Psychological Effects of Injury</td>
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<td><strong>October 4</strong></td>
<td><strong>October 7</strong></td>
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<td><strong>October 11</strong></td>
<td><strong>October 14</strong></td>
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<tr>
<td>GUEST SPEAKER**</td>
<td>Transitioning Out of Sport</td>
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<td><strong>October 18</strong></td>
<td><strong>October 21</strong></td>
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<td>Transitioning Out of Sport</td>
<td>Psychology of the Sports Fan</td>
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<td><strong>October 25</strong></td>
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<td>Psychology of the Sports Fan</td>
<td>Communication in Sport</td>
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<td><strong>November 1</strong></td>
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<td>Group Dynamics &amp; Team Cohesion</td>
<td>Leadership</td>
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<td><strong>November 8</strong></td>
<td><strong>November 11</strong></td>
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<td>QUIZ #2</td>
<td>NO CLASS – Veterans Day</td>
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<td><strong>November 15</strong></td>
<td><strong>November 18</strong></td>
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<td>GUEST SPEAKER</td>
<td>Aggression, Morality, &amp; Ethics</td>
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<td><strong>November 22</strong></td>
<td><strong>November 25</strong></td>
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<tr>
<td>Aggression, Morality, &amp; Ethics</td>
<td>NO CLASS – Thanksgiving Break</td>
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<tr>
<td><strong>November 29</strong></td>
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<td>Professionalization of Youth Sports</td>
<td>Professionalization of Youth Sports</td>
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<td><strong>December 6</strong></td>
<td><strong>December 9</strong></td>
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<td>QUIZ #3</td>
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*Subject to change throughout the semester