I. IDENTIFYING INFORMATION

Course: PSY 301
Course Title: Sports Psychology
EPN: 22273979
Term: Spring II
Location: Online
Course Dates: 3/9, 5/1/2015
Course Days and Times: N/A

Prerequisites: PSY 100

Blackboard:
Blackboard is a web-based learning management system licensed by CMU. Within Blackboard, a course website, also known as a shell, is automatically created for every CMU course. Face-to-face courses may or may not incorporate Blackboard, whereas Blackboard course shells are always used for online courses and will be available to you prior to the course start date. Seeing the course shell listed in Blackboard with unavailable adjacent to its title is an indication that your instructor has not made it available and is in no way indicative of registration status. To access Blackboard, open a web browser and enter https://blackboard.cmich.edu/webapps/login/. After the site loads, enter your CMU Global ID and password in the respective spaces provided. Click the "login" button to enter Blackboard and then the link to the appropriate course to enter the course's Blackboard shell. If you need assistance, contact the IT Helpdesk at 989-774-3662 / 800-950-1144 x. 3662. Self-guided student tutorial resources are also available at https://blackboard.cmich.edu/webapps/login/.

Instructor: Terry Libkuman
Primary Phone Number: 9012015521
Secondary Phone Number: 9417302933
E-Mail Address: libku1tm@cmich.edu
Availability: By appointment- Please e-mail me for a scheduled time

Academic Biography:
I received my Ph.D. in Experimental Psychology from the University of Oklahoma. The major focus of my doctoral training was in the areas of cognition and behavioral neuroscience. I have taught numerous courses, including introductory psychology, behavioral neuroscience, history and systems of psychology, learning and memory, motivation, personality, statistics, research methods, sport psychology, and psychology and the law. In the earlier part of my career, my research interests were largely concerned with laboratory investigations of human learning and memory and the role of individual differences in these processes. Since this time, my interests have expanded to include the topics of emotion and memory, sport psychology, and psychology and the law. The research in emotion and memory is concerned with understanding the basic mechanisms involved in the emotion-memory relationship. The research in sport psychology involves the application of principles of industrial/organizational psychology, especially personnel psychology, to the selection and evaluation of athletes. The present focus of the psychology and law research has been the development of an instrument that can be used to evaluate attorney performance in court. My research has been published in a variety of journals including Emotion, Memory and Cognition, Applied Cognitive Psychology, Journal of Sport Management, and the American Journal of Forensic Psychology. I have also been a reviewer on numerous occasions for journals in my interest areas as well as presenting numerous papers at conference presentations. Finally, I have collaborated on a text book dealing with single subject research and biomedicine.

My hobbies include maintaining an active lifestyle (weightlifting, and cross cardio training) and being an avid and competitive golfer.

Recent Publications:


II. TEXTBOOKS AND INSTRUCTIONAL MATERIALS

Order books from MBS at http://bookstore.mbsdirect.net/cmu.htm

**Textbooks and Course Materials:**

- **Title:** Foundations of Sport and Exercise Psychology
- **Author:** Weinberg
- **Edition:** 5th
- **ISBN:** 978-0-7360-8323-2
- **Publisher:** Human Kinetics Publishers
- **Required:** Yes

**Course Reserves:**

N/A

**Required Materials:**

N/A

**Recommended Materials:**

N/A

III. COURSE DESCRIPTION

The relationship between psychology and sport from the perspective of theory, research, and practice. Topics include personality, cognition, motivation-emotion, social processes, and youth sport.

IV. COURSE GOALS AND OBJECTIVES

After successfully completing this course, the student will be able to:

1. Describe the history and methods of sport psychology.
2. Identify and describe the major theories and paradigms of sport psychology.
3. Identify and describe the principles and concepts psychology that are relevant to sport.
4. Describe sport from a psychological perspective.
5. Describe the identification and application of the psychological variables that influence athletic performance.
V. METHODOLOGY

The course is online. The Discussion Board and Chat Room will be used to maintain contact among the students as well as contact with the instructor. E-mail will provide a third avenue of communication. Instructor notes and power point lectures are provided for each chapter that is covered. Narrated lectures are also provided. All of the exams are objective and include six quizzes, a mid-term and a final. There are six writing assignments.

VI. COURSE OUTLINE/ASSIGNMENTS

Pre-Class Assignment:
The structure of the entire class is presented on Blackboard. There is no pre-class assignment.

Course Outline:
Course Outline
Week 0- Preparing for the course

- Become familiar with the Writing Center
- Read the information about plagiarism
- Read the information about completing your writing assignments
- Read the information about evaluating websites, movies, videos, and film clips
- Learn how to use the LockDown Browser
- Complete and submit your Scavenger Hunt assignment
- Complete and submit your Discussion Board Assignment: Getting to know your classmates and providing a description of your athletic experience

Week 1- Introduction and Individual Differences in Sport

- Read and Study Chapters 1 (Welcome to Sport and Exercise Psychology), 2 (Personality and Sport), and 3 (Motivation) in your textbook
- Review the power point slides for Chapters 1, 2, and 3
  - Review the key concepts for Chapters 1, 2, and 3
  - Study the instructor power point lecture
  - Complete and submit your Personality and Sport assignment
  - Take Week 1 Practice Quiz
  - Take Week 1 Quiz

Week 2 – Arousal, Stress, Anxiety, and the Role of Sport Psychology in Exercise Science

- Read and study Chapters 4 (Arousal, Stress, and Anxiety), 17 (Exercise and Psychological Well-Being), and 18 (Exercise Behavior and Adherence) in your textbook
- Review the power point slides for Chapters 4, 17, and 18
  - Review the key concepts for Chapters 4, 17, and 18
- Study the instructor power point lecture
- Complete and submit your Race and Sport assignment
- Take Week 2 Practice Quiz
- Take Week 2 Quiz

Week 3 – The Social Side of Sport Psychology

- Read and study Chapters 5 (Competition and Cooperation), 7 (Group and Team Dynamics), and 8 (Group Cohesion) in your textbook
- Review the power point slides for Chapters 5, 7, and 8
- Review the key concepts for Chapters 5, 7, and 8
- Study the instructor power point lecture
- Complete and submit your Cooperation and Competition assignment
- Take Week 3 Practice Quiz

- Take Week 3 Quiz

**Week 4 – Leadership and Sport**

- Read and study Chapter 9 (Leadership)
- Review the power point slides for Chapter 9
- Review the key concepts for Chapter 9
- Take Week 4 Practice Quiz
- Take the Midterm Exam (Proctored)

**Week 5 – Techniques for Enhancing Athletic Performance**

- Read and study Chapters 6 (Feedback, Reinforcement, and Intrinsic Motivation), 11 (Introduction to Psychological Skills Training), and 12 (Arousal Regulation) in your textbook
- Review the power point slides for Chapters 6, 11, and 12
- Review the key concepts for Chapters 6, 11, and 12
- Study the instructor power point lecture
- Complete and submit your Go with the Flow assignment
- Take Week 5 Practice Quiz

- Take Week 5 Quiz (Quiz 4)

**Week 6 – Techniques for Enhancing Athletic Performance (Continued)**

- Read and study Chapters 13 (Imagery), 14 (Self-Confidence) and 15 (Goal Setting) in your textbook
- Review the power point slides for Chapters 13, 14, and 15
- Review the key concepts for Chapters 13, 14, and 15
- Study the instructor power point lecture
- Complete and submit your Self-Confidence assignment
- Take Week 6 Practice Quiz

- Take Week 6 Quiz (Quiz 5)

**Week 7 – Techniques for Enhancing Athletic Performance (Continued) and ethics and Morality in Sport**

- Read and study Chapters 16 (Concentration), 22 (Children and Sport Psychology) and 23 (Aggression in Sport) in your textbook
- Review the power point slides for Chapters 16, 22, and 23
- Review the key concepts for Chapters 16, 22, and 23
- Study the instructor power point lecture
- Complete and submit Assessing your Psychological Skills assignment
- Take Week 7 Practice Quiz

- Take Week 7 Quiz (Quiz 6)

**Week 8 – Ethics and Morality in Sport**

- Read and study Chapter 24 in your textbook
- Review the power point slides for Chapter 24
- Review the key concepts for Chapter 24
- Read about the extra-credit option
- Take Week 8 Practice Quiz.
- Take the Final Exam (Proctored)
**Assignment Due Dates:**

Week 0 assignments are due to later than Wednesday of the first week. The midterm exam needs to be completed no later than Monday of week 5. The final exam needs to be completed no later than Monday of week 9. All of the remaining assignments must be completed and submitted no later than the Sunday following the scheduled week of the assignment.

- Week 0: A maximum of 20 points can be obtained
  - Scavenger Hunt- 15 points
  - Discussion Board –5 points
- Week 1: A maximum of 40 points can be obtained
  - Personality and Sport assignment-20 points
  - Quiz 1– 20 points
- Week 2: A maximum of 40 points can be obtained
  - Race and Sport assignment– 20 points
  - Quiz 2 – 20 points
- Week 3: A maximum of 40 points can be obtained
  - Cooperation and Competition Assignment- 20 points
  - Quiz 3 – 20 points
- Week 4: A maximum of 100 points can be obtained
  - Midterm Exam – 100 points
- Week 5: A maximum of 40 points can be obtained
  - Go with the Flow assignment– 20 points
  - Quiz 4 – 20 points
- Week 6: A maximum of 40 points can be obtained
  - Self-Confidence assignment – 20 points
  - Quiz 5 – 20 points
- Week 7: A maximum of 40 points can be obtained
  - Assessing your Psychological Skills assignment – 20 points
  - Quiz 6 – 20 points
- Week 8: A maximum of 100 points can be obtained
  - Final Exam – 100 points

**Post-Class Assignment:**

There are no post-class assignments.

**Student Involvement Hours:**

It is difficult to estimate how much time is necessary for successful completion of this course. Individual ability, previous academic background and experience in sport and psychology, and motivation likely play an important role. The best estimate is that you will need to spend about 10-25 hours/week.

**VII. CRITERIA FOR EVALUATION**

**Evaluation Criteria:**

The quizzes, mid-term and final examination are objective. The writing assignments will be evaluated on the basis of accuracy, writing style, and completeness.

**Grading Scale:**

- Week 0: A maximum of 20 points can be obtained
  - Scavenger Hunt- 15 points
  - Discussion Board –5 points
- Week 1: A maximum of 40 points can be obtained
  - Personality and Sport assignment-20 points
  - Quiz 1– 20 points
- Week 2: A maximum of 40 points can be obtained
  - Race and Sport assignment– 20 points
  - Quiz 2 – 20 points
- Week 3: A maximum of 40 points can be obtained
  - Cooperation and Competition Assignment- 20 points
  - Quiz 3 – 20 points
- Week 4: A maximum of 100 points can be obtained
Midterm Exam – 100 points
Week 5 – A maximum of 40 points can be obtained
  Go with the Flow assignment – 20 points
  Quiz 4 – 20 points
Week 6 – A maximum of 40 points can be obtained
  Self-Confidence assignment – 20 points
  Quiz 5 – 20 points
Week 7 – A maximum of 40 points can be obtained
  Aggression or Assertion assignment – 20 points
  Quiz 6 – 20 points
Week 8 – A maximum of 100 points can be obtained
  Final Exam – 100 points

Grading Scale

423-460 = A (92%)
414-422 = A- (90%)
405-413 = B+ (88%)
377-404 = B (82%)
368-376 = B- (80%)
359-367 = C+ (78%)
331-358 = C (72%)
322-330 = C- (70%)
313-321 = D+ (68%)
285-312 = D (62%)
276-284 = D- (60%)
> 276 = E (< 60%)

Late Assignments:
The total number of possible points you can earn for any unexcused late assignments (including exams) will be reduced by 20%

Make-ups and Rewrites:
Make-ups and rewrites will be handled on an individual basis

VIII. EXPECTATIONS

Attendance and Participation:
Attendance is not an issue. The course is online. It is very important that you keep in mind that in order to do well you will need a good work ethic, be self-motivated, and self-disciplined. Make sure you set aside enough time on a weekly basis to successfully complete all of the assignments.

Academic Integrity:

Because academic integrity is a cornerstone of the University's commitment to the principles of free inquiry, students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism and other forms of dishonest or unethical behavior, is prohibited. A breakdown of behaviors that constitute academic dishonesty is presented in the CMU Bulletin (https://bulletins.cmich.edu/).

Student Rights and Responsibilities:

Each member of the Central Michigan University community assumes an obligation regarding self conduct to act in a manner consistent with a respect for the rights of others and with the University's function as an educational institution. As guides for individual and group actions within this community, the University affirms the general principles of conduct described in the
IX. SUPPORT SERVICES AND OTHER REQUIREMENTS

Global Campus Library Services (GCLS)

CMU offers you a full suite of library services through its Global Campus Library Services (GCLS) department. Reference librarians will assist you in using research tools and locating information related to your research topic. The library's Documents on Demand office will help you obtain copies of the books and journal articles you need. Check out the GCLS website at [http://gcls.cmich.edu](http://gcls.cmich.edu) for more information.

Reference librarian contact information:
1. By phone: (800) 544-1452.
2. By email: gclsref@cmich.edu
3. By online form: [http://www.cmich.edu/library/gcls/Pages/Ask-a-Librarian-Request-Form.aspx](http://www.cmich.edu/library/gcls/Pages/Ask-a-Librarian-Request-Form.aspx)

Documents on Demand office contact information:
1. By phone: (800) 274-3838
2. By email: docreq@cmich.edu
3. By fax: (877) 329-6257
4. By online form: [https://illiad.cmich.edu/](https://illiad.cmich.edu/)

Writing Center

The CMU Writing Center is a free online service for all CMU students, providing help with grammar, citations, bibliographies, drafts, and editing of academic papers. Suggestions and feedback are typically provided within two business days. For additional information and to submit work, visit [http://webs.cmich.edu/writingcenter/](http://webs.cmich.edu/writingcenter/)

Mathematics Assistance Center

The CMU Mathematics Assistance Center provides free tutoring in mathematics and statistics to students enrolled in select courses. Tutoring is available online and via telephone. To see what courses qualify and to register with the Math Assistance Center, visit [http://global.cmich.edu/mathcenter/tutoring-request.aspx](http://global.cmich.edu/mathcenter/tutoring-request.aspx).

ADA

CMU provides individuals with disabilities reasonable accommodations to participate in educational programs, activities and services. Students with disabilities requiring accommodations to participate in class activities or meet course requirements should contact Susie Rood, Director of Student Disability Services at (800) 950-1144, extension 3018 or email her at sds@cmich.edu, at least 4 weeks prior to registering for class. Students may find additional ADA information and forms at [https://www.cmich.edu/ess/studentaffairs/SDS/Pages/default.aspx](https://www.cmich.edu/ess/studentaffairs/SDS/Pages/default.aspx)

Note to faculty: CMU Administration will notify you if applicable; otherwise, the student will provide a "Notification Letter to the Instructor" outlining the accommodations the student is approved to receive.

X. BIBLIOGRAPHY


Eccles, D. W., & Tenenbaum, G. (2004). Why an expert team is more than a team of experts: A social-cognitive conceptualization of team coordination and communication in sport. Journal of Sport & Exercise, 26, 542-560.


Center Information

CENTRAL MICHIGAN UNIVERSITY
CMU ONLINE COURSE

ENROLLMENT & STUDENT SERVICES - ONLINE COURSES

(989) 774-1129
Fax (989) 774-1998
Email cmuonline@cmich.edu
Website www.global.cmich.edu/CMUOnline
Drop/Withdrawal Policy http://global.cmich.edu/courses/drop-withdraw.aspx

VIRTUAL RESOURCES FOR STUDENTS

CMU OIT (Office of Information Technology) Help Desk
https://www.cmich.edu/office_provost/OIT/help/help_desk/Pages/default.aspx

Online Learning Resource Center
https://www.cmich.edu/global/cmuonline/about/Pages/default.aspx

Proctoring
https://www.cmich.edu/global/cmuonline/proctoring/Pages/default.aspx

Harassment and discrimination
You have a right to feel safe and supported while pursuing your degree at CMU. If any professor, student, or staff member makes you feel that you have been discriminated against, disrespected or stuck in a hostile environment, the Office of Civil Rights and Institutional Equity (OCRIE) is here to help: Bovee UC 306, (989) 774-3253. For resources and more information, please see https://www.cmich.edu/office_president/OCRIE/

Sexual misconduct policy
With the exception of the confidential resources named explicitly within the Sexual Misconduct Policy, all CMU staff and faculty are responsible employees and are required to report any information they know about possible sexual misconduct to the Title IX Coordinator in OCRIE: Kathy Lasher, (989) 774-3253. This means that any information you may divulge about such an incident in the classroom or with a faculty member cannot be confidential. Reports to OCRIE are intended to provide options and resources to survivors. Please keep these reporting obligations in mind as you seek support from staff and faculty you trust, and know that there are also support centers on campus that will maintain confidentiality, which include Sexual Aggression Peer Advocates (989-774-2255) and the CMU Counseling Center (989-774-3381). For resources and more information, please see https://www.cmich.edu/office_president/OCRIE/