

**MCMASTER UNIVERSITY**  
**Department of Kinesiology**

**Kinesiology 3V03: Sport Psychology**

**Term** Winter 2018; Wednesday 7:00 pm – 10:00 pm in KTH B135

**Instructor:** Dr. Kim Davies

**Office:** IWC 219

**Telephone:** (905) 525-9140 ext. 24674

**E-mail:** daviek4@mcmaster.ca

**Office Hours:**

<b>Teaching Assistants:</b>	Denver Brown (brownd32@mcmaster.ca) Claire Tuckey (tuckeyc@mcmaster.ca) Sydney Valentino (valens@mcmaster.ca)
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**COURSE DESCRIPTION**

This course is designed to provide an overview of psychological factors that impact on sport participation and performance as well as in-depth examination of psychological skills training techniques used by Sport Psychology practitioners. The first section of the course will examine cognitive, emotional and interpersonal aspects of sport participation and performance. Section two will focus on training and use of psychological skills such as imagery, relaxation, concentration, and goal setting for peak performance.

**OBJECTIVES**

In the process of this course, students will:

- Develop an understanding of theories and research applied to sport participation and performance
- Gain skills essential to the design, delivery and evaluation of psychological performance enhancement techniques and strategies in sport.

**REQUIRED TEXT/READINGS**

Custom Courseware: *Sports Psychology: KIN 3V03*. Toronto: McGraw-Hill Ryerson.

NOTE: This custom book is updated for 2016. Older (used) versions of the custom text will not be appropriate for this course.

New: Hard copy available in the bookstore:

e-book available online or bookstore:

**Note: There will be additional required readings assigned as Quicklinks on *Avenue to Learn*.**

### Proposed Lecture Schedule

DATE	TOPIC	READING
<b>JAN 10</b>	Introduction to the Course What is Sport Psychology?	
17	Motivation Personality	Text Chapter 1
24	Anxiety	Text Chapter 2
31	Aggression in Sport	Text Chapter 4
<b>FEB 7</b>	<b>Test 1</b> Sport Teams	Text Chapter 5
14	Sport Teams	Text Chapter 5
FEB 19-25	Mid-term Recess	
28	Coaching & Leadership	Text Chapter 6
<b>MAR 7</b>	PST Awareness Goal Setting	Text Chapter 7 Text Chapter 9
<b>14</b>	<b>Test 2</b> Imagery	Text Chapter 11
21	Imagery Concentration	Text Chapter 11 Text Chapter 8
<b>28</b>	Arousal Regulation	Text Chapter 10
<b>APR 4</b>	Managing Cognitions Confidence	Text Chapter 12

### EVALUATION

Assessment	Weighting	Description	Date
Test 1	25%	MCQ and Short answer questions	<b>February 7</b>
Test 2	25%	MCQ and Short answer questions	<b>March 14</b>
Assignment	20%	TBA	<b>March 28</b>
Final Examination	30%	MCQ and Short answer questions	<b>As Scheduled by the Registrar</b>

### LATE COURSEWORK

Project assignments are to be submitted on Avenue to Learn on the date specified on the assignment outline. Assignments that are submitted late will be subject to penalty of 10% of the assignment value per day up to the full value of the assignment (e.g., submitting a 20% assignment one day late will result in a 2.0% reduction in the overall course grade).

\*\*\*\*\* **MSAF may NOT be used for course assignments!** \*\*\*\*\*

### POLICY REGARDING DEFERRED TESTS AND EXAMS

Students who miss a term test or final exam for legitimate reasons such as illness may be allowed to write a deferred or "make-up" test. **NOTE: the format is typically different from**

**the regularly-scheduled test(s) and usually requires written responses to short-answer or essay-type questions.** In all instances, appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of Science.

If you are absent from the university for a minor medical reason, lasting fewer than 5 days, you may report your absence, without documentation, using the McMaster Student Absence Form. The MSAF can only be used once per term. Absences for a longer duration or for other reasons (e.g., religious, personal) must be reported to the Faculty of Science Associate Dean's office, with documentation, and relief from term work may not necessarily be granted.

After submitting the MSAF, you must also report your absence to the course instructor immediately (daviel4@mcmaster.ca) to learn what relief may be granted for the work you have missed, and relevant details such as revised deadlines. **Make-up assessments for both tests will be available only on March 28th during testing times to be determined by the instructor.**

Students may not use the MSAF to report missing the Registrar-scheduled final exam. If the scheduled final exam is missed, students can apply to the Associate Dean's office, Faculty of Science for permission to write in the deferred final exam schedule. Under no circumstances will the instructor re-schedule a final exam for individual students.

### **ACADEMIC INTEGRITY**

Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences (e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript reading "Grade of F assigned for academic dishonesty", and/or suspension or expulsion from the university). It is your responsibility to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at: <http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf>

The following illustrates only three forms of academic dishonesty:

- Plagiarism (e.g. the submission of work that is not one's own or for which other credit has been obtained),
- Improper collaboration in group work.
- Copying or using unauthorized aids in tests and examinations.

### **ACADEMIC ACCOMMODATION OF STUDENTS WITH DISABILITIES**

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140, ext. 2865 or e-mail [sas@mcmaster.ca](mailto:sas@mcmaster.ca). For further information, consult McMaster University's Policy for Academic Accommodation of Students with Disabilities.

## **ON-LINE LEARNING RESOURCES**

Students should be aware that, when they access the electronic components of this course (e.g., through Avenue to Learn), private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

## **USE OF COURSE MATERIALS**

Course materials provided by the instructor are for use by students registered in this class only. Under no circumstances are these materials to be shared, posted or sold to a third party without permission from the instructor. This includes, but not limited to, online posting of lecture notes, online lectures, recordings of lectures, or any materials on a website other than the Avenue site designed for the course.

## **MODIFICATIONS TO COURSE**

The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites (Avenue to Learn) weekly during the term and to note any changes.

## **FEEDBACK**

It really helps us improve our services when we hear from our students, faculty and staff about what we can do better. A feedback process brings to our attention situations in which we may not have adequately considered accessibility and allows us to better plan for accessibility in the future.