

Bergen Community College  
Division of Business, Social Sciences & Public Services  
Department of Social Sciences

**Departmental Policy Syllabus**

**PSY 111  
Sport Psychology**

Date of Most Recent Syllabus Revision:

Course Typically Offered: Fall \_\_\_\_ Spring \_\_\_\_ Summer \_\_\_\_ Every Semester \_\_\_\_

Other \_\_\_\_\_

Syllabus last reviewed by: BCC General Education Committee \_\_\_\_\_

Date: \_\_\_\_\_

(Most courses need review Ad Hoc Committee on Learning Assessment \_\_\_\_\_

Date: \_\_\_\_\_

by only one of the following) Curriculum Committee: \_\_\_\_\_

Date: \_\_\_\_\_

**An individual classroom syllabus for this course must include as much of the following information as is applicable:**

**Basic Information about Course and Instructor**

Semester and Year:

Course and Section Number: [e.g., PSY 1xx-xxx]

Meeting Times and Locations:

Instructor:

Office Location:

Phone:

Departmental Secretary: [optional]

Office Hours:

Email Address:

**Course Description**

**PSY 1xx Sport Psychology** is an introduction to sport psychological theory, research, and application. This course examines how psychological factors affect an individual's physical performance, and how participation in sport and exercise enhances psychological health and personal well-being. The topics covered include: personality; motivation; arousal and anxiety; group cohesion and leadership; effective communication; imagery and skills training; and psychological reactions to athletic injuries.

3 lectures, 3 credits

Prerequisites: None

Co-requisites: None

**Student Learning Objectives:** As a result of meeting the requirements in this course, students will be able to:

- 1) describe psychological theories and research related to sport and exercise
- 2) identify psychological factors that affect physical performance in sport
- 3) describe factors that contribute to group cohesion and leadership ability
- 4) apply sport psychological phenomena to personal health and well-being

**Means of Assessment:** In order to meet these Student Learning Objectives, various assessment types will be utilized. The major assessment types used in this course are graded class discussions, objective tests and examinations, essay tests and examinations, student presentations in class (individual or group), and writing assignments (papers, short essays, book reports, etc.)

### Course Content

The overall purpose of this course is to examine how psychological concepts can be applied in sport and exercise settings. Theory, research and practice of sport psychology all should be addressed. More specifically, this course should cover (if not all at least most of) the following topics:

- Personality and sport
- Motivation
- Reinforcement and intrinsic motivation
- Group cohesion
- Leadership
- Communication
- Improving performance through skills training
- Imagery
- Coping with adversity
- Concentration
- Sport and psychological well-being
- Athletic injuries and psychology

**Special Features of the Course** (if any) [to be designated by the instructor]

E.g., the use of learning technologies in the course (Internet, PowerPoint, etc.); the inclusion of technological literacy and/or information literacy learning in the course; etc.

### Course Texts and/or Other Study Materials

Suggested textbook:

Weinberg, R., & Gould, D. (2007) Foundations of Sport and Exercise Psychology, 4<sup>th</sup> Edition. Human Kinetics.

An important aid for student is the publisher's companion online study guide that is integrated with the textbook. For additional materials, consult the BCC Library and Learning Resources Center.

### **Research, Thinking, Writing, and/or Examination Requirement(s)**

Psychology 1xx requires students to complete a variety of critical thinking and writing assignments. Students will be encouraged through classroom discussions to think about, analyze and use basic psychological concepts, major theories, and various issues regarding sport psychology. Memorization of key concepts and theories should be thought of as the first, not the final, stage of learning the course material. Students are expected to engage in various in-class as well as out-of-class writing assignments. These may include journals, research papers, personal essays, book reviews, examinations containing essay components, and so forth.

### **Grading Policy**

A student's final grade is based primarily on his/her performance on the assignments and the mastery of the material covered in the course. In determining a student's final grade, a minimum of three assignments are to be employed. They may include multiple choices, definitions and essay type questions examinations, a written term project, and an oral presentation to the class. Class participation may also be part of the final grade. Instructors may have their own policy on the make-up exams.

### **Attendance Policy**

#### **BCC Attendance Policy:**

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

#### **Attendance Policy in this Course:**

To be determined by the instructor

### **Other College, Divisional, and/or Departmental Policy Statements [optional but recommended]**

Examples:

Code of Student Conduct.

Statement on plagiarism and/or academic dishonesty.

ADA statement.

Sexual Harassment statement.

Statement on acceptable use of BCC technology.

Statement on the purpose and value of faculty office hours.

### Student and Faculty Support Services [optional but recommended]

List support services, e.g., the Writing Center, the Math Lab, the Tutorial Center, Online Writing Lab (OWL), Office of Specialized Services, etc.

Include a statement on the BCC Library.

Example:

#### Student and Faculty Support Services

<b>The distance Learning Office-for any problems you may have accessing your online courses</b>	<b>Room C-334</b>	<b>210-612-5581 psimms@bergen.edu</b>
Smartthinking Tutorial Service	On Line at:	<a href="http://www.bergen.edu/library/learning/tutor/smart/index.asp">www.bergen.edu/library/learning/tutor/smart/index.asp</a>
The Tutoring Center	Room L-125	201-447-7908
The Writing Center	Room L-125	201-447-7908
The Online Writing Lab (OWL)	On Line at:	<a href="http://www.bergen.edu/owl">www.bergen.edu/owl</a>
The Office of Specialized Services (for Students with Disabilities)	Room S-131	201-612-5270 <a href="http://www.bergen.edu/oss">www.bergen.edu/oss</a>
The Sidney Silverman Library	Room L-226	201-447-7436

### Include a Course Outline and Calendar

The Course Outline and Calendar must include all of the following elements;

- A daily or (at least) weekly schedule of topics to be covered.
- Dates for exams, quizzes, or other means of assessment.
- Due dates for major assignments-e.g., due dates for the paper(s), due dates for the project(s) etc.
- Any required special events-e.g., a lecture by a visiting speaker, a dramatic performance etc.
- A note to students stating that the course outline and calendar is tentative and subject to change, depending upon the progress of the class.

### Sample Format for Course Outline and Calendar

Week(s)	Date(s)	Topic	Reading/Activity/Assignments/ Events
1		Introduction to Sport Psychology	Self-Introductions Read Chapter 1
2		Personality and Motivation in Sport	Read Chapters 2 & 3
3		Arousal, Stress and Anxiety	Read Chapter 4 Class Discussion
4		Review	Group Activity Exam #1
5		Feedback, Reinforcement, Intrinsic Motivation, Behavior Modification in Sport	Read Chapter 6 Class Discussion
6		Group Cohesion	Read Chapter 8
7		Leadership	Read Chapter 9 Group Project Due
8		Review	Exam #2
9		Communication	Read Chapter 10
10		Skills Training, Coping with Adversity	Read Chapters 11 & 12 In-Class Exercises
11		Imagery and Concentration	Read Chapters 13 & 16 Class Discussion
12		Review	Exam #3
13		Exercise and Psychological Well-Being	Read Chapter 17 Paper Due
14		Athletic Injuries and Psychology Addiction to Exercise	Read Chapter 19, Excerpt from Chapter 20
15		Review	Class Survey Final Exam

**Note to Students:** This Course Outline and Calendar are tentative and subject to change, depending upon the progress of the class.