



Course Outline
KNES 253: Introduction to Exercise & Sport Psychology
Winter 2013
January 7 through April 16

Instructor: Dave Paskevich, PhD
Lauren Capozzi, PhD Student

Room: KNB 132

Phone: Dave: 403.220.3434
Lauren: 403.975.3344

Days: Monday, Wednesday, Friday

Email: Dave: dpaskevi@ucalgary.ca
Lauren: lcapozzi@ucalgary.ca

Time: 9:00 AM – 9:50 AM

Office: Dave: KNB 267
Lauren: KNB 432

Course Website: Blackboard

Office Hours: By Appointment

Course Description:	Kinesiology 253: Introduction to Exercise & Sport Psychology includes units in both exercise and sport psychology. Together these two units provide an introduction to the psychosocial concepts underlying an understanding of human behavior in physical activity, sport and health.
Course Objectives:	<p>Unit 1: Exercise Psychology - The purpose of the exercise psychology unit is to understand how psychological concepts are related to physical activity participation and health. The main focus is to provide: (a) a basic understanding of various psychological concepts and principles involved in exercise psychology, and (b) to see how these concepts and principles might be translated into promoting health and wellness via physical activity participation.</p> <p>Unit 2: Sport Psychology - The purpose of the sport psychology unit is to understand that sport psychology concepts are related to physical activity participation and performance. The main focus is to provide a basic understanding of the concepts and principles involved in sport psychology and how they might be translated into the practical needs of promoting participation and improving performance in sport and physical activities.</p>
Text:	<p><i>Unit 1: Exercise Psychology</i> Lox, C., Martin, K., & Petruzzello, S. (2010). <i>The Psychology of Exercise</i>. 3rd ed. Scottsdale, AZ: Holcomb Hathaway, Publishers.</p> <p><i>Unit 2: Sport Psychology</i> Weinberg, R.S., & Gould, D. (2011). <i>Foundations of Sport and Exercise Psychology</i>. 5th ed. Champaign, IL: Human Kinetics Publishers.</p>

Contacting the Instructor:

Students requiring assistance are encouraged to speak with their instructor during class or office hours, by appointment.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

Grading Scale:

Grade	Percent	Grade Point Value	Description
A+	≥ 95.0	4.00	Outstanding
A	86.0 – 94.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	82.0 – 85.9	3.70	
B+	78.0 – 81.9	3.30	
B	74.0 – 77.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	70.0 – 73.9	2.70	
C+	66.0 – 69.9	2.30	
C	62.0 – 65.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	58.0 – 61.9	1.70	
D+	54.0 – 57.9	1.30	
D	50.0 – 53.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	≤ 49.9	0	Fail – unsatisfactory performance or failure to meet course requirements.

Evaluation of Course Content:

Unit 1: Exercise Psychology
Midterm: January 25, 2013 (25% of total mark)
Final: February 15, 2013 (25% of total mark)

Unit 2: Sport Psychology
Midterm: March (27), 2013 (40% of total mark)
Final: April (15), 2013 (10% of total mark)

Final Examination:

There is NO Registrar scheduled final. There is an "in-class" final exam worth 10% the last day of class (April 15, 2013).

Course Content:

Unit 1: Exercise Psychology

Introduction to Exercise Psychology (*Lox, Chapter 1*)
Physical Activity Epidemiology (*Lox, Chapter 2*)
Theories & Models of Exercise Behavior (*Lox, Chapters 3 & 4*)
Social Influences on Exercise (*Lox, Chapter 5*)
Physical Activity Interventions (*Lox, Chapter 6*)
Self Concept & Body Image (*Lox, Chapter 8,9*)
Stress & Exercise (*Lox, Chapter 10*)
Anxiety & Exercise (*Lox, Chapters 11*)
Depression & Exercise (*Lox, Chapters 12*)
Emotional Wellbeing & Exercise (*Lox, Chapter 13*)
Cognition & Exercise (*Lox, Chapter 14*)
Health-Related Quality of Life & Exercise (*Lox, Chapter 15*)

Unit 2: Sport Psychology

Introduction to Sport Psychology (*Weinberg & Gould, Chapter 1*)
Assessment in Sport Psychology Research (*Weinberg & Gould, Chapter 2*)
Personality (*Weinberg & Gould, Chapter 2*)
Motivation (*Weinberg & Gould, Chapters 3 & 6*)
Arousal, Stress, Anxiety (*Weinberg & Gould, Chapter 4*)
Performance Enhancement (*Weinberg & Gould, Chapter 11*)
Additional Topics in Sport Psychology

Supplementary Course Information

In accordance with the University of Calgary Calendar

<u>Academic Accommodation Awareness Information:</u>	It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre <u>are not</u> eligible for formal academic accommodation.
<u>Plagiarism/Cheating/Other Academic Misconduct:</u> (see Calendar)	A <u>single</u> offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.
Midterm Exam Policy:	The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in <u>exceptional circumstances only</u> which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification <u>prior</u> to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are <u>not</u> valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.
FOIP Policy:	Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: http://www.ucalgary.ca/secretariat/privacy
Internet and Electronic Communication Device Information:	Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture. Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.
Emergency Evacuation Assembly Points:	For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby
Safewalk Information:	Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors.

Student's Union:

Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

The Kinesiology Representative is Calindy Ramsden –

E-mail: kinesrep@su.ucalgary.ca.