KIN 262 – Introduction to Sport and Exercise Psychology
Department of Kinesiology
Spring, 2023

Professor: Rick Bevis
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Office Hours: By appointment

Office Location: 356-250

Class Times: Sec 01 Tues/Thur 8:30-9:45
Sec 02 Tues/Thur 10:00-11:15

Location: 356-240

Course Description:

This course is an introduction to the theory and application of Sport and Exercise Psychology. This course examines psychological theory and concepts, as well as intervention strategies to enhance athletic performance and satisfaction of athletes and others associated with sports.

A variety of teaching and learning models will be explored during this course.

Course Content:

This course will include a variety of topics relating to theoretical and applied Sport & Exercise Psychology. Content will be presented through lecture, seminar and labs.

Specific topics will include:

- Personality and Sport
- Motivation Theory applied to sport
- Anxiety and Arousal
- Psychological Skills Training techniques to maximize performance
- Exercise Psychology Concepts
- Psychology of injury and burnout with athletes
- Additional selected topics

Graduate Attributes Emphasised:

- Capacity to Engage in Respectful Relationships, Foundations of Lifelong Learning, Ethical Reasoning, Integrative Learning.
- Critical thinking, Inquiry Ways of Knowing, Safe and Ethical Practices.
- Reading, Written Communication, Information Literacies, Scientific Literacy.

Required Text:

Weinberg, Robert S & Gould, Daniel (2019) *Foundations of Sport and Exercise Psychology* (7'th Edition). Human Kinetics, Windsor, ON.

Text References:

Anderson, Mark B. (2000) *Doing sports psychology*. Human Kinetics, Windsor, ON.

Anshel, Mark H. (2011) *Sport psychology: From theory to practice* (5'th Edition). Pearson Education Inc. San Francisco, CA

Cox, Richard H. (2012) *Sport psychology: Concepts and applications* (7'th Edition). McGraw Hill Education, New York NY.

Crocker, Peter R.E. (2016) *Sport and exercise psychology: A Canadian perspective* (3'rd Edition). Pearson Canada Inc., Toronto, ON

Gilbert, Wade. (2017) *Coaching better every season*. Human Kinetics, Windsor, ON

Williams, Jean M. & Krane, Vicki. (2015) *Applied sport psychology: Person growth to peak performance* (7'th Edition). McGraw Hill Education, New York, NY

Additional readings may be provided by the instructor.

Instructor Expectations:

1. To complete pre-class assignments/readings thereby enabling the student to be an "informed participant" in class activities and discussions.

2. To attend all lecture classes and labs. Regular attendance and participation are expected at all sessions, as much of the information provided cannot be obtained in any other way than through personal experience. ***Labs generally consist of a mini presentation, followed by an applied exercise to be completed in class. A missed lab cannot be made up regardless of the circumstance. This includes documented or undocumented illness, athletic or family related travel or any other miscellaneous reason or travel.***

3. To ask thoughtful questions and contribute to class discussions.

4. To contribute to the shaping of class directions and the provision of a positive learning environment.

5. To draw upon fellow learners, the course facilitator and other available resources to effectively realize the learning objectives for this course.

6. To meet deadlines. Please not that all assignments are due AT THE START OF CLASS, OR THE CONCLUSION OF THE LAB on the designated date. Normally, no late assignments will be accepted. Any exceptions must be negotiated IN ADVANCE.

7. Students are expected to be present for all unit quizzes. **Each quiz must be written on dates indicated on the course schedule** unless a documented medical reason occurs or prior approval for an alternate date has been arranged. A quiz missed without prior notice will not be rescheduled.

Class Schedule:

Please review schedule posted in the Course Information module on VIU Learn.

Evaluation:

Unit quizzes (2x 19.5%, 1x 25%)	64%
*Lab Reports (9 x 4%)	36%

** The nature of KIN 262 lab activities may be individual or small group work. It is often experiential and therefore cannot be replicated outside of class. Please understand, if you are not in lab classes, the work required for submission cannot be made up and you will receive zero. Each lab is worth 4% of your final grade.*

Grading

Percentage	Grade
90+ above	A+
85 – 89.9	A
80 – 84.9	A-
76 – 79.9	B+
72 – 75.9	B
68 – 71.9	B-
65 – 67.9	C+
60 – 64.9	C
55 – 59.9	C-
50 – 54.9	D
49.9 + below	F

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CLASS SCHEDULE:

DATE	TOPIC	CH. / %
Jan. 5	Course Outline, Class Schedule	Ch.1
Jan.10	Personality	Ch.3
Jan 12	Lab 1 AIMS / AIMS plus.	4%
Jan 17	Motivation	Ch.4
Jan 19	Lab 2 Exercise Motivation inventory	4%
Jan 24	Arousal, Stress and Anxiety	Ch.5
Jan 26	Lab 3 State-Trait Anxiety inventory	4%
Jan 31	Study Session 1	
Feb 2	Quiz 1	19.5%
Feb 7	Psychological Skills Training	Ch.12
Feb 9	Arousal Regulation	Ch.13
Feb 14	Imagery	Ch.14
Feb 16	Lab 4 JPR and Imagery	4%
Feb 21	READING BREAK	
Feb 23	READING BREAK	
Feb 28	Lab 5 Current Topics in Sport Psychology	4%
Mar 2	*Lab 7 Time in lieu*	
Mar 7	Self Confidence	Ch.15
Mar 9	Concentration, Lab 6 Focus	Ch.17,4%
Mar 14	Lab 7 Coach & Athlete Observation	4%
Mar 16	Goal Setting	Ch.16
Mar 21	Lab 8 Goal Setting exercises	4%

Mar 23	Study Session 2	
Mar 28	Quiz 2	25%
Mar 30	Exercise & Psychological Well-Being	Ch.18
Apr 4	Addictive and Unhealthy Behaviors	Ch.21
Apr 6	Psychology of Athletic Injuries	Ch.20
Apr 11	Burnout & Overtraining	Ch.22
Apr 13	Lab 9 Sport Reflection & Assessment	4%