

PSYCHOLOGY OF SPORT & EXERCISE

01:377:301, Section 01, Index #08273

Semester: Fall 2023

Department of Kinesiology and Health
Rutgers University

1. COURSE INFORMATION

Pre/co-requisites:	01:830:101 GENERAL PSYCHOLOGY
Course website:	Canvas https://canvas.rutgers.edu/
Format:	In-person
Room:	Food and Science Building - Auditorium
Time:	Tuesdays and Thursdays, 3:50 PM -5:10 PM
Dates:	September 5 th , 2023 – Wednesday December 13 th , 2023

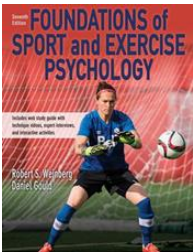
Technology requirements for this course: Laptop or desktop computer for full functionality to access course information and high speed internet connection (i.e., > 5mbps). Avoid accessing material on a mobile device such as a phone or tablet as Canvas functionality will be degraded.

2. INSTRUCTOR INFORMATION

Instructor:	Dr. Anthony G. Delli Paoli
Email:	a.dellipaoli@rutgers.edu
Office:	Loree 002
Virtual Office Location:	https://rutgers.zoom.us/my/adelli
Office Hours:	Tuesdays 12-2pm via Zoom
Department Website:	http://kines.rutgers.edu/

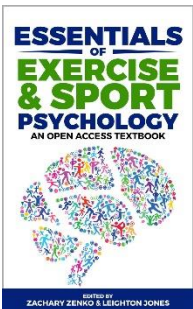
*Canvas email and announcements will be used for all information/communication related to this course.

3. REQUIRED COURSE MATERIALS



Weinberg, R.S. & Gould, D. (2019). *Foundations of Sport and Exercise Psychology (7th ed.)* Human Kinetics Press: Champaign, IL. ISBN: 9781492572473

*eBook recommended (loose-leaf or paperback versions of the textbook are acceptable)



Zenko, Z. & Jones, L. (2021). *Essentials of exercise and sport psychology: An open access textbook*. Society for the Transparency, Openness, and Replication in Kinesiology.
<https://doi.org/10.51224/B1000>

*This eBook is open access and free.

4. COURSE DESCRIPTION

The purpose of this course is to provide an overview of the psychological theories and principles that influence human behavior in sport and physical activity contexts. The American Psychological Association (Division 47) defines sport and exercise psychology as "the scientific study of the psychological factors associated with participation and performance in sport, exercise, and other types of physical activity". Sport and exercise psychology practitioners focus primarily on: (1) helping individuals use psychological principles and skills to achieve optimal performance and derive satisfaction through sport participation and (2) understanding how participation in sport, exercise, and physical activity affects psychological development, health, and well-being.

*This course partially fulfills the Exercise Science Cluster Requirement for Exercise Science Majors

*This course partially fulfills the Psychology Requirement for Sport Management Majors

5. COURSE LEARNING OBJECTIVES

By the conclusion of this course, student-learners will:

1. Identify and describe key definitions, distinctions, and proposed causal mechanisms of most major psychological theories in sport and physical activity.
2. Analyze, distinguish, and apply the theoretical knowledge to respond to challenges commonly encountered in the arenas of sport and physical activity.
3. Communicate the interdisciplinary nature of the study of sport and physical activity.
4. Identify and describe key issues related to professional ethics and responsibility in sport and exercise psychology.
5. Identify and describe key issues of diversity by demonstrating understanding of research evidence.

6. GRADING POLICY

- This class uses a points-based system to calculate grades. Points are earned and not rewarded. Assignments are weighted for points based on their difficulty and effort needed to complete. The description of each assignment includes how many points it is worth. The total number of points for this class are **500**.
- Assignments are due by 11:59 PM on the due dates listed below unless otherwise noted.
- Assignments turned in late will receive 0 points unless the student communicates with the instructor BEFORE the due date and receives written approval of an extension.
- Concerns about a graded assignment must be brought to the instructor within seven days of receiving the grade. Assignment grades are finalized after this seven-day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know right away.

Letter Grade	GPA scale	Points Needed	Percent (%)
A	4.0	450-500	90-100
B+	3.5	425-449	85-89.9
B	3.0	400-424	80-84.9
C+	2.5	375-399	75-79.9
C	2.0	350-374	70-74.9
D	1.0	300-349	60-69.9
F	0	0-299	0-59.9

7. ASSIGNMENTS

Online Reading Quizzes (15 points/ Reading Quiz – 150 points total)

There will be 10 quizzes based on the readings assigned for each upcoming week. They cover material from upcoming readings for the assigned week. The format of quizzes will be a combination of true or false, multiple choice, matching and/or short answer questions. Online quizzes must be completed using Canvas Quizzes by 11:59 PM at the start of each week during the semester. Each quiz's due date is outlined in the course schedule.

In-Class Assignments (Varied Points/ Assignment – 25 points total)

The purpose of in-class assignments are to provide more in-depth experience on select topics that occur throughout the semester. Some examples include addressing conceptual issues as well as practical issues in the field. In-class activities are unannounced and are not eligible for make-ups due to absences. Students will need to be present in class to complete in-class assignments.

Exams (100 Points/ Exam)

Students will take two exams based on assigned readings and lectures. Exam format will be a combination of true or false and multiple choice. All Exams will be taken in-person during the class meeting time.

Final Exam (150 points)

The final exam is cumulative, covering all content throughout the semester. The final exam date and time is Thursday December 21st 2023 from 4:00 PM – 7:00 PM.

8. SUMMARY OF ASSIGNMENTS WITH DUE DATES

Assignment	Due Date	Total Points	Percent of Grade
Online Reading Quizzes	Varied	150	30%
In-Class Assignments	Varied	25	5%
Exam 1	October 12 th	75	15%
Exam 2	November 16 th	100	20%
Final Exam	December 21 st	150	30%
Total		500	100.00%

9. COURSE POLICIES AND PROCEDURES

Academic Integrity

Students are responsible for becoming familiar with the definitions, procedures and sanctions outlined in Rutgers University Academic Integrity Policy before submitting any assignment or exam. The policy can be found at:

<http://nbacademicintegrity.rutgers.edu/home/academic-integrity-policy/> .

All students should conduct themselves with the highest standards of academic honesty. Examples of academic dishonesty include: copying others' written work, not citing sources, and submitting the same assignments/papers multiple times in different courses. All incidences of questionable academic integrity are a serious matter and may result in a no grade (0.0) for the assignment or course. Academic dishonesty will not be tolerated and will be treated in accordance with Rutgers University Academic Integrity Policy.

Expectations

- Engage with all class material
 - Spending nine hours per week on class material. This including reading the textbook, note taking lectures, and completing assignments.
- Complete all assigned readings and assignments on time
- Actively participate in all class activities, including discussions.
- Follow the honor code when completing all quizzes, and exams
- Only attend the classroom for your designated section.
- Communicate with the instructor if you have questions pertaining to the material or the course
- Check your email and Canvas announcements regularly to stay informed about class updates
- Ask questions during class to enhance understanding of the material.
- Either speak with or email your instructor if you have questions pertaining to the material or the course.

Email Etiquette

When emailing your instructor, please use your Rutgers e-mail address and identify yourself by full name and course number. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate e-mail etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 1-2 business days.

Plagiarism

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity. The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference).

Make-up Policy

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance:

- Athletic or other Rutgers sponsored trips: Travel dates and times accompanied by a signed memo from the group's advisor/coach must be presented to the instructor prior to travel dates.
- Religious observances.
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, etc. It will be up to the prerogative of the instructor whether or not the student will be allowed to take the make-up or receive an extension.

Behavior

- Behavior should facilitate and enhance the learning process. Any behavior that disrupts the learning process of yourself or other students will not be tolerated.
- Important to your educational success is the ability to think and speak freely. As a result, classmate perspectives and opinions should be respected, even if they differ from one's own positions. Disagreements, debates, and other contentious dialogue are welcomed, but must be carried out in a manner that focuses on finding better answers, not making personal attacks.

Laptops, Tablets, Cell Phones, and Other Electronic Technologies

- Access to Canvas should be on a laptop or desktop computer for full functionality.
- All timed quizzes and exams should be completed on reliable equipment such as a desktop computer or a laptop that is plugged in.
- Avoid accessing material on a mobile device as Canvas functionality will be degraded.
- Please visit the Rutgers Student Tech Guide page for resources available to all students. If you do not have the appropriate technology for financial reasons, please email Dean of Students deanofstudents@echo.rutgers.edu or complete the contact form for assistance. If you are facing other financial hardships, please visit the Office of Financial Aid at <https://financialaid.rutgers.edu/>.

Assignment Submissions

- Let's face it technology breaks at the most inconvenient times. Servers go down, computers get viruses, transfers time out, printers don't work, and files become corrupt. The list goes on and on. These are not considered emergencies. They are part of the normal production process. An issue you may have with technology is no excuse for late work. You need to protect yourself by managing your time and backing up your work.
- Students agree that by taking this course all required assignments may be subject to submission for textual similarity review to Turnitin.com (directly or via learning management system, i.e. Canvas) for the detection of plagiarism. All submitted assignments will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site. Students who do not agree should contact the course instructor immediately.

Diversity & Inclusion

- The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to University and global reach.

10. UNIVERSITY SERVICES

Service	Description	Contact Information
Student Accommodations	If you are a student in need of accommodations, please register with the Office of Disability Services in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 https://ods.rutgers.edu/
Just In Case Web App	Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.	http://health.rutgers.edu/medical-counseling-services/counseling/caps-next-step/
Counseling, ADAP & Psychiatric Services (CAPS)	CAPS is a university mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.	(848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 www.rhscaps.rutgers.edu/ Medical Services: http://health.rutgers.edu/medical-counseling-services/medical/ Counseling Services: http://health.rutgers.edu/medical-counseling-services/counseling/
Violence Prevention & Victim Assistance (VPVA)	The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.	(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901 www.vpva.rutgers.edu/
Scarlet Listeners	Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.	(732) 247-5555 scarlet.listeners@gmail.com https://scarletlisteners.wixsite.com/scarletlisteners
Academic Support	School of Arts and Sciences Academic Advising for personal, career, and educational goals. Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.	SAS: https://sasundergrad.rutgers.edu/ Dept. of Kinesiology & Health: Lin Williams lin.williams@rutgers.edu Loree Gym, Room 148 Becky DeMarco becky.demarco@rutgers.edu https://kines.rutgers.edu/academics/academic-advising

Last Updated: 7-26-2023

11. COURSE OVERVIEW

Week	Day	Date	Topic	Reading	Assignment Due
1	Tues	Sep-05	Course Introduction	Syllabus	
	Thurs	Sep-07	What is Sport and Exercise Psychology?	Chapters 1, 2	
2	Tues	Sep-12	Personality and Sport	Chapter 3	
	Thurs	Sep-14	Motivation & Reinforcement Part 1	Chapter 4, 7 , Ch 2²	Online-Quiz 1 (Chapters 5, 6)
3	Tues	Sep-19	Motivation & Reinforcement Part 2	Chapter 4, 7 , Ch 2²	
	Thurs	Sep-21	Arousal, Stress, and Anxiety	Chapter 5	
4	Tues	Sep-26	Competition & Cooperation	Chapter 6	Online Quiz 2 (Chapters 8, 9 , Ch 25²)
	Thurs	Sep-28	Diversity & Inclusion	Chapter 8	
5	Tues	Oct-03	Team Dynamics & Cohesion	Chapter 9 , Ch 25²	Online Quiz 3 (Chapters 10 & 11)
	Thurs	Oct-05	Leadership	Chapter 10	
6	Tues	Oct-10	Communication	Chapter 11	
	Thurs	Oct-12	Exam 1		Exam 1
7	Tues	Oct-17	Psychological Skills Training & Sport Psychology	Chapter 12 , Ch 19²	Online Quiz 4 (Chapters 12 & 19²)
	Thurs	Oct-19	Arousal Regulation	Chapter 13	
8	Tues	Oct-24	Imagery	Chapter 14	Online Quiz 5 (Chapters 14 & 15)
	Thurs	Oct-26	Self-Confidence	Chapter 15	
9	Tues	Oct-31	Goal Setting	Chapter 16	Online Quiz 6 (Chapter 16 & Ch 17)
	Thurs	Nov-02	Choking & Concentration	Chapter 17	
10	Tues	Nov-07	Physical Activity Prediction	Ch 5²	Online Quiz 7 (Chapters 5², 18)
	Thurs	Nov-09	Exercise & Psychological Well-Being	Chapter 18	
11	Tues	Nov-14	Exercise Behavior & Adherence	Chapter 19	
	Thurs	Nov-16	Exam 2		Exam 2
12	Tues	Nov-21	Athletic Injuries & Psychology	Chapter 20	
	Thurs	Nov-23	NO CLASS THANKSGIVING BREAK		
13	Tues	Nov-28	Addictive & Unhealthy Behaviors	Chapter 21	
	Thurs	Nov-30	Burnout & Overtraining	Chapter 22	Online Quiz 8 (Chapters 20, 21)
14	Tues	Dec-05	Children & Sport Psychology	Chapter 23	Online Quiz 9 (Chapter 22 & Ch 23)
	Thurs	Dec-07	Youth Physical Activity Intervention	Ch 8²	Online Quiz 10 (Chapters 8² & 24)
15	Tues	Dec-12	Final Exam Review	All	
	Thurs	Dec-14	READING DAYS – NO CLASS		
16					
	Thurs	Dec 21st	Final Exam	Cumulative	Final Exam

* Note Course Overview is subject to be updated. The Course Instructor will inform all students of any and all updates.

Readings appearing as “Chapter **XX**” are from **Weinberg & Gould textbook (Foundations)**.

Readings appearing as “Ch **XX²**” are from **Zenko & Jones textbook (Essentials)**.