

## PERFORMANCE ENHANCEMENT

APK6408 – 24866 ~ 3 Credit Hours ~ SPRING 2020

<b>INSTRUCTOR:</b>	Garrett Beatty, Ph.D. Office: FLG140 Office Phone: 352-294-1721 Email: Utilize the UF E-Learning Inbox for course related correspondence. Video Conferencing available upon request.
<b>OFFICE HOURS:</b>	Available by appointment when scheduled at least 1 business day in advance
<b>CLASS MEETING:</b>	Tuesdays: 10:40am – 12:20pm Florida Gym: 250
<b>ACCESS:</b>	Access course through Canvas on <b>UF e-Learning</b> ( <a href="https://elearning.ufl.edu/">https://elearning.ufl.edu/</a> ) & the <b>Canvas</b> mobile app by <b>Instructure</b>

**COURSE DESCRIPTION:** Mental and psychological techniques and strategies to improve performance and achievement in sport and exercise.

**COURSE OVERVIEW:** APK 6408 - Performance Enhancement examines the cognitive, social, behavioral, and neurophysiological factors that influence performance in sport and other motor performance endeavors. The field of sport psychology actively promotes the scientist-practitioner model. Utilization of the scientist-practitioner model involves the ability to consume and appropriately apply contemporary theory and scientific findings to the practice of applied sport psychology. Accordingly, APK 6408 will explore how sport psychology science and theory inform practical application of psychological skills interventions.

Topics covered include examining how psychological factors and psychological skills training programs can be leveraged to enhance performance from the perspectives of

youth sport; expertise development; practice structure; diversity; leadership; teams; athlete burnout; athlete coping; and athlete transition.

**PREREQUISITE KNOWLEDGE AND SKILLS:** Students must hold Graduate Student classification based on the UF Registrar's class Student Classifications system (<https://catalog.ufl.edu/UGRD/academic-regulations/student-classifications/>). Or, students must acquire instructor approval.

**REQUIRED AND RECOMMENDED MATERIALS:**

- **Textbook:** Murphy, S.M. (ed., 2012). *The Oxford Handbook of Sport and Performance Psychology*. New York, NY: Oxford University Press. [ISBN-13: 978-0199731763]
- Additional materials will be assigned and available through the UF E-Learning course shell.

**COURSE FORMAT:** The course is organized into 4 modules; each lasting approximately 3 weeks. Within each module, students will have the opportunity to engage in course content and graded learning activities. The learning activities are designed to catalyze student achievement of the following course goals and objectives.

**COURSE GOALS & LEARNING OBJECTIVES:**

**1. One goal of APK 6408 is to facilitate opportunities for student understanding of:**

- the scientific evidence and theoretical perspectives that provide insight into how psychological factors influence the performance of human movement and sport.
- the interdependence and influence of various psychological factors on athletic performance, injuries, career transition, and overall well-being.
- typical scientific protocols utilized in sport psychology research.
- commonly utilized psychological skills interventions designed to improve overall sport performance.

**2. A second goal of APK 6408 is to facilitate student skill development in:**

- retrieving, evaluating quality, and identifying applicability of emerging scientific literature in sport psychology.
- engaging in critical, constructive, and diplomatic academic discussions of sport psychology topics and scientific literature.
- effective written communication of scientific knowledge in sport psychology.
- analyzing needs for sport psychology programming and developing plans to implement sport psychology programming.
- developing engaging presentations aimed at imparting scientific knowledge efficiently and effectively to a targeted audience.

## COURSE AND UNIVERSITY POLICIES:

**ATTENDANCE POLICY:** Requirements for class attendance (participation) and make-up exams, assignments, and other work in this course are consistent with university policies <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

**EXAM & ASSIGNMENT MAKE-UP POLICY:** Unless excused based on University policies (<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>), missed examinations and non-submitted or late assignments will be not be evaluated and will be assigned a grade of 0.

Obtaining approval for make-up exams or make-up assignments is the responsibility of the student. Students with medically or emergency related circumstances should utilize the UF Care Team's Contact My Instructor service (<https://care.dso.ufl.edu/instructor-notifications/>) provided by the UF Dean of Students Office.

Any non-medical or emergency related circumstances require students to submit a written request explaining why an exception is being requested. The written request must include official documentation that provides proof that the missed coursework was due to acceptable reasons outlined by University policy.

**PERSONAL CONDUCT POLICY:** Students are expected to exhibit behaviors that reflect highly upon themselves and the University. UF students are bound by The Honor Pledge which states:

***We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code.***

On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied:

***On my honor, I have neither given nor received unauthorized aid in doing this assignment.***

The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Students are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor, graduate assistant, or teaching assistant in this class.

**COPYRIGHT STATEMENT:** The materials used in this course are copyrighted. Course content is the intellectual property of Garrett Beatty, and property of the University of Florida. Course content may not be duplicated in any format without explicit permission from the College of Health and Human Performance and UF. Course content may not be used for any commercial purposes. Individuals violating this policy may be subject to disciplinary action or legal litigation from the University.

**ACCOMMODATING STUDENTS WITH DISABILITIES:** Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

**COURSE EVALUATIONS:** Students in this class are participating in GatorEvals. This evaluation system is designed to be more informative to instructors so that teaching effectiveness is enhanced and to be more seamlessly linked to UF's CANVAS learning management system. Students can complete their evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Thank you for serving as a partner in this important effort.

## GETTING HELP:

### Health and Wellness

- U Matter, We Care (<https://care.dso.ufl.edu/>): If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) or call 352-392-1575
- Contact My Instructor Service: <https://care.dso.ufl.edu/instructor-notifications/>
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)  
<http://www.police.ufl.edu/>

### Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu). <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints:
  - On-Campus Students: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
  - On-Line Students: <http://distance.ufl.edu/student-complaint-process/>

## GRADING:

Student learning will be evaluated through module quizzes, group case study projects, and two exams. Specific assignment details and grading rubrics will be provided on the course website <https://lss.at.ufl.edu/>.

- **Quizzes:** Each course module includes multiple choice quizzes aimed at guiding and enhancing engagement in learning opportunities.
- **Group Case Study Projects:** Students will be assigned to groups following the semester drop/add period. Groups will be assigned a module within which they will present a case study, scientifically founded evaluation of the case, and an implementation plan inclusive of at least one detailed technique (e.g. a detailed goal-setting plan that includes evaluation and adaption processes built in).
  - Students will be evaluated on their engagement in the Case Study Discussions during the weeks in which they are not presenting.
- **Exams:** Students' knowledge of course content will be evaluated on two multiple choice exams. The exams will be developed from the assigned readings, lecture material, and other course activities.

### Final grade composition:

- Quizzes: 15%
- Group Case Study: 35%
- Exam 1: 25%
- Exam 2: 25%

### Notes:

- Grades will not be rounded
  - e.g. a 92.99% will not be rounded to a 93.00%.
- Grades of "I", "X", "H", or "N" will not be given except in cases of a documented, catastrophic occurrence.

### Course letter grades based on cumulative grade percentages:

<u>Grade</u>	<u>Percentage</u>	<u>Grade Points</u>
A	93 - 100 %	4.00
A-	90 - 92.99 %	3.67
B+	87 - 89.99 %	3.33
B	83 - 86.99 %	3.00
B-	80 - 82.99 %	2.67
C+	77 - 79.99 %	2.33
C	73 - 76.99 %	2.00
C-	70 - 72.99 %	1.67
D+	67 - 69.99 %	1.33
D	63 - 66.99 %	1.00
D-	60 - 62.99 %	0.67
E	0 - 59.99 %	0.00

More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>.

## WEEKLY COURSE SCHEDULE:

### Critical Semester Dates & UF Observed Holidays:

- January 20: Martin Luther King, Jr. Day (Monday)
- March 2 – 6: UF Spring Break (Monday - Friday)
- April 22: Last day of Spring Classes (Wednesday)
- April 23 – 24: UF Spring Semester Reading Days (Thursday – Friday)
- Complete list available here: <https://catalog.ufl.edu/UGRD/dates-deadlines/2019-2020/#springtext>

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	January 6 - 10	Introductory Module – Week 1 Introduction to Sport Psychology & Psychological Skills	
2	January 13 - 17	Module 1 – Week 1 Youth Sport	<b>January 13</b> <b>Canvas Student Profile</b>
3	January 20 - 24	Module 1 – Week 2 Expertise Development Monday, January 20 – MLK Jr. Day – UF Holiday	
4	January 27 - 31	Module 1 – Week 3 Group Case Study Presentations 1	<b>January 27</b> <b>Group Case Submission</b>
5	February 3 - 7	Module 2 – Week 1 Practice Structures	<b>February 4</b> <b>Case Study Discussions 1</b>
6	February 10 - 14	Module 2 – Week 2 Feedback	
7	February 17 - 21	Module 2 – Week 3 Group Case Study Presentations 2 Mid-term Exam Preparation	<b>February 17</b> <b>Group Case Submission</b>
8	<b>February 24 - 28</b>	<b>Exam 1:</b> <b>Tuesday, February 25</b>	<b>February 25</b> <b>Case Study Discussions 2</b>  <b>February 24</b> <b>Module Quizzes: Intro., 1, &amp; 2</b>
9	<b>March 2 - 6</b>	<b>UF Spring Break Holiday (Monday – Friday)</b>	
10	March 9 - 13	Module 3 – Week 1 Diversity & Inclusivity	
11	March 16 - 20	Module 3 – Week 2 Leadership & Teams	

12	March 23 - 27	Module 3 – Week 3 Group Case Study Presentations 3	<b>March 23</b> <b>Group Case Submission</b>
13	March 30 - Apr. 3	Module 4 – Week 1 Burnout, Injury, & Transition	<b>March 31</b> <b>Case Study Discussions 3</b>
14	April 6 - 10	Module 4 – Week 2 Consulting Athletes in Distress	
15	April 13 - 17	Prepare for Exam 2	
16	April 20 - 24	April 21: Exam 2 April 22: Final Day of Classes April 23 - 24: UF Reading Days (no classes or Exams)	<b>April 20</b> <b>Module 3 – 4 Quizzes</b> <b><i>Optional Case Study Discussion 4</i></b>
<p><b><u>Exam 2 – Tuesday, April 21</u></b> <b><u>Exam Available from 10:40am – 12:20pm EST</u></b></p>			

### SUCCESS AND STUDY TIPS:

Quizzes are designed as preparation tools for the course exams. Learning is a process that requires sustained, incremental advancements and occurs over time following neural adaptation. More simply stated, cramming may yield short-term results, but this strategy does not induce meaningful or lasting learning.

Group Case Studies are designed to facilitate skill development in retrieving, consuming, and communicating scientific evidence to a broad audience. Group Case Studies require substantial preparation to execute successfully. Students should review the Assignment instructions 3-6 weeks in advance in order to plan their schedules accordingly.