

Introduction to Sport Psychology

APK3400 | 3 Credits | Fall 2024

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Course Info

INSTRUCTOR

Matthew Magennis, Ph.D.

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OFFICE HOURS

Listed in Canvas Cours (UF eLearning)

COURES ACCESS

Access course through Canvas on UF e-Learning

(<https://elearning.ufl.edu/>) & the Canvas mobile app by Instructure

COURSE DESCRIPTION

Provides an understanding of the science and practice of sport psychology from both a theoretical and applied perspective. The primary emphasis is on the educational and performance enhancement roles of the field with little discussion of clinical issues.

COURSE OVERVIEW

APK 3400 - Introduction to Sport Psychology examines the cognitive, social, behavioral, and neurophysiological factors that influence performance in sport and other motor performance endeavors. Topics covered include examining how motivation, emotion, attention, performance attributions, and confidence influence performance; how goal setting, emotion regulation, attention training, attribution training, mental imagery, & practice structures can be incorporated into psychological skills training programs designed to improve performance; and how psychological factors influence teams, leaders, sport injury, and career transition in youth sport, sub-elite sport, and elite sport contexts.

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 3400 will explore how sport psychology science and theory inform practical application of psychological skills interventions. The application of sport psychology services will occur through a unique lens leveraging Artificial Intelligence (AI) applications to communicate with athletes and facilitate psychological skills training acquisition.

PREREQUISITE KNOWLEDGE AND SKILLS

Students must hold Junior or Senior classification based on the UF Registrar's class [Student Classifications](#).

REQUIRED AND RECOMMENDED MATERIALS

Course readings and materials will be curated by course instructor and accessible through the UF E-learning course page. Students will need to utilize UF's [VPN service](#) to access UF Library subscriptions when utilizing off-campus computers.

COURSE FORMAT

The course is organized into 12 modules. 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 LEARNING OBJECTIVES:

APK3400 will 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, skill acquisition, and cognitive processes.
- typical scientific protocols utilized in sport psychology research.
- commonly utilized psychological skills interventions designed to improve overall sport performance.
- basic understanding of Artificial Intelligence systems, ethical considerations for the application of Artificial Intelligence, and entry experience training and utilizing an Artificial Intelligence instance to solve a problem.
- the complex, interdependent global sport systems and international cultural contributions to human performance within these diverse sport systems.

APK3400 will 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 sporty psychology programming and developing plans to implement sport psychology programming.
- evaluating ethical appropriateness of AI tools to solve Sport Psychology “problems;” training AI instances and testing trained AI instance to solve Sport Psychology “problem.”
- appreciation for international cultures and an improved understanding of their position within the global community.
- communicating their acquired acumen in cultural awareness and global citizenship.

Course & University Policies

ATTENDANCE

Requirements for class attendance (participation) and make-up exams, assignments, and other work in this course are consistent with [university policies](#).

PERSONAL CONDUCT & ACADEMIC INTEGRITY

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](#) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course.

APPROPRIATE USE OF AI TECHNOLOGY

The utilization of Artificial Intelligence tools is permitted in this course with the explicit understanding that students must cite all sources and tools utilized to support their work. Students are responsible for all content (accuracy, subjects, themes, etc.) submitted in their name regardless of where the content was generated. All submitted work/content must comply with UF's Honor Code.

The UF Honor Code strictly prohibits [cheating](#). The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity's express consent or without proper attribution to the other person or Entity is considered *cheating*. Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating*.

COPYRIGHT STATEMENT

The materials used in this course are copyrighted. Course content may not be duplicated in any format without explicit permission from the College of Health and Human Performance and the University of Florida. 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 and other injured parties.

EXAM MAKE-UP POLICY

Unless excused based on [University policies](#), 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](#) 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.

ACCOMMODATING STUDENTS WITH DISABILITIES

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their [Get Started](#) page. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible. 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 are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Getting Help

HEALTH & WELLNESS

- **U Matter, We Care:** If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- **Counseling and Wellness Center:** Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- **Student Health Care Center:** Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).
- **University Police Department:** Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- **UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; or visit the [UF Health Emergency Room and Trauma Center website](#).
- **GatorWell Health Promotion Services:** For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

ACADEMIC RESOURCES

- **E-learning technical support:** Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- **Career Connections Center:** Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- **Library Support:** Various ways to receive assistance with respect to using the libraries or finding resources.
- **Teaching Center:** Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.
- **Writing Studio:** 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- **Student Complaints & Grievances:** Students are encouraged to communicate first with the involved person(s), but [here](#) is more information on the appropriate reporting process.

APK ADMINISTRATORS

For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

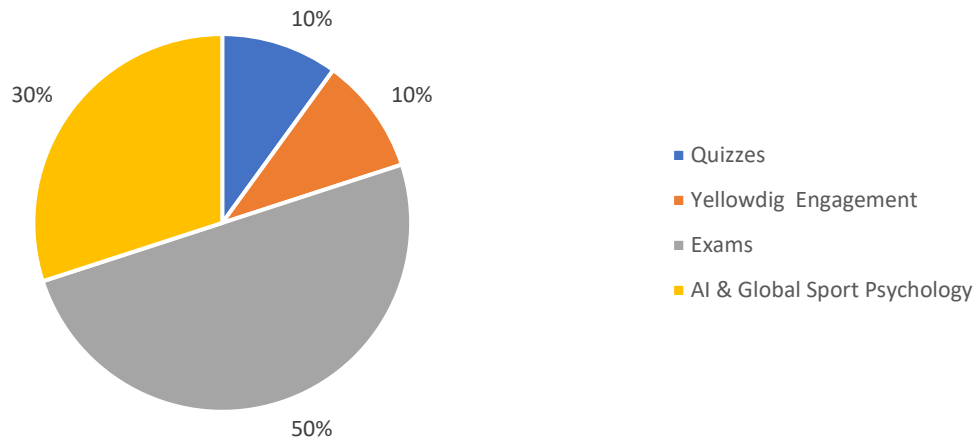
- Dr. David Vaillancourt (he/him), APK Department Chair, vcourt@ufl.edu
- Dr. Demetra Christou (she/her), APK Department Vice Chair, ddchristou@hhp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren (she/her), APK Undergraduate Coordinator, jahlgren@ufl.edu

Grading

Student learning will be evaluated through module quizzes, case study assignments, engagement in the Yellowdig Learning Community, and three exams. Specific assignment details and grading rubrics will be provided on the course website.

- **Quizzes:** Each course module includes multiple choice quizzes aimed at guiding and enhancing engagement in learning opportunities.
- **Yellowdig Learning Community:** Students are expected to engage in discussion of course relevant topics through the Yellowdig Learning Community. Points are earned during weekly periods that start on Wednesdays and end on Tuesdays. Students are expected to engage in Yellowdig discussions weekly and meet the weekly point earning goals.
- **Global Skill Development and AI Case Study Assignments:** Students will be graded on their ability to examine Sport Psychology through critical analysis of the complex, interdependent global systems and international cultural contributions to human performance. Students will complete graded assignments facilitating their skill development in marketing their skills through resumes, interviews, and use of AI enabled tools. Students may also have the opportunity to engage in virtual exchange with international students studying sport science. The global skill development will be applied within four graded module study assignments that focus on creating plans to apply psychological skills principles to optimize the psychological constructs inherent to competitive environments (e.g., creating a training plan to help facilitate skill acquisition in an athlete).
- **Exams:** Students' knowledge of course content will be evaluated on three multiple-choice exams. The exam items will be developed from the assigned readings, lecture material, and other course activities. Exam items will include applied, case study style questions in addition to more traditional multiple-choice questions.
- **Optional Module Study Guides:** Optional study guides provide students the opportunity to prepare for the application portion of the exams, by requiring students to utilize critical thinking and application skills connecting material within and across modules. The Study Guides are optional and serve as an extra credit opportunity.

Grade Breakdown



GRADING SCALE

More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	93 - 100%	4.0
A-	90 - 92.99%	3.67
B+	87 - 89.99%	3.33
B	83 - 86.99%	3.0
B-	80 - 82.99%	2.67
C+	77 - 79.99%	2.33
C	73 - 76.99%	2.0
C-	70 - 72.99%	1.67
D+	67 - 69.99%	1.33
D	63 - 66.99%	1.0
D-	60 - 62.99%	0.67
E	0 - 59.99%	0

Weekly Course Schedule

CRITICAL DATES & UF OBSERVED HOLIDAYS

- September 2: Labor Day (Monday)
- November 11: Veterans Day (Monday)
- November 25 - 29: Thanksgiving Break (Monday - Friday)
- December 5 - 6: UF Fall Semester Reading Days (Thursday - Friday)

WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	August 22 – 23	Module 1 - Course Introduction	
2	August 26 – 30	Module 2 – Psychological Skills Training & Consulting	
3	September 2 – 6	Module 3 – Motivation UF Holiday: Labor Day – September 2	Note: September 4, Yellowdig Earning Period 1 begins
4	September 9 – 13	Module 4 – Goal Setting	September 10 AI & Global Sport Psych Assignment 1 Yellowdig Earning Period 1 ends
5	September 16 – 20	Exam Week – Exam 1 Exam 1 Available: September 13 – 22	September 17 Yellowdig Earning Period 2 ends September 22 Exam 1 Modules 1 - 4 Quizzes & Study Guide
6	September 23 – 27	Module 5 – Emotion	September 24 Yellowdig Earning Period 3 ends
7	Sep 30 – October 4	Module 6 – Emotion Regulation	October 1 AI & Global Sport Psych Assignment 2 Yellowdig Earning Period 4 ends
8	October 7 – 11	Module 7 – Attention	October 8 Yellowdig Earning Period 5 ends
9	October 14 – 18	Module 8 – Attributions & Confidence	October 15 Yellowdig Earning Period 6 ends
10	October 21 – 25	Exam Week – Exam 2 Exam 1 Available: October 18 – 27	October 22 Yellowdig Earning Period 7 ends October 27 Exam 2 Modules 5 - 8 Quizzes & Study Guide
11	Oct 28 – Nov 1	Module 9 – Self-talk & Mental Imagery	October 29 AI & Global Sport Psych Assignment 3 Yellowdig Earning Period 8 ends
12	November 4 – 8	Module 10 – Practice Structure	November 5 Yellowdig Earning Period 9 ends
13	November 11 – 15	Module 11 – Teams & Leadership UF Holiday: Veterans Day – November 11	November 12 Yellowdig Earning Period 10 ends

14	November 18 – 22	Module 12 – Injuries & Career Transition	November 19 AI & Global Sport Psych Assignment 4 Yellowdig Earning Period 11 ends
15	November 25 – 29	UF Holiday: Thanksgiving Break	November 26 Yellowdig Earning Period 12 ends
16	December 2 – 6	UF Reading Days: December 5 & 6 Exam Week – Exam 3 Exam 3 Available: Nov 22 – Dec 4	December 3 Yellowdig Earning Period 13 ends December 4 Exam 3 Modules 9 - 12 Quizzes & Study Guide

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. Quizzes include questions reflective of the question styles included on the three exams.

Yellowdig is an asynchronous student engagement platform. Students should plan to participate weekly by posting course relevant thoughts, observations, questions; and responding to peers. Points are accrued on a weekly basis, so it is critical that students do not fall behind as it is nearly impossible to catch up on missed weeks.

AI & Global Case Studies assignments are designed to facilitate skill development in retrieving, consuming, and communicating scientific evidence to a broad audience. Case Studies require substantial preparation to execute successfully. Students should review the Assignment at the beginning of the semester and plan to work on these assignments incrementally each week throughout the semester.

Exams are designed as summative assessments (meaning, they test students to see what they learned and retained in the preceding module). All module materials, assignments, and the optional study guides are intentionally designed to help students prepare for the three course exams.

Optional Study Guides are exactly that—optional, and study guides. Note, the study guides are designed to facilitate learning, and not memorization. The study guides require critical thinking and problem-solving utilizing the concepts presented within the module. Students should attempt to answer the study guide prompts without using course materials to self-test their retention. When students hit a block and are unable to answer a study guide prompt, then they can reference course materials. Students would benefit from self-testing their ability to answer each prompt until they can do so without referencing course materials