

# APK 3400 – Introduction to Sport Psychology

University of Florida

Department of Applied Physiology & Kinesiology

Spring 2019

## I. Course Information

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**Title:** APK 3400 Introduction to Sport Psychology  
**Section(s):** 0628 (Class Number: 10792); 087E (Class Number: 10793)  
**Credits:** 3 credit hours  
**Term:** Spring 2019  
**Access:** Access course through *Canvas* on UF e-Learning (<https://lss.at.ufl.edu/>) & the *Canvas* mobile app by *Instructure*

**Instructor:** Garrett Beatty, Ph.D.  
**Email:** Please use the *Canvas* email tool for course related correspondence  
**Office Hours:** Available by appointment when scheduled 1 business day in advance  
Physical Location: FLG 140  
Skype or Zoom meetings available  
Phone: 352-294-1721

**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. 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.

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.

**Textbook:** Weinberg, R.S., & Gould, D. (2019). *Foundations of Sport and Exercise Psychology* (7<sup>th</sup> edition). Champaign, IL: Human Kinetics.  
Available Formats:  
Hardcover ISBN: 9781492561149  
E-book ISBN: 9781492561156  
Paperback ISBN: 9781492572350  
Loose Leaf ISBN: 9781492570592  
UF All Access: <https://www.bsd.ufl.edu/q1c/bookstore/allaccess.asp>

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## II. Course Goals & Objectives

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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.

**1. One goal of APK 3400 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 3400 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 organizational needs for sport psychology programs and developing a plan to implement a sport psychology program to meet organizational needs.
- developing engaging presentations aimed at imparting scientific knowledge efficiently and effectively to a targeted audience.

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## III. Evaluation of Student Learning

Student learning will be evaluated through module quizzes, three assignments, and two exams. Specific assignment details and grading rubrics will be provided on the course website

<https://lss.at.ufl.edu/>.

- **Quizzes & Case Studies:** Each course module includes a quiz aimed at guiding and enhancing engagement in learning opportunities.
- **Assignments:** Each student will be graded on the quality of submitted assignments.
  - **The Science of Sport Psychology:** Students will complete and submit a report summarizing a Sport Psychology research article and critiquing the potential impact (application) of the findings.
  - **Organization Evaluation:** Students will complete and submit a deliverable report identifying the sport psychology needs of an organization relevant to the student's long term career goals.
  - **Sales Pitch:** Each student will be graded on the quality of a 10 minute *sales pitch* of their organizational evaluation.
- **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 (e.g., class discussions / activities, guest lectures, supplemental materials).
- **Optional Discussions:** Six optional discussion boards are available for students seeking to gain a deeper understanding of course content and engage in peer to peer learning opportunities

### Final grade composition:

- Quizzes: 15%
- Assignments: 30%
- Exam 1: Mid-term: 25%
- Exam 2: Final Exam: 30%

### 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:

Grade	Percentage	Grade Points
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

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## IV. Course Policies

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**Course Participation & Missed Assignments:** 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>.

Missed examinations and non-submitted or late assignments will not be evaluated and will be assigned a grade of 0. Make-up exams and make-up assignments will **only** be permitted for reasons outlined by University policy. Obtaining approval for make-up exams or make-up assignments is the responsibility of the student and requires submission of a written request that explains 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.

### **Grade Appeal Policy:**

You have up to three (3) business days after an assignment or quiz/exam to contact me with any issues or concerns, after which the grade is final. Grades are based on a point scale and will not be rounded.

### **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 under the UF Conduct Code.

### **Course Evaluations:**

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester. Students will be given specific times when they are open. Summary results of previous semester assessments are available to students at <https://evaluations.ufl.edu/results/>.

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## V. UF Policies

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**Information for Students with Disabilities:** Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodations. Students with disabilities should follow this procedure as early as possible in the semester.

You must submit this documentation prior to submitting assignments, 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 Etiquette:** All members of the class are expected to follow rules of common courtesy in all course interactions as outlined in the UF Netiquette Guide (<http://teach.ufl.edu/wp-content/uploads/2012/08/NetiquetteGuideforOnlineCourses.pdf> ).

**Academic Honesty:** Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at <http://www.dso.ufl.edu/students.php>. No form of academic dishonesty will be tolerated in this course. Any student guilty of academic dishonesty (e.g., cheating or plagiarizing) will earn the course grade of E (0.00 grade points). In case of such an event, a written statement detailing the incident will be attached to the student's official College and University files.

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.”**

In adopting this Honor Code (<https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>), the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the University community. Students who enroll at the University commit to holding themselves and their peers to the high standard of honor required by the Honor Code. The Honor Code specifies a number of behaviors that are in violation of this code and the possible sanctions. For example, the [UF Honor Code](#) identifies **Plagiarism** as a violation of the UF Honor Code. Plagiarism is defined in the honor code as **representing, as the student's own work, all or any portion of the work of another**. Examples include, but are not limited to:

- Quoting oral or written materials including but not limited to those found on the internet, whether published or unpublished, without proper attribution.
- Submitting a document or assignment which in whole or in part is identical or substantially identical to a document or assignment not authored by the student.

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Additional UF Honor Code Violations include:

- Unauthorized Use of Materials or Resources
- Prohibited Collaboration or Consultation
- False or Misleading Statement Relating to a Student Honor Code Violation
- False or Misleading Statement for the Purpose of Procuring an Academic Advantage
- Use of Fabricated or Falsified Information
- Interference with or Sabotage of Academic Activity
- Unauthorized Taking or Receipt of Materials or Resources to Gain an Academic Advantage
- Unauthorized Recordings
- Bribery
- Submission of Paper or Academic Work Purchased or Obtained from an Outside Source
- Conspiracy to Commit Academic Dishonesty

Definitions of these violations along with relevant University enforced sanctions can be located here: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>.

Any individual who becomes aware of a violation of the Honor Code is bound by honor to take corrective action by reporting any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class. The quality of a University of Florida education is dependent upon the community acceptance and enforcement of the Honor Code. Violations of the Academic Honesty Guidelines shall result in judicial action and a student being subject to the sanctions specified in the Student Conduct Code. For further information regarding the honor code at the University of Florida, please visit the Dean of Students' website: <http://www.dso.ufl.edu/judicial/academic.php>.

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## VI. Accessing Assistance

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**University Resources:** Resources are available for:

- Counseling and Wellness: <http://www.counseling.ufl.edu/cwc/>
- Sexual Health or Assault: <http://shcc.ufl.edu/services/primary-care/sexual-health/>
- University Police Department: <http://www.police.ufl.edu/>
- Disability resources: [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)
- Distance Education: <http://www.distance.ufl.edu/getting-help>
- Teaching Center: <https://teachingcenter.ufl.edu/>
- Writing Studio: <https://writing.ufl.edu/writing-studio/>
- Library Services Support: <http://cms.uflib.ufl.edu/ask>
- Career Resource Center: <https://www.crc.ufl.edu/>

**U Matter, We Care:** Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at **352-392-1575**. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

**Technical Issues:** For issues with technical difficulties for E-learning in Canvas, please contact the UF Help Desk at:

- [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu)
- (352) 392-HELP – select option 2
- <https://lss.at.ufl.edu/help.shtml>

Any requests for make-ups due to technical issues *must* be accompanied by the ticket number received from Learning Support Services (LSS). The ticket number will document the time and date of the problem. You must e-mail your instructor within 24 hours of the technical difficulty if you wish to request any make-up.

**Complications with Course:** Should you experience any issues or complications with your course experience, please first contact your instructor. If your instructor is unable to resolve the issue, please visit:

- [https://www.dso.ufl.edu/documents/UF\\_Complaints\\_policy.pdf](https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf)
- <http://www.distance.ufl.edu/student-complaints>



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## VII. Course Schedule

### UF Observed Holidays:

- January 21<sup>st</sup>: Martin Luther King, Jr. Day (Monday)
- March 4<sup>th</sup> – 8<sup>th</sup>: Spring Break (Monday - Friday)

**UF Academic Dates:** Visit <https://catalog.ufl.edu/UGRD/dates-deadlines/2018-2019/#springtext> for up to date UF academic dates and deadlines for the Spring 2019 semester.

## APK 3400 Course Schedule – Spring 2019

See course webpage for specific information.

Due Dates listed on the e-learning course webpage are the Official dates.

Dates: January 7 – 11		
Module 1 – Course Introduction		
To Do	Assignments	Due Date
Read	Module 1 Readings	
Watch	Module 1 Lectures & Videos	
Complete	Canvas Student Profile	January 22
Complete	Module 1 Quiz	February 22
Begin	Assignment 1 – Science of Sport Psychology	January 29

Dates: January 14 – 18		
Module 2 – Psychological Skills Training & Consulting Skills		
To Do	Assignments	Due Date
Read	Module 2 Readings	
Watch	Module 2 Lectures & Videos	
Complete	Optional Group Discussion 1 (Covers Modules 1 & 2)	January 29
Complete	Module 2 Quiz	February 22
Continue	Assignment 1 – Science of Sport Psychology	January 29

Dates: January 21 – 25		
UF Holiday: January 21 — Martin Luther King, Jr. Day		
Module 3 – Motivation		
To Do	Assignments	Due Date
Read	Module 3 Readings	
Watch	Module 3 Lectures & Videos	
Complete	Module 3 Quiz	February 22
Continue	Assignment 1 – Science of Sport Psychology	January 29



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Dates: January 28 – February 1		
Module 4 – Goal Setting		
To Do	Assignments	Due Date
Read	Module 4 Readings	
Watch	Module 4 Lectures & Videos	
Complete	Optional Group Discussion 2 (Covers Modules 3 & 4)	February 5
Complete	Module 4 Quiz	February 22
Complete	Assignment 1 – Science of Sport Psychology	January 29

Dates: February 4 – February 8		
Module 5 – Emotion		
To Do	Assignments	Due Date
Read	Module 5 Readings	
Watch	Module 5 Lectures & Videos	
Complete	Module 5 Quiz	February 22
Begin	Reviewing course material & study for Exam 2: Mid-term Exam	February 25

Dates: February 11 – 15		
Module 6 – Emotion Regulation		
To Do	Assignments	Due Date
Read	Module 6 Readings	
Watch	Module 6 Lectures & Videos	
Complete	Optional Group Discussion 3 (Covers Modules 5 & 6)	February 19
Complete	Module 6 Quiz	February 22
Continue	Reviewing course material & study for Exam 2: Mid-term Exam	February 25

## Mid-term Exam Week

Dates: February 18 – 22

Modules 1 – 6 Quizzes Due Date: February 22

**Mid-term Exam – Proctored Online Monday, February 25**

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Dates: February 25 – March 1		
Module 7 – Attention		
To Do	Assignments	Due Date
Read	Module 7 Readings	
Watch	Module 7 Lectures & Videos	
Complete	Module 7 Quiz	April 24
Begin	Assignment 2 – Organization Evaluation	April 2

Dates: March 4 – 8		
UF Spring Break		
To Do	Assignments	Due Date
Enjoy	Spring Break	March 4 – 8
Complete	Wear Sunscreen; Make Healthy Decisions	March 4 – 8

Dates: March 11 – March 15		
Module 8 – Attributions & Confidence		
To Do	Assignments	Due Date
Read	Module 8 Readings	
Watch	Module 8 Lectures & Videos	
Complete	Optional Group Discussion 4 (Covers Modules 7 & 8)	March 19
Complete	Module 8 Quiz	April 24
Continue	Assignment 2 – Organization Evaluation	April 2

Dates: March 18 – 22		
Module 9 - Efficacy Training, Self-talk, & Mental Imagery		
To Do	Assignments	Due Date
Read	Module 9 Readings	
Watch	Module 9 Lectures & Videos	
Complete	Module 9 Quiz	April 24
Continue	Assignment 2 – Organization Evaluation	April 2

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Dates: March 25 – 29		
Module 10 – Practice Structure		
To Do	Assignments	Due Date
Read	Module 10 Readings	
Watch	Module 10 Lectures & Videos	
Complete	Optional Group Discussion 5 (Covers Modules 9 & 10)	April 2
Complete	Module 10 Quiz	April 24
Continue	Assignment 2 – Organization Evaluation	April 2

Dates: April 1 – 5		
Module 11 – Teams & Leadership		
To Do	Assignments	Due Date
Read	Module 11 Readings	
Watch	Module 11 Lectures & Videos	
Complete	Module 11 Quiz	April 24
Complete	Assignment 2 – Organization Evaluation	April 3
Begin	Assignment 3 – Sales Pitch	April 16

Dates: April 8 – 12		
Module 12 – Injuries & Career Transition		
To Do	Assignments	Due Date
Read	Module 12 Readings	
Watch	Module 12 Lectures & Videos	
Complete	Optional Group Discussion 6 (Covers Modules 11 & 12)	April 16
Complete	Module 12 Quiz	April 24
Continue	Assignment 3 – Sales Pitch	April 16
Study	Review course material & study for Exam 2: Final Exam	April 29

Dates: April 15 – 19		
Review Week 1		
To Do	Assignments	Due Date
Continue	Assignment 3 – Sales Pitch	April 16
Study	Review course material & study for Final Exam	April 29

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Dates: April 22 – 26		
UF Protected Days: April 25 & 26 – UF Reading Days		
Review Week 2		
To Do	Assignments	Due Date
Complete	Modules 7 – 12 Quizzes & Self-Assessments	April 24
Study	Review course material & study for Final Exam	April 29

**Final Exam: Proctored Online Monday, April 29<sup>th</sup>**

**Disclaimer:** This syllabus represents the current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.