

SPORT PSYCHOLOGY

APK3400 – 10718 & 10719 ~ 3 Credit Hours ~ SPRING 2020

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Office Phone: 352-294-1721
Email: Utilize the UF E-Learning Inbox for course related correspondence.
Video Conferencing available upon request.

GRADUATE ASSISTANT: Marcel Komer

OFFICE HOURS: Available by appointment when scheduled at least 1 business day in advance.

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. 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.

PREREQUISITE KNOWLEDGE AND SKILLS: Students must hold Junior or Senior classification based on the UF Registrar's class Student Classifications system (<https://catalog.ufl.edu/UGRD/academic-regulations/student-classifications/>).

REQUIRED AND RECOMMENDED MATERIALS:

- **Textbook:** Weinberg, R.S., & Gould, D. (2019). *Foundations of Sport and Exercise Psychology* (7th edition). Champaign, IL: Human Kinetics.
 - Available Formats:
 - Hardcover ISBN: 9781492561149
 - E-book ISBN: 9781492561156
 - Paperback ISBN: 9781492572350
 - Loose Leaf ISBN: 9781492570592
- Additional materials will be assigned and available through the UF E-Learning course shell.

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 GOALS & LEARNING 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 performance.
- the interdependence and interacting influence of psychological factors on athletic performance, injuries, career transition, and overall well-being.
- typical scientific protocols utilized in sport psychology research.
- commonly utilized interventions designed to improve sport performance.

2. A second goal of APK 3405 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.

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 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 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. <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:

- **Quizzes (15%):** Each course module includes a multiple choice quiz aimed at guiding and enhancing engagement in learning opportunities.
- **Assignments (30%):** 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 Sales Pitch:** Each student will be graded on the quality of a 10 minute *Sales Pitch*. The Sales Pitch will consist of a video recorded presentation of an organizational evaluation completed by the student. The organization evaluation consists of identifying the sport psychology needs of an Organization (some examples include: sport team, club, or franchise; a company seeking to improve performance outcomes of its employees; a group of medical professionals working within high performance stress environments; tactical operators) and generating actionable, scientifically justified, steps to initiate or adapt sport psychology programming within the organization.
- **Exams (55%):** Students' knowledge of course content will be evaluated on two multiple choice exams.
 - Exam 1: Mid-term: 25%
 - Exam 2: Final Exam: 30%
 - Exams assess knowledge of content within assigned readings, lecture material, and all required course activities.
- **Optional Discussions (2% Extra Credit Possible):** Optional discussion boards offer opportunities peer to peer learning and deeper understanding of course content.

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.

<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

Specific information on course assignments & UF grading policies:

- <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	Module 1 – Course Introduction	
2	January 13 - 17	Module 2 – Psychological Skills Training & Consulting Skills	January 13 Canvas Student Profile
3	January 20 - 24	Module 3 – Motivation Monday, January 20 – MLK Jr. Day – UF Holiday	
4	January 27 - 31	Module 4 – Goal Setting	January 27 <i>Optional Group Discussion 1</i>
5	February 3 - 7	Module 5 – Emotion	February 3 Assn. 1 Science of Sport Psychology
6	February 10 - 14	Module 6 – Emotion Regulation	February 10 <i>Optional Group Discussion 2</i>
7	February 17 - 21	Mid-term Exam Preparation	February 23 Modules 1 – 6 Quizzes Monday, February 24 Exam 1: Mid-term Exam Proctored Online
8	February 24 - 28	Module 7 – Attention	February 25 <i>Optional Group Discussion 3</i>
9	March 2 - 6	UF Spring Break Holiday (Monday – Friday)	
10	March 9 - 13	Module 8 – Attributions & Confidence	
11	March 16 - 20	Module 9 – Self-talk & Mental Imagery	

12	March 23 - 27	Module 10 – Practice Structure	March 23 <u>Optional Group Discussion 4</u>
13	March 30 - Apr. 3	Module 11 – Teams & Leadership	March 30 Assn. 2 Org. Eval. Sales Pitch
14	April 6 - 10	Module 12 – Injuries & Career Transition Monday, November 11 – U.S. Veterans Day Holiday	April 6 <u>Optional Group Discussion 5</u>
15	April 13 - 17	Prepare for Exam 2: Final Exam	Review Modules 1-12 Material
16	April 20 - 24	Prepare for Exam 2: Final Exam April 22: Final Day of Classes April 23 - 24: Reading Days	April 22 Modules 7 – 12 Quizzes <u>Optional Group Discussion 6</u>
<u>Exam 2: Final Exam – Proctored Online – Monday, April 27</u> <u>Exam Available from 5:00am – 11:59pm EST</u>			

SUCCESS AND STUDY TIPS:

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

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