UF | College of Health & Human Performance

Department of Applied Physiology and Kinesiology

UNIVERSITY of FLORIDA

PERFORMANCE ENHANCEMENT

APK6408 – 10671 & 10672

3 Credit Hours ~ SPRING 2022

INSTRUCTOR:
Matt Seitz, PhD, Licensed Counseling & Sport Psychologist
Email: Utilize the UF E-Learning Inbox for course-related correspondence.
 ***Please try not to send emails to my UFL address, as the E-Learning or Canvas Inbox makes it much simpler to communicate with me about this course.

Video or Phone Conferencing is available upon request. I am always excited and open to meeting with students to discuss course material and/or career interests.

COURSE DEVELOPER:
Garrett Beatty, PhD, Instructional Assistant Professor
***I will discuss this in my first video announcement, but Dr. Beatty created this course, and you will be watching his lectures throughout the class. I (Dr. Seitz) am your instructor for this class and will be interacting with you throughout this course. You will have no interaction with Dr. Beatty outside of watching his lectures. I will transition in the future to creating my own lectures for the course. Dr. Beatty is a phenomenal UF professor, and he is one of the best in the business when it comes to research in sport psychology and performance enhancement. I am a private practitioner who works one-on-one with athletes on a regular basis. My doctorate is in Counseling Psychology and my Post-Doctoral Fellowship is in Sport Psychology.

OFFICE HOURS:
Available by appointment through Zoom. I am very flexible on nights and weekends. I encourage you to reach out to me if you want to discuss this course and/or career decisions.

ACCESS: Access the course through **Canvas** on **UF e-Learning** (**https://elearning.ufl.edu/**) & the *Canvas* mobile app by *Instructure*

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

COURSE OVERVIEW: *APK6408—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. Additionally, *APK6408* will explore how sport psychology science and theory inform practical application of psychological skill 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 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 and readings are available through the UF E-Learning course shell as you work through each module.

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.
- developing effective written communication of scientific knowledge in sport psychology.
- analyzing needs for sport psychology programming and developing plans to implement sport psychology programming.

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.

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 obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor in this class.

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.

COPYRIGHT STATEMENT: The materials used in this course are copyrighted. Course content is the intellectual property of Garrett Beatty and Matt Seitz, 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 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 at https://disability.ufl.edu/students/get-started/. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. 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/.

*** These evaluations and your personal feedback are very important to me. As I make the course my own in the coming years, I will utilize your feedback to improve the course. Additionally, it is important to hear about the positives of the course to determine what to keep in the course in upcoming semesters.

COVID-19 NOTE:
Although this course operates 100% online, it is important for all students, staff, and faculty to continually remain abreast of the developing circumstances related to the COVID-19 Pandemic and the impacts of the pandemic on UF operations. In response to COVID-19, the following information, policies, and requirements are in place to optimize the learning environment, safety of University members, and to enhance student learning outcomes:

- UF's COVID-19 Page: https://coronavirus.ufl.edu/
- UF's Screen, Test, Protect program: https://coronavirus.ufhealth.org/screen-test-protect-2/
- UF's COVID-19 FAQ page: https://coronavirus.ufhealth.org/frequently-asked-questions/

- UF's COIVD-19 Data Dashboard: https://coronavirus.ufhealth.org/screen-test-protect-2/about-initiative/testing-dashboard/
- **If you are experiencing COVID-19 symptoms** (https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) **or believe you may have been exposed to an infected individual**, please use the UF Health screening system and follow the instructions on whether you are able to attend classes:
  - https://coronavirus.ufhealth.org/screen-test-protect/covid-19-exposure-and-symptoms-who-do-i-call-if/.

GETTING HELP:

Health and Wellness
- Care Area (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, 352-392-1161
- University Police Department, 352-392-1111 (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, 352-392-1601. 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, 352-392-2010 or 352-392-6420. General study skills and tutoring. http://teachingcenter.ufl.edu/
- Writing Studio, 302 Tigert Hall, 352-846-1138. 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/

Inclusion, Diversity, Equity, and Accessibility (IDEA) Resources
- For suggestions or concerns related to IDEA, please reach out to any of the following:
  - Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
  - Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

GRADING:

Student learning will be evaluated through module quizzes, engagement in the Yellowdig Learning Community, and two exams. Specific assignment details and grading rubrics are 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. You are allowed three attempts before the deadline to maximize your score. These quizzes should help you study for exams.

- **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. This is a great way to engage with your classmates and discuss course material and current events in sport. This will begin on Wednesday, January 12th.

- **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. While all course material is "fair game" for exams, I especially encourage you to take the quizzes seriously and to thoroughly complete the optional study guides to help with learning the exam material.

- **Extra Credit:** There are two ways to obtain extra credit in this course. (1) There are optional study guides designed for the exams that if completed can add a total of 2% to your final grade. While it is a lot of work for a 2% addition to your grade, let me reiterate how important these study guides are to help with exam preparation. I do not mean copying and pasting answers from readings or lectures. I see a number of students do a poor job on the study guides and then wonder why they did not do well on exams. These study guides are in essence a 2% boost to your grade simply for studying for your exams. (2) I used to do group case studies, but I get feedback that most of you do not like group projects. Therefore, I am allowing each of you to personally choose a case study that will add 4% to your final grade. See the course website for details on this assignment as the semester progresses. While the optional study guides are an automatic 2% for completion, I will be a bit stricter evaluating your case study to earn the full 4% for this extra credit assignment.

Final grade composition:
- Quizzes: 25%
- Yellowdig Learning Community: 25%
- Exams: 50%:

Notes:
- Grades *will* be rounded
  - e.g. a 92.5% will be rounded to a 93.0 %.
- Grades of "I", "X", "H", or "N" will not be given except in cases of a documented, catastrophic occurrence.
- Please do not ask me to boost a grade at the end of a semester, as you have up to 6% of extra credit to earn during the semester, and I automatically round up on grades. Additionally, 50% of your grade (Quizzes and Yellowdig) should be nearly automatic points with some effort. Remember, you get multiple attempts at quizzes and get Yellowdig points for participation!

Course letter grades (Per UF Guidelines)

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

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 17th: Martin Luther King, Jr. Day (Monday)
- March 5 – 12: UF Spring Break (Saturday – Saturday)
- April 21 – 22: UF Spring Semester Reading Days (Thursday – Friday)
- Complete list available here: https://catalog.ufl.edu/UGRD/dates-deadlines/2021-2022/#spring22text

Week	Dates	Assigned Module & Schedule Notes	Assignments Due
1	January 10 – 14	Introductory Module – Week 1 Introduction to Sport Psychology & Psychological Skills	
2	January 17 – 21	Module 1 – Week 1 Youth Sport Monday, January 17 – MLK Jr. Day – UF Holiday	**January 23** **Canvas Student Profile**
3	January 24 – 28	Module 1 – Week 2 Expertise Development	
4	Jan. 31 – Feb. 4	Module 1 – Week 3	

5	February 7 – 11	Module 2 – Week 1 Practice Structures	
6	February 14 – 18	Module 2 – Week 2 Feedback	
7	February 21 – 25	Module 2 – Week 3 Mid-term Exam Preparation	
8	**Feb. 28 – March 4**	**Exam 1:** **Proctored Online** **Available 6 AM EST Feb. 28 – 11:59pm EST March 4**	**March 4 by 11:59 PM** **Module Quizzes Due: Intro., 1, & 2** **Exam 1 Due** **Optional Extra Credit Study Guides Due**
9	March 7 – 11	UF Spring Break	
10	March 14 – 18	Module 3 – Week 1 Diversity & Inclusivity	
11	March 21 – 25	Module 3 – Week 2 Leadership & Teams	
11	**Mar. 28 – April 1**	**Module 3 – Week 3**	**Optional Extra Credit Case Study Due**
12	April 4 – 8	Module 4 – Week 1 Burnout, Injury, & Transition	
13	April 5 - 9	Module 4 – Week 2 Consulting Athletes in Distress	
14	April 11 - 15	Prepare for Exam 2	
15	**April 18 - 22**	**April 20: Final Day of Classes** **April 21 - 22: UF Reading Days (no classes or exams)**	**April 20 by 11:59 PM** **Module 3 – 4 Quizzes Due** **Optional Extra Credit Study Guides Due**
Exam 2 – Proctored Online **Exam Available from 6:00am EST April 23 – 11:59pm EST April 29** ***Exam 2 is NOT cumulative**			

SUCCESS AND STUDY TIPS:

Quizzes and Optional Study Guides are designed as preparation tools for the course exams. In addition to quizzes and study guides, lectures and readings are also important for exam preparation. 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. If you have any questions about course material, please set up a time to go over the material with me via Zoom. The exams are challenging, but I strive to ensure that they are fair. I want you to be successful in this course. Thank you for being a part of this course, and I hope it is beneficial for you in your careers in sport.