Instructor: Mrs. Lisa McQuade
Office Silcox 223
Office hours: Monday, Wednesday & Friday 9:00-10:00 am by appointment
Phone: CofC: 953-5558 (Dept. Office); 843-277-5879 (CELL) Email: mcquadelm@cofc.edu
Course meeting: Monday, Wednesday, Friday 11:00-11:50 am
Tuesday & Thursday – 1:40-2:55 pm

All communications must include your name, S. Psy MWF or TuTh
Prerequisite courses: Prerequisites: PEHD 201 or EXSC 201; PSYC 103; or permission of the instructor

Course Description - This course examines psychological theories and research related to sport and exercise behavior. The course is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area.

TAIS- Test of Attention & Interpersonal Style $35 (You will get receipt- submit in dropbox on OAKs and I will be giving you an access code.)

The Course Objectives Are As Follows:
- To understand the role of research methods in exercise and sport psychology, and use research findings and/or psychological theories to reach logical conclusions.
- To increase your understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education settings.
- To increase your understanding of how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved.
- To help you acquire skills and knowledge about sport and exercise psychology that you can apply as a coach, teacher, athletic trainer, or exercise leader.
- To understand and apply ethical principles, especially those adopted by the American Psychological Association.
- To be aware of individual differences among people with regard to the psychological aspects of exercise and sport.
- To demonstrate an ability to think, speak and write effectively about the subject matter.

Your instructor will make every effort to involve you in the learning process. This will include but will not be limited to, putting students into small group discussions, calling on students for answers to questions posed, directing students to differences of opinion (e.g., instructor versus textbook), and encouraging students to ask questions or introduce information they bring from other sources.

Please read chapter material in text book before coming to class.
Evaluation:
Class Participation=Activities & Discussion ~ 5%
Online Quizzes ~ 5%
Critique Experimental Research Paper~ 10%
Mid-Term ~ 20%
TAIS Case Study ~ 20%
Observation Assignment ~ 20%
Final~ 20%
TOAL = 100%

10 point - EXTRA Credit~ you may go to a CofC Concert or Dance Series through the CofC Music or Dance Department ONLY. Or you may participate in Community Wellness Activity called Contra Dance. In 500 words, discuss the connections you see in terms of musicians, performance and Sport Psychology & Wellness. This must be done in proper English! Take a picture of you with the artist/band that performed, take a picture of the program/ or of you dancing and submit both online OAKs. You may only do one. Up to 10 points will apply to your lowest 100 point grade. To get the 10 points you must do all the work.

Online quizzes will be available on OAKS for selected dates. The online quizzes will primarily test your knowledge of the chapter readings. Once quizzes close you will not be able to see them.

Papers/Projects
- You have 3 Papers/Projects this semester
- YOU MUST STAY within the page amounts, be clear, concise and accurate with your words.
- Please note that I will give feedback directly on your papers and attach that to your drop box with the rubric. Should you need clarification about feedback, feel free to drop into office hours or make an appointment.
- Please follow header and file name guidelines for all papers. Also you will add your name to each rubric and attach to the drop box following file name guidelines. Details found in Drop Box.

1- RESEARCH CRITIQUE (10%) Find an experiment focusing on Personality or Motivation and Athletic Performance. This means that the article you select must deal with any aspect of personality or motivation that predicts any physical performance measure (this may be in exercise setting as well). Your article must be selected from scientific journals listed under sport psychology, psychology or sport science and must be recent (2009-2014). This means that the authors used the scientific method in their research and published the findings in a recognized journal. Your critique must be on an EXPERIEMNT. Theoretical interpretive or summary papers are not acceptable (no Meta-Analysis). If you are uncertain of what this means, you may bring me the article for a quick review and approval. If you do not critique a RESEARCH article you will get a “0” zero on this assignment, no second chances. (APA format, minimum of two sources, DO NOT use first person to critique), YOU must submit the article’s Abstract for approval on line via OAKs prior to writing this paper. (2 pages-500-600 words NO more) More on OAKs.
2- **TAIS Case Study (20%)** - You will take the TAIS ($35 fee), receive results and write a Case Study of your findings following APA format. **Details will be provided on OAKs (4 pages, no more)**

3- **Observation Assignment (20%)** - You will observe a team/dance troop/exercise class during practice and then during a game/performance. This does not have to be a professional team, or an athletic team, it can be little league, a dance team, or exercise class. With your understanding of Sport & Wellness Psychology, what do you observe happening in the dynamics of practice and performance? What tools do you see being used? Do you think any other tools might be helpful? (APA format, please provide proof for your reasoning with citations, you may use your text book, minimum of two sources, DO NOT write in first person). You must submit idea on line via OAKs for prior approval. **More details on OAKs (4 pages, no more)**

**FOR PAPERS ~**

**Center for Student Learning**: I encourage you to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies, speaking & writing skills, and course content. They offer tutoring, Supplemental Instruction, study skills appointments, and workshops. Students of all abilities have become more successful using these programs throughout their academic career and the services are available to you at no additional cost. For more information regarding these services please visit the website. [http://csl.cofc.edu/index.php](http://csl.cofc.edu/index.php) or call (843)953-5635 *(I will be getting notification from CSL on how frequently my students use their services.)*

**Exams** will be multi format... Multiple choice, true/false, short answer and short essay. The final exam will not be comprehensive. **See make-up policy.**

**Grading Scale:**

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<th>Grade</th>
<th>93+</th>
<th>90-92</th>
<th>87-89%</th>
<th>84-86</th>
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<td>B+</td>
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**Make up policy** -

**Online lecture quizzes** must be taken within the assigned time frame. Take notes because once they close you will no longer have access to them for exams.

**EXAMS** You must contact me via cell phone, text message or email, if you find you are ill the morning of an exam, before class meets (for example if exam in on Monday at 11:00 am, you must contact me before 11:00 am) If you do not, you will receive a zero (0) on the exam. If you know of a conflict such as a CofC team competition, you must make arrangements prior to the exam date, otherwise you will receive a zero (0). Make-ups will be arranged primarily during my office hours. I will NOT accept CofC absence forms as a means of communicating your absence, I will however, confirm them for exam make-ups.
PROJECTS AND PAPERS are due as assigned~ the drop box will remain open, but you will lose 5 points for each day late, unless arranged with me prior to the due date.

CLASS Material: If you miss a class you are responsible for getting the material from another student. Please do not send e-mails asking what you missed. If you need clarification please schedule to meet with me during office hours or during a mutual time that I can assist you.

Attendance: Attendance will be taken daily. If you are late, you will be marked absent. Students are expected to attend class. Two points will be deducted from your final grade for each absence after four (4) for MWF, three (3) for TuTh. No excuses will be considered for absences, use them wisely.

Seating: To expedite the attendance process and improve my ability to get to know student names, students will be assigned to seats. Please check the seating chart, on the second day of class, for your seat assignment. You will be allowed to voice preferences for seating.

Policies
College of Charleston Student Handbook: This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. www.cofc.edu/studentaffairs/general_info/studenthandbook.html.

Academic Honesty: Please refer to the current College of Charleston Student Handbook for the definition of academic dishonesty and the subsequent penalties. Faculty members are required to report violations of the Honor Code to the Office of Student Affairs. If you are found guilty of an honor code violation your grade in the class will be XF and will be so indicated on your transcript. Students at College of Charleston are expected to be at all times in compliance with the Honor Code. Scholastic dishonesty will not be tolerated in this course. Examples of cheating include giving or receiving aid during examinations, using any type of crib sheet, copying from or looking to another exam, or submitting another’s work as your own.

Classroom Behavior: Students at the College of Charleston are expected to be at all times in compliance with the Honor Code. Failure to abide with this code will not be tolerated in this course. Examples of inappropriate classroom behavior include behaviors that disrupt instruction by the professor and/or learning of classmates and behaviors that threaten, harass, or discriminate against others. Students who engage in inappropriate classroom behavior will be asked to leave the classroom, will receive no credit for attendance and in-class activities for that day, and must meet with the instructor prior to returning to the next class meeting. Severe cases of inappropriate behavior will be referred to the Dean of Students for appropriate disciplinary action. Please take a moment to use the bathroom before the start of class. Students leaving class can be disrupting.
**Electronic Device Policy** - Please turn off sounds to devices. Lap tops are permitted, but must be turned to a notes page or slides page, social networking, texting and emailing is deemed a distraction and will not be permitted. Students caught “distracting” will be warned (first time), dismissed and marked absent (second time), or receive a 10 point reduction on their final grade (third time). Occasionally, we will be searching for videos, a pair of head phones might be useful, but should only be used during our activities.

**Disability** - In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to “reasonable accommodations.” Please notify the instructor during the first week of class of any accommodations needed for the course.

**Reserve clause** - As we progress through the semester we may find we are ahead of the class outline or behind. This has to do with the knowledge the students bring to the class as well as the time allotted for the class. The instructor may make changes to this syllabus. Students will be informed promptly of any changes as they occur.

**Syllabus Reviewed Submission**:

Please submit via drop box a statement verifying you have read this syllabus and that you understand that if you have a question regarding class policy you should go to syllabus first and OAKs second. Should you require clarification, please have syllabus in hand pointing to area in need of clarification. Additionally, I will make every attempt possible to be clear on assignment instructions by creating a good OAKs page for you. Please check there for announcements and details on assignments first before emailing questions.