College of Charleston
PEHD 355-01: Sport Psychology

Fall 2017

**Time & Place:** Tuesday/Thursday 12:15-1:30 P.M.
Silcox Physical Education Center, Rm. 111

**Instructor:** Larry “Bucky” Buchanan, MS, MA, CSCS

**Office Hours:** Monday and Wednesday 10:00 AM-12:00 PM or by appointment

**Office:** George Street Fitness Center

**Phone:** 953-3898 or call/text my cell (843) 860-0364

**Email:** lbuchana@cofc.edu

**Prerequisites:** EXSC 201 or PEHD 201; PSYC 103; or instructor permission

**Grading:** A, A-, B+, B-, C+, C, C-, D+, D, D-, F

**Evaluation Scale** (Implemented 2006-2007):

A 90-100%  A- 88-89%  B+ 85-87%  B 80-84%  B- 78-79%  C+ 75-77%  C 70-74%  
C- 68-69%  D+ 66-67%  D 64-65%  D- 62-63%  F 0-61%

**Course Description:** The scientific study of human behavior in the context of participating in sport and how sport performance is affected by the athlete, the team and its leadership, as well as by the physical and interpersonal environment in which these individuals interact.

**Course Objectives** are as follows:

- 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.
Student Learning Objectives are as follows:

- As a result of participating in PEHD 355-03, students will be able to examine and identify the psychological factors influencing the involvement and performance in sport, exercise, and physical education settings.
- As a result of participating in PEHD 355-03, students will be able to explain how the psychological makeup of the individuals involved influences participation in sport, exercise, and physical education.
- As a result of participating in PEHD 355-03, students will acquire the necessary skills and knowledge about sport and exercise psychology that can be applied in various roles, such as a coach, teacher, athletic trainer, or exercise leader.

Course Text:

Tentative Requirements:
- 62.5% Examination- 5 Tests (100 pts each)
- 25% Final Exam (200 pts)
- 12.5*% Quizzes and/or reading assignments (10 possible at 10 pts each)

Total Possible Points: 800 points.

*Quiz totals can vary.

Exams:
Examinations- Each Test is worth 100 points and the final exam 200 points. Exams are a combination of textbook readings, class lecture, class discussions, and various assignments.

Quizzes/Reading Assignments:
Students will take ten 10-point quizzes throughout the semester in order to assess their understanding of class lectures and assigned readings. Quizzes will not be announced so students should be prepared daily for a quiz. Quizzes will be given at the discretion of the instructor at the beginning of the class periods. Should you miss a quiz due to an excused tardiness or absence; students will have the opportunity to make-up the quiz within a reasonable amount of time at the convenience of the instructor and student. **It is the student’s responsibility to contact the instructor in regards to scheduling a make-up.**

Course Content:
Unit 1
Part 1- Beginning Your Journey
A. Welcome to Sport and Exercise Psychology

Part 2- Learning About Participants
A. Personality and Sport
B. Motivation
C. Arousal, Stress, and Anxiety

Unit 2
Part 3- Understanding Sport and Exercise Environments
A. Competition and Cooperation
B. Feedback, Reinforcement, and Intrinsic Motivation

Part 4- Focusing on Group Processes
A. Group and Team Dynamics
B. Group Cohesion
C. Leadership
D. Communication

Unit 3
Part 5- Improving Performance
A. Introduction to Psychological Skills Training
B. Arousal Regulation
C. Imagery
D. Self-Confidence
E. Goal Setting
F. Concentration

Unit 4
Part 6- Enhancing Health and Well-Being
A. Exercise and Psychological Well-Being
B. Exercise Behavior and Adherence
C. Athletic Injuries and Psychology
D. Addictive and Unhealthy Behavior
E. Burnout and Overtraining

Unit 5
Part 7- Facilitating Psychological Growth and Development
A. Children and Sport Psychology
B. Aggression in Sport
C. Character Development and Good Sporting Behavior

Electronics Policy:
We’re all adults here! If you need to use your phone, please do, but be respectful to those around you and step outside. Please make sure all phones are either off or on silent. Do not use your phone in class.

**Attendance:** PLEASE READ CAREFULLY!!!!
Attendance is required. I will be taking it as required by the department and College. One means of assessing your attendance is through random quizzing. It is important that if you miss a class, you get it documented and check in with the instructor regarding any missing or late work. If you miss a class there should be a legitimate reason with documentation. There is no making up quizzes for missing a class without documentation.

**Provisions for Students with Special Needs:**
The College of Charleston abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of handicap.” Disabilities covered by law include, but are not limited to: learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Service or me so that such accommodation may be arranged.

**Make-Up Policy:**
Make-up exams are given at the discretion of the professor and are only considered for documented and approved absences. It is the student’s responsibility to contact the instructor if a make-up is necessary. Late assignments, if accepted, will be penalized 25% per day.

**Honor System:**
Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when suspected, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will be handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed both by the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XXF in the course, indicating failure of the course due to academic dishonesty. This status indicator will appear on the student’s transcript for two years after which the student may petition for the XX to be expunged. The F is permanent.
Students should be aware that unauthorized collaboration--working together without permission--is a form of cheating. Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.

Students can find the complete Honor Code and all related processes in the Student Handbook at [http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php](http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php)

**Tentative Schedule:**

**August**
22 T  Introduction to course

24 TH  Chapter 1- Welcome to Sport and Exercise Psychology

29 T  Chapter 2- Personality and Sport

31 TH  Chapter 3- Motivation

**September**
5 T  Chapter 4- Arousal, Stress, Anxiety

7 TH  Exam 1

12 T  Chapter 5- Competition and Cooperation

14 TH  Chapter 6- Feedback, Reinforcement, and Intrinsic Motivation

19 T  Chapter 7- Group and Team Dynamics and Chapter 8- Group Cohesion

21 TH  Chapter 9- Leadership

26 T  Chapter 10- Communication

28 TH  Exam 2

**October**
3 T  Chapter 11- Introduction to Psychological Skills Training

5 TH  Chapter 12- Arousal Regulation

10 T  Chapter 13- Imagery

12 TH  Chapter 14- Self-Confidence

17 T  FALL BREAK- NO CLASS
19 TH  Chapter 15- Goal Setting
24 T  Chapter 16- Concentration
26 TH  Exam 3
31 T  Chapter 17- Exercise and Psychological Well-Being

**November**
2 TH  Chapter 18- Exercise Behavior and Adherence
7 T  Chapter 19- Athletic Injuries and Psychology
9 TH  Chapter 20- Addictive and Unhealthy Behaviors
14 T  Chapter 21- Burnout and Overtraining
16 TH  Exam 4
21 T  Chapter 22- Children and Sport Psychology
23 TH  THANKSGIVING HOLIDAY-NO CLASS
28 T  Chapter 23- Aggression in Sport
30 TH  FINAL CLASS Chapter 24- Character Development and Good Sporting Behavior

**December**
5 T  READING DAY

***Final Exam- Tuesday, December 12, 2017 from 12:00-3:00 PM.***