College of Charleston
PEHD 355-03/PSYC 355-03: Sport Psychology

Spring 2016

Time & Place: Tuesday/Thursday 12:15 - 1:30 P.M. 
Johnson Center, J-206

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


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.

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 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
  - Welcome to Sport and Exercise Psychology

- Part 2- Learning About Participants
  - Personality and Sport
  - Motivation
  - Arousal, Stress, and Anxiety

Unit 2
- Part 3- Understanding Sport and Exercise Environments
  - Competition and Cooperation
  - 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 quizzes. 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:**
Students must do their own work. Please see the 2015-2016 Student Handbook (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

The College of Charleston Honor System is recognized in this course. For the specific details of responsibility and penalty, see the current edition of the College of Charleston Student Handbook. Take special note of the following NEW policy concerning grades and cheating. “Cases of suspected academic dishonesty will be reported directly to the Dean of Students. A student found responsible for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.”

Students can find the complete Honor Code and all related processes in the Student Handbook at [http://www.cofc.edu/generaldocuments/handbook.pdf](http://www.cofc.edu/generaldocuments/handbook.pdf)

**Tentative Schedule:**

**January**
7 TH  Introduction to course
12 T  Chapter 1- Welcome to Sport and Exercise Psychology
14 TH Chapter 2- Personality and Sport
19 T  Chapter 3- Motivation
21 TH Chapter 4- Arousal, Stress, Anxiety
26 T  Exam 1
28 TH Chapter 5 - Competition and Cooperation

February
2 T  Chapter 6 - Feedback, Reinforcement, and Intrinsic Motivation
4 TH  Chapter 7 - Group and Team Dynamics
9 T  Chapter 8 - Group Cohesion
11 TH  Chapter 9 - Leadership
16 T  Chapter 10 - Communication
18 TH  Exam 2
23 T  Chapter 11 - Introduction to Psychological Skills Training
25 TH  Chapter 12 - Arousal Regulation

March
1 T  Chapter 13 - Imagery / Chapter 15 - Goal Setting
3 TH  Chapter 14 - Self-Confidence / Chapter 16 - Concentration
8 T  Spring Break NO CLASS
10 TH  Spring Break NO CLASS
15 T  Exam 3
17 TH  Chapter 17 - Exercise and Psychological Well-Being
22 T  Chapter 18 - Exercise Behavior and Adherence
24 TH  Chapter 19 - Athletic Injuries and Psychology
29 T  Chapter 20 - Addictive and Unhealthy Behaviors
31 TH  Chapter 21 - Burnout and Overtraining

April
5 T  Exam 4
7 TH  Chapter 22 - Children and Sport Psychology
12 T  Chapter 23 - Aggression in Sport
14 TH Chapter 24- Character Development and Good Sporting Behavior

19 T Exam 5

*** Final Exam- Thursday, April 28, 2016 from 4:00-7:00 PM.***