

University of Louisiana at Lafayette
College of Education
Class Syllabus

Course : Kinesiology 443 (001)
Schedule: Tuesday 4:30-5:45

Semester: Fall 2006
Location: Bourgeois 205J

Instructor: Wendel H. Gatch , PhD
Telephone: 482-6153
Email address: seascape@louisiana.edu

Office: 129-A
Office Hours: TBA

Course Description:

The study of psychology processes, principles and problems influencing behavior in sport. Research-based information of such factors as personality, arousal, anxiety, and group dynamics is applied to the psychodynamics affects the athletes.

Prereq: 3 cr PSYCH

Required Text

Weinberg, R. And Gould, D. [2003], Foundations of Sport and Exercise Psychology, Third Edition, Human Kinetics. Champagne, IL.

Conceptual Framework: The Responsive Professional

The conceptual framework of the UL Lafayette College of Education is designed to expand upon the institution's commitment to be a responsive university. Teacher candidates are expected to demonstrate knowledge, skills, and dispositions associated with the four elements of a Responsive Professional. Responsive Professionals demonstrate expertise in knowledge and practice. They are reflective practitioners who respect diversity and demonstrate a commitment to professionalism.

Course Objectives and Corresponding Unit Outcomes (Content Knowledge), (Planning Disp 2,5,6,7,8 CF-K2,3,4,5,6,7,8, CF-R2,3, CF-D1,2,3,5, CF-P1), (Mangement,Disp2,7,8,K1,6,D1,4), (Professional Development,D1,3,4,R3,P1,3,7), (Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6) Techonology ,D2,8,K3,7,D3)

1. To familiarize the student with the psychological basis of exercise, Physical training and sports performance.
2. To relate practical applications of psychological concepts to the fields Of coaching, athletic participation, and exercise performance.
3. To provide through laboratory experiences an opportunity to observe and develop an awareness and understanding of the dynamics of sports psychology applied to human performance.

Field Experiences

Students will complete 10 hours of observation field experiences in area public and private schools or community recreation, coaching, and fitness activities.

PASS-PORT Artifacts

Not Applicable

Technology Integration

Not Applicable

Course Evaluation

Term Grades: Term grades will be based on a percentage of 100

A = 90-100%

B = 80-89%

C = 70-79%

D = 64-69%

F = 0-63%

Evaluations: Each of the criterion measures is listed as a weighted percentage of **100%** of the final grade

1. Exam 1	30%
2. Exam 2	30%
3. Exam 3	30%
4. Homework Assignments	5%
5. Mastery or Coping Audio Tape	5%
TOTAL	100%

Criteria for successful completion of all examinations, tests, and laboratory criterion measures will be a minimum written grade of 70%.

Additional Requirements for Graduate Students

Each graduate student must research and present a two-hour power point symposium on an assigned topic. A research paper in correct bibliographic format must be turned in as well.

Note: Grading Procedures for Graduate Students is concurrent with undergraduates with an additional 15% weighting for the symposium evaluation

Resources**Professional Associations**

American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)

American College of Sports Medicine (ACSM)

Professional Journals

American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)

American College of Sports Medicine (ACSM)

Association for the Advancement of Applied Sport Psychology (AAASP)

North American Society for the Society for Sport and Physical Activity (NASPSPA)

Related Materials and Resources

Gatoraide Sports Sciences Web site

References

Weinberg, R. And Gould, D. [1998], **Foundations of Sport and Exercise Psychology, Third Edition**, Human Kinetics. Champagne, IL.

PASS-PORT Artifacts

Not Applicable

Course Policies and Procedures

1. Students are expected to be in class on time. If a student is absent, notifications for absence before class are expected. Students are responsible for material covered and assignments when absent from class.
2. A missed exam will receive a grade of "0". All make-up exams will be oral and given only at the instructor's discretion.
3. Attendance is required; however, two absences will be tolerated throughout the semester. Beginning with the third absence, the student's final grade will be lowered one letter grade for each absence. Tardiness will not be tolerated. Excessive tardiness will also lead to grade lowering.
4. Smoking is not allowed in Bourgeois Hall.
5. Homework Assignments: These will consist of selected readings, audio tape reviews, homework assignments, articles, e-mail reports and a Mastery or Coping audiotape (This will consist of an audio relaxation plus visualization script for a peak performance tape recorded with background music with your own voice). Assignments are to be correct both in spelling and format.
6. Assignments are due on the dates assigned. Those turned in late will be lowered 10% for each day they are late.
7. All students must have e-mail access for assignments. When e-mail assignments are requested hard copies will not be accepted.

Emergency Evacuation Procedures

A map of this floor is posted near the elevator marking the evacuation route and the Designated Route Area. This is an area where emergency service personnel will go first to look for individuals who need assistance in exiting the building. Student who may need assistance should identify themselves to the teaching faculty.

See course policies and procedures.

Academic Honesty

The College of Education adheres to the policy on academic honesty as outlined on page 427 in the Undergraduate Bulletin (2003-2005) .

Students Requiring Special Accommodations

Students requiring special accommodations must register with the Office of Services for Students with Disabilities and provide official documentation to the instructor in a timely manner.

Tentative Schedule

1. Introduction and class policies . Philosophy and Motivation (Content Knowledge), Management, Disp2,7,8,K1,6,D1,4) (Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)
2. Motivation (individual and group) , techniques and feedback(Content Knowledge), Management, Disp2,7,8,K1,6,D1,4) (Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)
3. Goal Setting (Content Knowledge), Management, Disp2,7,8,K1,6,D1,4) (Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)
4. Arousal Stress and Anxiety (Content Knowledge)
5. Communication (Content Knowledge), (Leadership,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)
6. Leadership (Content Knowledge),(Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)
7. Introduction To Psychological Skills Training (Content Knowledge), (Management, Disp2,7,8,K1,6,D1,4) (Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)
8. Arousal Regulation , Autogenic Control and Hypnosis (Content Knowledge)
9. Imagery and Visualization (Content Knowledge)
10. Concentration ,Focusing, Self-Talk and Choking (Content Knowledge)
11. Building Self Confidence and Self Efficacy (Content Knowledge), (Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)
12. Burnout and Over training(Content Knowledge), (Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)
13. Youth sport and psychological development Philosophy and Motivation (Content Knowledge), Management, Disp2,7,8,K1,6,D1,4) (Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)
14. Exercise and Psychological Well Being Philosophy and Motivation (Content Knowledge), Management, Disp2,7,8,K1,6,D1,4) (Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)
15. Sports aggression (Content Knowledge), Leadership ,D1,7,8,K1,5,8,9,R3,D1,4,5,P1,2,4,5,6)