Term Information

Effective Term

Autumn 2014

General Information

Course Bulletin Listing/Subject Area
Kinesiology

Fiscal Unit/Academic Org
Human Development & Family Sci - D1251

College/Academic Group
Education & Human Ecology

Level/Career
Graduate

Course Number/Catalog
7100

Course Title
Mental Preparation and Performance in Sport

Transcript Abbreviation
MntlPrep&PerfSprt

Course Description
Examination of psychological theories and research related to mental preparation and performance in sport. An introduction to the field which will provide broad overview of the major topics in the area.

Semester Credit Hours/Units
Fixed: 3

Offering Information

Length Of Course
14 Week, 7 Week, 4 Week (May Session), 12 Week (May + Summer)

Flexibly Scheduled Course
Never

Does any section of this course have a distance education component?
Yes

Is any section of the course offered
100% at a distance
Greater or equal to 50% at a distance
Less than 50% at a distance

Grading Basis
Letter Grade

Repeatable
No

Course Components
Lecture

Grade Roster Component
Lecture

Credit Available by Exam
No

Admission Condition Course
No

Off Campus
Never

Campus of Offering
Columbus

Prerequisites and Exclusions

Prerequisites/Corequisites

Exclusions

Cross-Listings

Cross-Listings

Subject/CIP Code

Subject/CIP Code
31.0501

Subsidy Level
Doctoral Course

Intended Rank
Masters, Doctoral
Requirement/Elective Designation

Required for this unit’s degrees, majors, and/or minors

Course Details

Course goals or learning objectives/outcomes

• understand the basic concepts of sport psychology;
• understand how psychological factors influence involvement and performance in sport;
• understand how participation in sport influences the psychological makeup of the individuals involved;
• acquire skills and knowledge about sport psychology that you can apply as a coach

Content Topic List

• Introduction;
• Syllabus;
• Welcome to Sport & Exercise Psychology
• Personality & Sport;
• Motivation
• Arousal, Stress, & Anxiety
• Competition & Cooperation
• Feedback, Reinforcement, & Intrinsic Motivation
• Group/Team Dynamics and Cohesion
• Leadership
• Communication
• Introduction to PST;
• Arousal Regulation
• Imagery
• Self-Confidence
• Goal Setting
• Concentration
• Athletic Injuries & Psychology
• Burnout & Overtraining
• Aggression in Sports
• Character Development
• Guest Speaker

Attachments

* KINESO 7100 Coaching syllabus.docx: syllabus

(Syllabus. Owner: Odum, Sarah A.)

Comments
### Workflow Information

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<thead>
<tr>
<th>Status</th>
<th>User(s)</th>
<th>Date/Time</th>
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<td>11/07/2013 04:49 PM</td>
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<tr>
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<td>Buckworth, Janet</td>
<td>11/07/2013 05:14 PM</td>
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KINES 7100 Mental preparation and performance in sport

3 credits  Graduate
Semester Year

Class Meeting Day/Time/_____________  Location____________________

Preparer name (for course submission):   Brian Turner   Date of preparation: August 23, 2013

Instructor Name : TBA
Office, Phone, E-mail, Office Hours

*Course Number, Title and Description (*from Course Offering Bulletin), Credit Hours
KINES 7100 – Examination of psychological theories and research related to Mental preparation and performance in sport. An introduction to the field which will provide broad overview of the major topics in the area.
Prereq: Grad standing. 3 credits

*Course Objectives/*Learning Outcomes –
Following successful completion of this course, the student will be able to:
  • understand the basic concepts of sport psychology;
  • understand how psychological factors influence involvement and performance in sport;
  • understand how participation in sport influences the psychological makeup of the individuals involved; and
  • acquire skills and knowledge about sport psychology that you can apply as a coach.

*Required Text(s) and Course Materials –

*Grading Plan/Grading Rubric –
Individual Written Assignments (from Study Guide) 30 points
Participation (attendance and in-class discussion) 60 points
Research Paper (written and class presentation) 75 points
Mid-Term Exam 60 points
Final Exam 75 points
TOTAL 300 points

Grading Scale –
93-100%  277-300 points = A  73-76%  217-228 points = C
90-92%   268-276 points = A-  70-72%  208-216 points = C-
87-89%   259-267 points = B+  67-69 %  199-207 points = D+
83-86%   247-258 points = B  60-66%  178-199 points = D
80-82%   238-246 points = B-  < 63% Below 178 points = E
77-79%   229-237 points = C+
*Topical Outline - Schedule of Topics, Readings, Assignments – Including assignment due dates, exam dates, and final exam date and time

<table>
<thead>
<tr>
<th>Week</th>
<th>TOPIC</th>
<th>CHAPTER</th>
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<tr>
<td>Week 1</td>
<td>Introduction; Syllabus; Welcome to Sport &amp; Exercise Psychology</td>
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<tr>
<td>Week 2</td>
<td>Personality &amp; Sport; Motivation</td>
<td>2 &amp; 3</td>
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<td>Week 3</td>
<td>Arousal, Stress, &amp; Anxiety; Competition &amp; Cooperation</td>
<td>4 &amp; 5</td>
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<td>Week 4</td>
<td>Feedback, Reinforcement, &amp; Intrinsic Motivation</td>
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<td>Week 5</td>
<td>Test #1; Project Topic Due</td>
<td>1 - 6</td>
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<td>Week 6</td>
<td>Group/Team Dynamics and Cohesion</td>
<td>7 &amp; 8</td>
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<td>Week 7</td>
<td>Leadership; Communication</td>
<td>9 &amp; 10</td>
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<td>Week 8</td>
<td>Introduction to PST; Arousal Regulation</td>
<td>11 &amp; 12</td>
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<td>Week 9</td>
<td>Imagery; Self-Confidence</td>
<td>13 &amp; 14</td>
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<td>Week 10</td>
<td>Goal Setting; Concentration</td>
<td>15 &amp; 16</td>
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<td>Week 11</td>
<td>Athletic Injuries &amp; Psychology; Burnout &amp; Overtraining</td>
<td>19 &amp; 21</td>
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<td>Week 12</td>
<td>Aggression in Sports; Character Development</td>
<td>23 &amp; 24</td>
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<td>Week 13</td>
<td>Guest Speaker</td>
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<td>Week 14</td>
<td>Class presentations</td>
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<td></td>
<td>Projects Due</td>
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<td>FINALS</td>
<td>Final Exam</td>
<td>7 – 16; 19; 21; 23</td>
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<td>WEEK</td>
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<td>&amp; 24</td>
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**Assignment Details**

*Participation (attendance and in-class discussion)* – Students will be subjectively evaluated on their contributions to class discussions and participation in class activities. Missing class will negatively affect your points in this area (i.e., if you are not in class, you cannot participate in discussions!). After 1 unexcused absence, 5 points will be deducted from your participation/attendance grade for each subsequent absence.

*Individual Written Assignments (from Study Guide)* – Specific written assignments from the textbook’s study guide will be assigned throughout the semester.

*Research Paper (written and class presentation)* – Each student will be required to develop a research paper on a topic relevant to their current coaching assignment. Topics must be approved by the instructor and are due Week 5. Papers and presentations **DUE Week 14**
Mid-term and Final Exam – These exams will be made up of True/False, multiple choice, short answer, and essay questions. The exams will include material from the lectures, guest speakers, and assigned readings. The Final Exam is NOT comprehensive.

Policies for Missed Exams/Quizzes
1. You are expected to attend class. Any work missed due to an absence MAY NOT BE MADE UP. The only exception to this policy is written documentation of a situation that absolutely prohibits you from attending class. All late assignments result in a 10%/day (not class day, every day) penalty.

2. Grade Appeal Policy: I handle grade appeals in only one fashion. Should you be dissatisfied with your grade on any work, do the following:
   a.) Write a short description of where and why you deserve more points. Make it good. Simply asking for more points, verbally or in written form, is insufficient. If your statement concerns the fairness of the grade, then you must convince me why you were unfairly treated. 
   b.) Hand in your written statement no later than the next class period after it was returned to you (along with the assignment, if applicable).
   Spend time with step 1. Your statement must convince me to undertake the re-grading of your work. Remember, this is the only way I will handle such disagreements.

3. Please don’t hesitate to ask me for additional help if you need it. I am more than willing to provide such assistance. Remember, you earn grades, I do not give them.

Policies for Student Conduct and Participation –
1. You should be on time, stay for the whole class, listen attentively while you are here, and show through your behavior that you respect the fact that others in the class are here to learn. Your presence is indicative of your professional attitude and is necessary to derive maximal benefit from the class. The intent of this class is to offer you a means for professional development and to assist you in obtaining your career objectives.

2. YOU ARE EXPECTED TO BE FULLY PREPARED FOR CLASS AND FULLY ENGAGED WHILE IN CLASS. I expect you to have read all assigned readings, taken notes as applicable, and to be prepared and willing to discuss all readings in detail and take part in group work to the fullest extent.

Academic Misconduct – The Ohio State University’s Code of Student Conduct (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the University, or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination. Ignorance of the University’s Code of Student Conduct is never considered an “excuse” for academic misconduct.

If I suspect that a student has committed academic misconduct in this course, I am obligated by University Rules to report my suspicions to the Committee on Academic Misconduct. If COAM determines that you have violated the University’s Code of Student Conduct (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the University. For additional information, see the Code of Student Conduct. http://studentaffairs.osu.edu/resource_csc.asp

ODS Statement – Any student who feels s/he may need an accommodation based on the impact of a
disability should contact one of the instructors privately to discuss specific needs. The Office of Disability Services is relied upon for assistance in verifying the need for accommodations and developing accommodation strategies. Please contact the Office for Disability Services at 614-292-3307 (V) or 614-292-0901 (TDD) in room 150 Pomerene Hall to coordinate reasonable accommodations; http://www.ods.ohio-state.edu/. Students are expected to follow the Americans with Disabilities Act Guidelines for access to technology.

**Grievances and Solving Problems** -- According to University Policies, available from the Division of Student Affairs, if you have a problem with this class, “You should seek to resolve a grievance concerning a grade or academic practice by speaking first with the instructor or professor: Then, if necessary, with the department chairperson, college dean, and provost, in that order. Specific procedures are outlined in Faculty Rule 3335-7-23, which is available from the Office of Student Life, 208 Ohio Union.” “Grievances against graduate, research, and teaching assistants should be submitted first to the supervising instructor, then to the chairperson of the assistant’s department. “

**Statement on Diversity** – The College of Education and Human Ecology affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy and seek to provide opportunities for students to learn more about persons who are different from them. Discrimination against any individual based upon protected status, which is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited.

The Department of Human Sciences is committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among its members; and encourages each individual to strive to reach his or her own potential. In pursuit of its goal of academic excellence, the department seeks to develop and nurture diversity, believing that it strengthens the organization, stimulates creativity, promotes the exchange of ideas, and enriches campus life. The department prohibits discrimination against any member of the school’s community on the basis of race, religion, color, sex, age, national origin or ancestry, marital status, parental status, gender identity, sexual orientation, ability status, health status, or veteran status.

**Off-Campus Field Experiences** -- There are no off campus field experiences associated with this course.