

**Kinesiology & Physical Education – EDKP 498 (Fall 2023)**

**Sport Psychology**

(3 credits; Tuesday & Thursday, 2:35 – 3:55 pm; McConnell Engineering Building, Room 13)

**Instructors Information:**

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**Prerequisite:** EDKP 261 Motor Development. This is an upper-level undergraduate course.

**Course Description:** This course is designed to lead students to an understanding of the concepts, applied principles and research methodologies related to psychological aspects of sport.

**Instructional Method:** Two in-person lectures per week.

**Learning Outcomes:** At the completion of this course, the student should be able to:

1. Describe how participation in coaching, sport, and physical education influences the psychological make-up of the individual.
2. Describe the history, growth, and development of the discipline of sport psychology.
3. Describe how psychological factors, such as leadership, imagery, stress, motivation, goal setting, and cohesion, influence involvement and performance in coaching, sport, and physical education settings.
4. Analyze how skills and knowledge about sport psychology can be applied as a coach, teacher, and/or physical activity leader.
5. Compare and contrast the psychological and social effects of youth sport on its participants, including the role of coaches, parents, and peers.
6. Describe how various components of group dynamics, such as norms, roles, subgroups, and communication influence individual and team outcomes, such as performance and well-being.
7. Describe and evaluate unhealthy behaviours in sport.
8. Evaluate the impact of psychological factors on athletic injuries.
9. Understand mechanisms for enhancing performance in sport by designing a psychological skills training program.
10. Describe the concept of mental health, the different models associated with it, and the factors that influence athletes' mental health in a context of high performance.
11. Describe effective coaching behaviours, particularly those that involve an athlete-centered approach.

12. Describe the acquisition and application of coaching knowledge.
13. Understand the unique contextual factors inherent with Paralympic sport, including coaching.
14. Identify current research topics in sport psychology.

**Course Content:** This course is concerned with psychological aspects of participation in sport and physical activity. It examines the application of psychological knowledge and methodology within sport and the findings of such sport related physical activity research. The course will consider theory and evidence on *selected topics* (see calendar on My Courses), related to the broad theme of development within the psychological aspects in sport and physical activity.

**Course Material:**

1. Crocker, P. R. E., Sabiston, C., & McDonough, M. (2021). *Sport and exercise psychology: A Canadian perspective (4<sup>th</sup> edition)*. Pearson.

\*This text will be supplemented with other materials. When this occurs, information will be provided in class and materials will be provided on MyCourses.

**Evaluations:**

Written Assignment: 1 x 15%

Choose a person in a leadership position with whom you have personally interacted (coach, mentor, professor, teacher, etc.) and follow the instructions below to create your 5-paragraph assignment:

- 1) Introduce the context and background of your interactions with this person (i.e., sport/school/other setting, age/grade/level of competition, etc.).
- 2) Choose 3 different concepts/terms/ideas from the coaching psychology lectures and apply them to your interactions with this person. You must use at least 1 theory.
- 3) Write a concluding paragraph that ties together all of the information contained in the previous four paragraphs.
- 4) The work submitted for this assessment is expected to be your own. The use of technologies such as ChatGPT are prohibited and will be considered a violation of the Code of Student Conduct.

**Grading Rubric:**

Paragraph 1	Introduction to person and context	10%
Paragraph 2	Description and application of concept 1	25%
Paragraph 3	Description and application of concept 2	25%
Paragraph 4	Description and application of concept 3	25%
Paragraph 5	Conclusion	5%
Grammar, spelling, and writing style		10%

Each student will submit this assignment electronically in a single word document through the Assignments tab in MyCourses. The assignment will be due at the start of your class time

(2:35pm) on **Tuesday, November 7, 2023**. The written part of the assignment should be double spaced with size 12 Times New Roman font and 1-inch margins.

Late policies: Late assignments will receive a penalty of 10% per day, up to November 12<sup>th</sup>.

Tests:                           1 x 40% (mid-term)  
  1 x 45% (final)

Two tests will be given, a mid-term in October and a final test during the university exam period. Examinations will cover materials from lecture notes and required readings, as well as any class videos or guest speakers. The tests are not cumulative. The mid-term examination will be written on **Friday October 20, 6:00-8:00pm, in the Leacock Building, room 26**, and will include multiple-choice, true/false, and short-answer questions. The final exam will be written at a time and location designated by McGill University and will include multiple-choice, true/false and matching questions, and essay questions. **Attendance is mandatory at both exams.** A missed exam will result in a grade of *zero* for that evaluation. Students expecting to miss an exam must contact the instructor as soon as possible, provide documentation to support the reason for absence, and be given permission to miss the exam. Acceptability for missing an exam may be limited to medical and personal emergencies but will be evaluated on a case-by-case basis. A student may be allowed to write a supplemental exam. Any supplemental exam will not be the same in form or content as the original.

#### *University Grading Scale*

<u>Letter Grades</u>	<u>Percentages</u>
A	85-100
A-	80-84
B+	75-79
B	70-74
B-	65-69
C+	60-64
C	55-59
D	50-54
F (fail)	0-49

*McGill University Policy on Academic Conduct:* McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the Code of Student Conduct and Disciplinary Procedures (see [www.mcgill.ca/students/srr/honest/](http://www.mcgill.ca/students/srr/honest/) for more information). L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le Code de conduite de l'étudiant et des procédures disciplinaires (pour de plus amples renseignements, veuillez consulter le site [www.mcgill.ca/students/srr/honest/](http://www.mcgill.ca/students/srr/honest/)).

\* The course is on MyCourses. Students are expected to regularly check MyCourses for course updates and information, especially the calendar. Also, students are encouraged to read and print out a copy of each day's lecture prior to class.

\* To protect your privacy, the Faculty of Education will only reply to you at your official e-mail address at McGill. Please be sure that you check your McGill e-mail on a regular basis.

\*In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change.

\* Instructor generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

\* In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French written work that is to be graded. Conformément à la Charte des droits de l'étudiant de l'Université McGill, chaque étudiant a le droit de soumettre en français ou en anglais tout travail écrit devant être noté.

\* *Mobile Computing and Communication Devices:* Any surfing of the internet during lectures that is not directly related to the class discussion is distracting and is strictly forbidden. Additionally, the use of any electronic devices for emailing, texting, etc., is strictly forbidden.

\* *Special Circumstances:* As the instructors of this course, we endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with the instructors and/or the *The Student Accessibility and Achievement Office*, 514-398-6009.