

Kinesiology & Physical Education (EDKP 498) (Fall 2018)

Sport Psychology

(3 credits; Tuesday and Thursday: 1:05-2:25; Room 408/409)

General Information:

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Office hours: Friday, 1:00-2:00 or by appointment

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 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, communication, 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. Evaluate the impact of psychological factors on athletic injuries.
7. Understand mechanisms for enhancing performance in sport by designing a psychological skills training program.
8. Analyze and evaluate various forms of aggression and violence in sport.
9. Describe effective coaching behaviours, particularly those that involve an athlete-centered approach.
10. Describe the acquisition and application of coaching knowledge.
11. Understand the unique contextual factors inherent with Paralympic sport, including coaching.
12. 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. *Sport and Exercise Psychology: A Canadian Perspective, 3rd edition* (2016). Edited by Peter Crocker. Toronto: Pearson.

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

Evaluation:

Tests:	1 x 35% (mid-term)
	1 x 45% (final)
Term Paper:	1 x 20%

Tests: Two tests will be given, a mid-term in mid-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 midterm examination will be written in-class in the allotted class time and will include multiple-choice and true/false questions. The final exam will be written at a time and location designated by McGill University and will include two parts: Part I will consist of multiple-choice, true/false and matching questions, and will be graded out of 40, and Part II will consist of one essay question that will be graded out of 20. **Attendance is mandatory at all 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.

Content: Section 1. Introduction to sport psychology, group dynamics (Cohesion, Subgroups, team building, role perceptions, teamwork, social identity), leadership, mentoring, concussions, athletic injuries, stress, burnout, coping, and aggression. **Section 2.** Applied sport psychology (goal setting, imagery, self-talk, arousal, attention control), drug abuse, doping, youth sport, coaching psychology, disability sport, and aging. **Note:** The content is subject to change.

Term Paper: In groups of two, students will research and write a term paper on a select area of sport psychology (topics to be determined). Term papers should include three components: (a) theory, (b) research, and (c) practice. More information will be provided by the start of week 3 (Sept 18th). The term paper is tentatively due on Thursday November 15th. **Please**

hand in a hard copy at the end of class. The term paper should be approximately 10 pages double-spaced (not including title page and references). Finally, it is expected that students adhere to the guidelines specified in the 6th edition of the Publication Manual of the American Psychological Association.

* The course is on MyCourses. Students are expected to regularly check MyCourses for course updates and information, especially the calendar. As well, 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.

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/ 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/).

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 any written work that is to be graded.

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 instructor of this course I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me and the *Office for Students with Disabilities*, 514-398-6009.