

Kinesiology & Physical Education (EDKP 498)

Sport Psychology (Winter 2021)

(3 credits; Monday and Wednesday: 1:05-2:25; Online)

General Information:

Professors: Gordon Bloom, PhD
Office: Currie Gym, 221
E-mail: gordon.bloom@mcgill.ca
Office hours: Mainly by appointment (virtually). Available for consultation on Zoom after class on select dates (TBD).

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. Given the extraordinary circumstances of COVID-19, the course will be delivered in an online format (via Zoom, pre-recorded and live lectures, and MyCourses). Students are responsible for checking MyCourses frequently as course materials, announcements, and adjustments will be posted on this platform.

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, goal setting, and cohesion, influence involvement and performance in coaching, sport, and physical activity 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 Parasport 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 in MyCourses), related to the broad theme of development within the psychological aspects of sport.

Course Material: There will be online materials (readings) available for most lectures, which will be provided on MyCourses. Additionally, students must purchase one of these two books:

- Phil Jackson and Hugh Delehanty (2013). *Eleven Rings: The Soul of Success*. New York: The Penguin Press.
- Tim Crothers (2006). *The Man Watching: Anson Dorrance and the University of North Carolina's Women's Soccer Dynasty*. New York: Thomas Dunne Books.

If you are looking for a supplemental textbook, then I recommend: *Sport and Exercise Psychology: A Canadian Perspective, 4th edition* (2020). Edited by Peter Crocker, Catherine Sabiston, and Meghan McDonough. Toronto: Pearson.

Evaluation:

Term Paper:	1 x 50%
Proposal for Term Paper	1 x 10%
Reflective Papers:	1 x 15% + 1 x 25%

Term Paper: There will be one written term paper (maximum 10 pages) for this course. The topic and material should mainly come from any aspect(s) of sport psychology that is covered in the course (e.g., team dynamics, leadership, goal-setting, etc.). Once you decide on the title/topic/theme, then you must include the following three areas into your paper: First, 1 or 2 theories or models that have been described in the course. Second, a maximum of 6 refereed journal articles (only a maximum of one that was a required reading). Third, provide examples from one of the two required course books (Dorrance or Jackson book – not both).

From a structural point, your paper should be divided into three sections: First, an **introduction** (0.5-1.5 pages) that explains the focus or theme of your paper and gives the reader an idea of how your ideas will be presented. Second, a **literature review** that incorporates 1 or 2 theories/models, the 6 refereed journal articles, and the examples from the required book you have chosen (6-8 pages). Finally, you should finish with a section called **conclusions** (1-1.5 pages), where you summarize the main parts of your term paper and also provide the reader with some future (mainly applied) recommendations. This is where you get to demonstrate your creativity and your understanding of sport psychology research and interventions. Grammar and writing style are important and will also make up part of your grade.

The report should not exceed 10 pages double-spaced, not including your **title page** (with title of paper, your name, date, and student ID) or your **references** (bibliography). Use 12-point Times New Roman font, with one-inch page margins. Use APA style to format your references. Your 6 journal articles should come from reputed journals in the field, such as, but not limited to, *The Sport Psychologist*, *Journal of Applied Sport Psychology*, *Journal of Sport & Exercise Psychology*, *Psychology of Sport & Exercise*, *Qualitative Research in Sport, Exercise and*

Health, etc. There will be no extensions granted for this assignment, except for medical emergencies or extreme circumstances that are reported to Professor Bloom in advance of the submission deadline. Two points (out of the total of 50) will be deducted per day for late assignments, up to five days after the paper was due.

Term Paper Due Date:

Due: Friday April 9th, 2021 at 1:05pm est.

- (For detailed feedback)

Due: Friday April 23rd, 2021 at 1:05pm est.

- (For grade only)

Proposal for Term Paper: The proposal will not exceed 500 words and must follow the same guidelines as the term paper. The purpose of this proposal is to allow you to receive some guidance and direction on the proposed direction of your term paper. The proposal will include responses to 3 questions:

- Q1: The name of the book you will use and the main sport psychology idea/topic/theme that will be described in your paper.
- Q2: The name of at least one theory/model that will appear in your paper and why this theory(ies) was chosen. Make the connection to your topic rather than describing or explaining your theory.
- Q3: At least 3 peer reviewed papers that you plan to use in the final paper. Again, explain why these three articles were chosen. Please note that the theory and the articles that you include in your answers to Q 2 and 3 **must** go in your final term paper.

Proposal for Term Paper Due Date: Monday February 22, 2021 at 1:05 pm est.

Reflective Papers: Students will be expected to complete two reflective papers on a topic that is covered in the lecture and also includes an assigned reading, video, and/or guest presentation. Students will be graded on their ability to critically discuss the psychological component of each topic (e.g., coach leadership and its influence on athlete confidence), and reflect on how these topics can be applied to their own lives. As this is a take-home assignment, you may also rely on lecture slides. More information will be discussed in class / posted on MyCourses, including the assignment dates. The first date will occur near the end of January / early February. Your highest grade of the two papers will be worth 25% and the lowest grade worth 15%.

The body of all reflections must not exceed 500 words (not including the title page). Only one mandatory reading will be attached to this assignment – you will not be asked to search for additional literature. Students will be evaluated on their ability to (a) present their work through a coherent flow of ideas, (b) demonstrate quality writing (i.e., proper paragraph and sentence

structure, no typos, etc.). The document must be written in size-12 Times New Roman font, double spaced, and 1" margins. Please include a separate title page with each submission, as well as a **word count** on the last page (that does not include words on the title page). One point (out of the total of 15 or 25) will be deducted per day for late assignments, up to five days after the paper was due.

* 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.

* As an instructor I endeavour to provide an inclusive learning environment. If you experience barriers to learning in this course, do not hesitate to discuss them with me or you may contact the *Office for Students with Disabilities*, 514-398-6009.

* 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 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.

* This course will use a remote delivery format. The remote learning context presents new challenges for all involved, and student engagement is of particular concern. This course is designed to consider the challenges that students may be experiencing due to the pandemic and is committed to providing a supportive learning environment. Please visit the most recent version of the Guidelines for Instructors and Students on Remote Teaching and Learning (<https://www.mcgill.ca/tls/instructors/class-disruption/guidelines-remote-w2021>), which was released at the end of November.

* You will be notified through a 'pop-up' box in Zoom if a lecture or portion of a class is being recorded. By remaining in sessions that are recorded, you agree to the recording, and you understand that your image, voice, and name may be disclosed to classmates. You also understand that recordings will be made available in MyCourses to students registered in the course.

* I remind everyone of their responsibility in ensuring that each recorded zoom lecture and associated material are not reproduced or placed in the public domain. This means that each of you can use it for your educational (and research) purposes, but you cannot allow others to use it, by putting it up on the Internet or by giving it or selling it to others who may also copy it and make it available. 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.

**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/).

*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