

Kinesiology & Physical Education (EDKP 498)

Sport Psychology (Fall 2021)

(3 credits; Tuesday and Thursday: 14:35-15:55, Currie Gym room 408/9)

General Information

Professor: William Falcão, PhD
Office: Online (Zoom)
E-mail: william.falcao@mcgill.ca
Office hours: By appointment
TA Information: Olivia Pastore, PhD(C): olivia.pastore@mail.mcgill.ca
Christiana Colizza: christiana.colizza@mail.mcgill.ca

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

Class will meet twice each week in person at the Currie Gym (room 408/9). The instructional method may be subject to change according to COVID-19 related health guidelines of the University. This means some lectured may be delivered in an online format (via Zoom, pre-recorded lectures, and MyCourses) or using a hybrid format. 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 activity 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 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 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 course calendar), related to the broad theme of development within the psychological aspects in sport and physical activity.

Course Material

Sport and Exercise Psychology: A Canadian Perspective, 4th edition (2020). Edited by Peter Crocker, Catherine Sabiston, and Meghan McDonough. Toronto: Pearson.

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

Evaluation

Written Assignment:	30%
Midterm:	30%
Final:	40%

Written Assignment

Students will be required to submit one individual sport psychology case analysis. That is, an examination of a factual case in sports (e.g., the story of an athlete, coach, or team), which the student will examine using the research and theory discussed in class. Students will be allowed to choose from any topic discussed in class and any case they find interesting.

The written assignment is due on November 19 at 23h59 and must be submitted on MyCourses. The body of the written assignment must not exceed 1500 words. The title page and reference section at the end of your assignment will **not** be included in the final word count. Students will be evaluated in their ability to describe the case (20%), explain and support of theory with empirical findings (30%), construct a critical analysis of the case based on the presented literature (40%), and the overall quality of the paper (including APA formatting; 10%). More information about the rubric will be provided on September 30.

Midterm and Final

Two exams will be given. A midterm (30%) on **Friday**, October 15th and a final (40%) exam during the exam period in December (exact date TBD). Examinations will cover materials from lecture notes and required readings, as well as any class videos or guest speakers. They will be composed mostly of multiple-choice questions with some short-answer questions. The tests are not cumulative. Unjustified absence to the exams will result in a grade of *zero*. Students

expecting to miss an exam must contact the instructor as soon as possible, provide documentation to support the reason for the absence. Acceptability for this exception 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, which will not be the same in content as the original.

* 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 the instructor of this course, 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 and 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 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.

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 Policy Statements

Language of Submission

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 does not apply to courses in which acquiring proficiency in a language is one of the objectives. *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, sauf dans le cas des cours dont l'un des objets est la maîtrise d'une langue. (Approved by Senate on 21 January 2009)

Academic Integrity

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 [McGill's guide to academic honesty](#) 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 [guide pour l'honnêteté académique de McGill](#)).* (Approved by Senate on 29 January 2003)

Health and Safety Guidelines

Please note that this format for the delivery of this course must respect the guidelines of health and safety ([General health guidelines | Coronavirus information - McGill University](#)). It is explained by our current extraordinary circumstances, and aims to allow you, as students, to complete this term with the requisite knowledge for this course, and to succeed in your assessments. I ask for everyone's collaboration and cooperation in ensuring that these guidelines are respected. On August 6, the Government of Quebec announced the government directives for the start of the Fall term, including no distancing in classrooms. Based on this announcement and our previous planning, McGill developed directives, which are detailed on the University's Coronavirus website. Please note that these conditions may change at any time following new directives from the government or the University.

Distancing

The status of physical distancing is now:

- No distancing in classrooms,
- One meter in common areas, including shared research spaces, laboratories, offices, and other workplaces.
- Two meters required when eating or drinking, working out in fitness centers.

Masks

Procedural masks **are required in all indoor spaces at McGill**, including classrooms. However, Professor or presenters do not need to wear a mask if you are teaching and remain at least two meters away from others. When students are in class on campus, i.e., in person, they are required to wear masks.

Daily Health Check Form

The daily health check form is still a requirement for all McGill staff before you come to campus. Students are strongly encouraged to assess their health using the self-assessment found in [General health guidelines | Coronavirus information - McGill University](#)

Classroom Ventilation

All centrally booked classrooms that are being used in the Fall 2021 term have been assessed to ensure ventilation follows the Government's COVID-19 guidelines.

Vaccination

McGill have been promoting vaccination to the members of our community, including through regular emails and a social media campaign, and will host a walk-in vaccination clinic on the downtown campus at the start of term. Information on vaccinations (booking appointments, registering vaccines received outside of Quebec, resources) can be found on the Get Vaccinated webpage.