Oregon State University
College of Public Health and Human Sciences
KIN 370: Psychology of Sport and Physical Activity
Winter 2017

Credit Hours: 3.0
Room: TBD
Schedule: Mondays and Wednesdays, 8:30-9:50am

Course Instructor: Lisa Flexner
Office Location: None
Office Phone: 206-979-3123 (mobile)
E-Mail: flexnerl@oregonstate.edu
Office Hours: by appointment

Teaching Assistant: None
Office Location: None
Office Phone: E-Mail:
Office Hours:

COURSE DESCRIPTION:
Interaction between psychological variables and human motor performance

Prerequisites: None
Co-requisites: None

LEARNING RESOURCES:

STUDENT LEARNING OUTCOMES:
Upon completion of this course, the student will be able to:
A. Recognize the importance of sport and exercise psychology as a field of study;
B. Demonstrate knowledge of sport and exercise psychology principles; and
C. Demonstrate the ability to apply the knowledge gained in the area of sport and exercise psychology to practical situations

PROGRAM COMPETENCIES IN KINESIOLOGY:
Upon satisfactory completion of the degree in Kinesiology, the students will have met the program competencies found at http://health.oregonstate.edu/degrees/competencies

COURSE CONTENT:

Course Introduction: Defining the Field W & G, pp 3-26
Motivation
Descriptive approach to motivation W & G, pp 51-59
Cognitive evaluation theory W & G, pp 134-143
Achievement goal theory W & G, pp 64-67
Arousal, stress, & anxiety W & G, pp 75-98
Individual Differences
Self-efficacy W & G, pp 334-349
Sportspersonship W & G, pp 569-579
Athletic injuries W & G, pp 457-472
Group Processes
Group & team dynamics W & G, pp 153-173
Group cohesion W & G, pp 175-197
Leadership
Leadership behavior  W & G, pp 199-208
Feedback/Reinforcement  W & G, pp 121-133
Modeling  W & G, pp 336-337
Expectation process  W & G, pp 332-334

EVALUATION OF STUDENT PERFORMANCE:
The final determination of a course grade will be based on the student’s performance on three examinations and a written paper.

Course Grading

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<th>Exams</th>
<th>Percentage</th>
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Grading Scale:

A = 100-93%  A- = 92-90%  B+ = 89-87%  B = 86-83%  B- = 82-80%  C+ = 79-77%
C = 76-73%  C- = 72-70%  D+ = 69-67%  D = 66-63%  D- = 62-60%  F = ≤59%

Course Requirements:

Exams:
There will be four multiple-choice exams for this course. Each of the three exams throughout the term will cover approximately one-third of the course content. The fourth exam, during finals week, will be cumulative. Any material presented and/or discussed in class or in the assigned coursework is fair game for the exam. Only the three best exam scores will count toward the final grade for the course. Make-up exams are not an option unless there are extenuating circumstances. Therefore, it is imperative that students attend a minimum of three of the four scheduled exams.

Paper:
The purpose of this written paper is to have you apply pertinent course content to your particular career goal. A handout will be provided in class that details the exact requirements for this paper.

Important Dates:
Exams:
Exam 1  January 25 (Wednesday, week 3)
Exam 2  February 15 (Wednesday, week 6)
Paper Due  February 22 (Wednesday, week 7)
Exam 3  March 8 (Wednesday, week 9)
Exam 4: Final  Week of March 20-24, Finals week

Course Policies:
1. Class starts promptly at 8:30 AM and end promptly at 9:50 AM.
   a. Respect our time together by arriving a few minutes early and being ready to go at 8:00; we will respect your time and wrap up on time in return.
2. Regular classroom attendance is required and active participation is encouraged. You are 100% responsible for each class period whether in attendance or not. Note: Classes are not to be digitally or otherwise recorded in any way.
   a. The information presented in class is likely to be on the quizzes and exams whether or not it is specifically written on a slide. You are responsible for learning this material; note taking in class is strongly encouraged.
b. A note on participation: Every student has a different comfort level speaking up in class. The goal of this class is that everyone feels their voice is heard when they want it heard. We will have different ways to participate (large group format, small groups, pairs, and online discussion boards). Challenge yourself to push your boundaries and to create space for others with different styles.

3. Students are expected to behave at the university in a respectful manner.
   a. Arrive on time and stay until the end.
   b. Stay focused – no outside media (online or print).
   c. Be respectful of others, even when the discussion is on a challenging topic where disagreements may arise.
   d. Absolutely no use of cell phones in class unless specifically given the okay by the instructor.
   e. Use of computers or tablets for the purpose of note taking is permitted, but please do not use your device for purposes not directly related to the course (email, social media, etc.)
   f. Violation of the Student Code of Conduct will not be tolerated and will be handled according to the University policy.
      i. If you have questions about the code of conduct or what constitutes inappropriate, disruptive, or disrespectful behaviors, please contact the Student Conduct & Community Standards Office at; 541-737-3656.

4. As the exam dates are known in advance, no make-up exams will be given without a serious and compelling reason. In case of emergency, please contact me as soon as possible to discuss potential arrangements. If you arrive late for any exam, you will only be allowed to take the exam if no one from class has turned their exam in yet.

DIVERSITY STATEMENT
The College of Public Health and Human Sciences strives to create an affirming climate for all students including underrepresented and marginalized individuals and groups. Diversity encompasses differences in age, color, ethnicity, national origin, gender, physical or mental ability, religion, socioeconomic background, veteran status, sexual orientation, and marginalized groups. We believe diversity is the synergy, connection, acceptance, and mutual learning fostered by the interaction of different human characteristics.

EXPECTATIONS FOR STUDENT CONDUCT
The Student Conduct Code establishes community standards and procedures necessary to maintain and protect an environment conducive to learning, in keeping with the educational objectives of Oregon State University. This code is based on the assumption that all persons must treat one another with dignity and respect in order for scholarship to thrive. For the full Student Conduct Code see http://oregonstate.edu/studentconduct/

Academic or Scholarly Dishonesty is prohibited and considered a serious violation of the Student Conduct Code. It is defined as an act of deception in which a Student seeks to claim credit for the work or effort of another person, or uses unauthorized materials or fabricated information in any academic work or research, either through the Student's own efforts or the efforts of another. For specifics related to offenses proscribed by the University see: http://oregonstate.edu/studentconduct/offenses-0

RELIGIOUS HOLIDAY STATEMENT
Oregon State University strives to respect all religious practices. If you have religious holidays that
are in conflict with any of the requirements of this class, please see me immediately so that we can make alternative arrangements.

**STUDENTS WITH DOCUMENTED DISABILITIES**
Accommodations for students with disabilities are determined and approved by Disability Access Services (DAS). If you, as a student, believe you are eligible for accommodations but have not obtained approval please contact DAS immediately at 541-737-4098 or at [http://ds.oregonstate.edu](http://ds.oregonstate.edu). DAS notifies students and faculty members of approved academic accommodations and coordinates implementation of those accommodations. While not required, students and faculty members are encouraged to discuss details of the implementation of individual accommodations.