

George Mason University
Summer 2015
SPMT 320 - Psychology of Sport

Day/ Time: May 18-21, and Hybrid
Professor: Robert E. Baker
Phone Number: 703-993-3727
Office hours: By Arrangement

Location: 131 Bull Run Hall

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Prerequisites: None

Course Description

This course will review the major social / psychological theories utilized in current sport psychology research. The practical applications of these theoretical constructs will be emphasized through discussion of techniques used to maximize participation and healthy behavior in sport.

Course Overview

The course will introduce major social/psychological theories that explain sport behaviors. Motivation, learning principles as they affect coaching, self-efficacy and communication are examples of constructs that will be explored. The course will also discuss intervention strategies and techniques. This will emphasize the practical applications of sport psychology such as mental training, goal setting and imagery.

Course Objectives

At the completion of this course the students should be able to:

1. Identify and explain major theoretical frameworks used in sport psychology research, specifically the application of mindfulness to the improvement of human performance.
2. Critically evaluate current research.
3. Learn intervention strategies for sport performance enhancement.
4. Employ a number of methods using mindfulness to increase awareness and attention.
5. Conduct an applied research project utilizing a theoretical framework and a quasi-experimental design.

Required Readings

1. Weinberg, R., & Gould, D. (2014). *Foundations of Sport and Exercise Psychology (5th Ed)*. Champaign, IL: Human Kinetics.
2. Online postings on blackboard.

Evaluation:

Students are held to the standards of the George Mason University honor code. You are expected to attend all class sections, actively participate in class discussion, and fulfill assignments. Assignments must be turned in at the beginning of class on the specified due date or **no credit will be given**. Only students with emergencies, documented medical excuses, or University sponsored functions (discussed with the professor in advance) will be considered for exception. Please see the professor for individual clarifications. All written work must be typed and follow APA guidelines. It is recommended that students make copies of all submitted work.

Requirements:

1. Participation grades will be based on active, thoughtful participation in discussions and exercises, in class and online.
2. There are 2 journal article review papers that will consist of a 2 to 3 page, typed paper related to course topics. The paper should include a brief summary of the article and a discussion of the constructs. The academic research journal should be current (within ~5 years).
3. A reference project will consist of the selection and review of ten sources for an annotated bibliography.
4. One exam will be administered. The format of the exam will be multiple choice. It will be based on the text and text-related Powerpoints on Blackboard.

<u>Requirements</u>	<u>Points</u>	<u>Grading Scale</u>
Participation	10	A+ = 98 -100, A = 94 -97, A- = 90 - 93
Journal Reviews (2)	10	B + = 88 - 89, B = 84 - 87, B- = 80 - 83
Movie Review	10	C + = 78 - 79, C = 74 - 77, C- = 70 -73
Reference Project	30	D = 60 - 69
Exam	40	F = 0 - 59

Participation

Both in-class and online, participation is essential. This includes involvement in class discussion boards and threads, as well as participation in classroom activities. APA style is a requirement in your written work.

Journal Article Review Paper:

Choose a topic of interest that relates to subjects covered in the class. Choose an article from a psychology or sport psychology journal and write a brief summary of the findings of the study/article, discuss how it relates to class topics and why you are interested in this topic. Include an APA reference. Be critical of the research or findings.....do the conclusions drawn make sense? Was it a good study and why? How could it be better?

Movie Analysis Paper

The purpose of this exercise is to have you apply what you have learned in this class as it relates to the psychology of sport as found in the movie you choose. The paper should be two to three pages in length. The movie must be one that deals with sports. You need to see the entire movie, while noting the various psychological aspects as seen in the movie (motivation, leadership, etc.). The following list of movies, while not nearly complete, would be acceptable. If you would like to review a different film, just ask me.

Rocky	Blue Chips	Field of Dreams
Million Dollar Baby	A League of Their Own	The Blind Side
Remember the Titans	Chariots of Fire	Any Given Sunday
The Natural	Bull Durham	Raging Bull
Rudy	The Rookie	Ali
Hoosiers	Bend it Like Beckham	Miracle
Coach Carter	42	Invictus

What your analysis should include:

- A. Introduction to the movie
- B. Why you picked it
- C. The movie's plot
- D. The psychological skills addressed—connect it to class material
- E. Conclusion

EXAM

The purpose of this exam is to check on your knowledge of Sport Psychology content as presented in the course textbook by Weinberg & Gould.

- The exam will be *accessible through Blackboard beginning July 8, 2015.*
- You *must complete the 40 item exam in one sitting.*
- Once you log into the exam and begin, you will have *two hours* to complete it.
- You cannot pause the exam, so be prepared to complete the entire exam before you begin.
- *The exam closes at 5pm on July 20- NO EXCEPTIONS!*

REFERENCE LIST PROJECT

You will identify a minimum of ten (10) substantive resources related to a sport psychology topic. They must include at least four (4) refereed research journal articles. The remainder of substantive resources may vary, and could include high quality websites, instructional videos, popular and applied press articles, and other resources.

- You will select a specific topic in sport psychology, for example:
 - Arousal/Anxiety
 - Personality
 - Motivation
 - Goal Setting
 - Aggression
 - Concentration
 - Imagery
 - Self-Talk
 - Motivation
 - Reinforcement/Behavior Modification
 - Causal Attributions/Locus of Control
 - Group Cohesion/Dynamics
 - Self-Efficacy
 - Self-Confidence
 - Exercise Adherence/Burnout
 - Injury
 - Deviance/Addiction
 - Other topics are possible with instructor's permission
- Your Reference List will include:
 - An APA style reference of each selected resource.
 - An 100-150 word description of each referenced resource, which includes a summary of the resource and a reaction that addresses its relevance, usefulness, and rationale for its importance, It can also include applications, implications, and limitations of the resource cited, as well as recommendations
- You must ***POST***, in a separate thread, ***your completed Reference List on Blackboard by June 30.***
- You must also ***RESPOND to at least three (3) other Reference List Threads prior to July 15.***

Honor Code: <http://mason.gmu.edu/~montecin/plagiarism.htm>

Students are expected to be familiar with and to follow the **GMU Honor Policy**. **All work should be your own and should be cited properly using APA format.** Students should be advised that the honor code specifically applies to and has enforced disciplinary procedures for:

- Plagiarism
- Cheating or attempted cheating
- Stealing
- Lying (to administration or faculty) or falsifying documents

Accommodations for Students with Disabilities:

Student with disabilities, who need academic accommodations, have to contact the instructor and the Disability Resource Center (DRC) at 703-993-2474. All academic accommodations must be arranged through that office.

Tentative Course Outline

Due to the Hybrid nature of the course, some activities will be self-paced. However, Discussion Boards, and graded assignments are time-restricted. Assignments can be turned in prior to the Due Date, but must be turned by the Due Date.

Date		DUE:
May 27		Journal Article Review #1
June 10		Journal Article Review #2
May 22 – June 19		Discussion Board Participation (response to instructor threads)
June 30		Posting of Reference Project
July 8		Movie Review (Exam Opens)
July 15		Reactions to Others' Reference Thread
July 20	EXAM closes at 5pm	EXAM based upon text (<i>ALL chapters completed prior to exam</i>)
July 21	Final Grades Submitted	GRADES submitted