

George Mason University
College of Education and Human Development
School of Kinesiology

EFHP 618 Exercise & Sport Psychology
3 Credits, Spring 2020
Wednesday 9:00-10:15am, KJH 257

Faculty

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Prerequisites/Corequisites

Graduate standing or permission of the instructor

University Catalog Course Description

Covers psychological and social-psychological antecedents and consequences of exercise, physical activity, and sports participation. Emphasizes theory and research on personality, motivation, arousal, cognition, attributions, attitudes, self-efficacy, leadership effectiveness, and group dynamics.

Course Overview

Exercise Psychology is designed to introduce and expand on the basic concepts and applications of psychological knowledge for sport and exercise, bridge the gap between research and practice, and enhance your excitement of the world of sport and exercise. The course content is divided into four categories, with the intent on leading you to achieve the following two goals: (1) gain a better understanding of sport and exercise psychology, and (2) use or apply the sport and exercise psychology knowledge. To achieve these goals, the student will: (a) develop an understanding of how various psychological factors influence athletic performance, physical activity participation, and overall health and well-being; (b) learn the methods used by athletes and exercisers of various skill levels to achieve peak performance; (c) understand the scientific and theoretical background of sport and exercise participation; and (d) comprehend how psychological skills are applied to sport and exercise environments to enhance peak performance and quality of life, and recognize the ethical principles of applying these psychological skills.

Course Delivery Method

This course will be delivered using a hybrid (50% online) synchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. In-person lectures will occur on every Wednesday from 9am-10:15am.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Identify and explain major theoretical frameworks used in sport and exercise psychology research
2. Understand the major antecedents and consequences of sport and exercise participation
3. Critically evaluate current research in sport and exercise psychology
4. Identify appropriate intervention strategies for performance enhancement
5. Conduct an applied sport and exercise psychology research project
6. Demonstrate the ability to critically review current research and connect findings to topics discussed in class.

Required Texts

Weinberg, R. S., & Gould, D. (7th Ed.). Foundations of Sport and Exercise Psychology. Champaign, IL: Human Kinetics.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

	Points	Total
Book Quizzes (12)	25	300
Research Paper	50	50
Research Paper Presentation	50	50
Assignments (10)	20	200
Exams (2)	100	200
		800

Description of Evaluation

Exams: A midterm and final exam will be given in the format of short answer, multiple choice, and true/false. These tests will cover information from the book, lecture and in class activities.

Book Quizzes: Each week a book quiz will be assigned to cover the major concepts that will be covered that week. The book quizzes are to prepare you for our face-to-face class where we can apply the information on theories and concepts to real world situations, research and activities.

Research Paper: This paper is a on a topic of your choosing. The focus of the paper should be on psychological theories or techniques we went over in class which can be applied to the field you will be working in. Details of the paper and rubric will be provided on Blackboard.

Online Presentation: This presentation will cover the topic you chose for your research paper. In an online format, you will be required to present your research using voice and images. Software options for this presentation will be provided to you. You will be expected to watch 2 of your classmates presentations and answer a short set of questions.

Assignments: In addition to book quizzes a number of assignments will be required to prepare for our face to face class each week. These assignments will emphasize practical application and preparation for in class discussion. Assignments will include review of research articles, questionnaires, surveys and discussion questions.

Grading

- A 94 – 100%
- A- 90 – 93%
- B+ 87 – 89%
- B 84 – 86%
- B- 80 – 83%
- C 70 – 79%
- F 0 – 69%

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

Week	Topic	Assignments
1/20	Introductions, Syllabus, What is sport/exercise psychology	
1/27	Personality & Sport	Ch. 3 Quiz Due
2/3	Motivation, Feedback & Reinforcement	Ch. 4 Quiz Due
2/10	Arousal, Stress & Anxiety	Ch. 5 & 7 Quiz Due
2/17	Competition & Cooperation	Ch. 6 Quiz Due
2/24	Group Dynamics, Leadership, Communication	Ch Quiz Due: covering sections of 9, 10, 11
3/2	Midterm Exam	
3/9	<i>Spring Break</i>	
3/16	Psychological Skills Training	Ch. 12 Quiz Due
3/23	Arousal Regulation, Imagery	Ch. 13 & 14 Quiz Due
3/30	Self-Confidence, Concentration	Ch. 15 & 16 Quiz Due
4/6	Goal Setting	Ch. 16 Quiz Due
4/13	Exercise & Psychological Well Being	Ch. 18 Quiz Due

4/20	Exercise Behavior & Adherence	Ch. 19 Quiz Due
4/27	Athletic injuries & Psychology; Burnout/Overtraining	Ch. 20,22 Quiz Due
5/4	Online Presentations & Research Paper Due	

Final Exam: May 11th, 7:30 a.m.

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.

- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .