

SPORT PSYCHOLOGY

APK3400 – 10774 & 10775 ~ 3 Credit Hours ~ SPRING 2021

INSTRUCTOR: Garrett Beatty, Ph.D.
Office: FLG140
Office Phone: 352-294-1721
Email: Utilize the UF E-Learning Inbox for course related correspondence.
Video Conferencing available upon request.

OFFICE HOURS: Available by appointment when scheduled at least 1 business day in advance.

ACCESS: Access course through Canvas on **UF e-Learning** (<https://elearning.ufl.edu/>) & the **Canvas** mobile app by **Instructure**

COURSE DESCRIPTION: Provides an understanding of the science and practice of sport psychology from both a theoretical and applied perspective. The primary emphasis is on the educational and performance enhancement roles of the field with little discussion of clinical issues.

COURSE OVERVIEW: APK 3400 - Introduction to Sport Psychology examines the cognitive, social, behavioral, and neurophysiological factors that influence performance in sport and other motor performance endeavors. The field of sport psychology actively promotes the scientist-practitioner model. Utilization of the scientist-practitioner model involves the ability to consume and appropriately apply contemporary theory and scientific findings to the practice of applied sport psychology. Accordingly, APK 3400 will explore how sport psychology science and theory inform practical application of psychological skills interventions.

Topics covered include examining how motivation, emotion, attention, performance attributions, and confidence influence performance; how goal setting, emotion

regulation, attention training, attribution training, mental imagery, & practice structures can be incorporated into psychological skills training programs designed to improve performance; and how psychological factors influence teams, leaders, sport injury, and career transition in youth sport, sub-elite sport, and elite sport contexts.

PREREQUISITE KNOWLEDGE AND SKILLS: Students must hold Junior or Senior classification based on the UF Registrar's class Student Classifications system (<https://catalog.ufl.edu/UGRD/academic-regulations/student-classifications/>).

REQUIRED AND RECOMMENDED MATERIALS:

- **Textbook:** Weinberg, R.S., & Gould, D. (2019). *Foundations of Sport and Exercise Psychology* (7th edition). Champaign, IL: Human Kinetics.
 - Available Formats:
 - Hardcover ISBN: 9781492561149
 - E-book ISBN: 9781492561156
 - Paperback ISBN: 9781492572350
 - Loose Leaf ISBN: 9781492570592
- Additional materials will be assigned and available through the UF E-Learning course shell.

COURSE FORMAT: The course is organized into 12 modules. Within each module, students will have the opportunity to engage in course content and graded learning activities. The learning activities are designed to catalyze student achievement of the following course goals and objectives.

COURSE GOALS & LEARNING OBJECTIVES:

- 1. One goal of APK 3400 is to facilitate opportunities for student understanding of:**
 - the scientific evidence and theoretical perspectives that provide insight into how psychological factors influence the performance of human movement and sport performance.
 - the interdependence and interacting influence of psychological factors on athletic performance, injuries, career transition, and overall well-being.
 - typical scientific protocols utilized in sport psychology research.
 - commonly utilized interventions designed to improve sport performance.

- 2. A second goal of APK 3405 is to facilitate student skill development in:**
 - retrieving, evaluating quality, and identifying applicability of emerging scientific literature in sport psychology.
 - engaging in critical, constructive, and diplomatic academic discussions of sport psychology topics and scientific literature.
 - effective written communication of scientific knowledge in sport psychology.
 - analyzing needs for sporty psychology programming and developing plans to implement sport psychology programming.

- developing engaging presentations aimed at imparting scientific knowledge efficiently and effectively to a targeted audience.

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: Requirements for class attendance (participation) and make-up exams, assignments, and other work in this course are consistent with university policies <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

EXAM & ASSIGNMENT MAKE-UP POLICY: Unless excused based on University policies (<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>), missed examinations and non-submitted or late assignments will not be evaluated and will be assigned a grade of 0.

Obtaining approval for make-up exams or make-up assignments is the responsibility of the student. Students with medically or emergency related circumstances should utilize the UF Care Team's Contact My Instructor service (<https://care.dso.ufl.edu/instructor-notifications/>) provided by the UF Dean of Students Office.

Any non-medical or emergency related circumstances require students to submit a written request explaining why an exception is being requested. The written request must include official documentation that provides proof that the missed coursework was due to acceptable reasons outlined by University policy.

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and the University. UF students are bound by The Honor Pledge which states:

We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code.

On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied:

On my honor, I have neither given nor received unauthorized aid in doing this assignment.

The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Students are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor, graduate assistant, or teaching assistant in this class.

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from the College of Health and Human Performance and UF. Course content may not be used for any commercial purposes. Individuals violating this policy may be subject to disciplinary action or legal litigation from the University.

ACCOMMODATING STUDENTS WITH DISABILITIES: Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

COURSE EVALUATIONS: Students in this class are participating in GatorEvals. This evaluation system is designed to be more informative to instructors so that teaching effectiveness is enhanced and to be more seamlessly linked to UF's CANVAS learning management system. Students can complete their evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Thank you for serving as a partner in this important effort.

COVID-19 IN SPRING 2021: It is critically important for all students, staff, and faculty to remain abreast of the developing circumstances related to the COVID-19 Pandemic and the impacts of the pandemic on UF operations. In response to COVID-19, the following information, policies, and requirements are in place to optimize the learning environment, safety of University members, and to enhance student learning outcomes:

- Student Information & Expectations: <https://coronavirus.uflhealth.org/screen-test-protect-2/information-for/students/>
- UF's Plan Forward: <https://coronavirus.ufl.edu/>
- UF's Screen, Test, Protect program: <https://coronavirus.uflhealth.org/screen-test-protect-2/>
- UF's COVID-19 FAQ page: <https://coronavirus.uflhealth.org/frequently-asked-questions/>
- UF's COVID-19 Data Dashboard: <https://coronavirus.uflhealth.org/screen-test-protect-2/about-initiative/testing-dashboard/>
- **If you are experiencing COVID-19 symptoms or believe you may have been exposed to an infected individual**, please use the UF Health screening system and follow the instructions on whether you are able to attend classes:
 - <https://coronavirus.uflhealth.org/screen-test-protect-2/frequently-asked-questions/covid-19-exposure-and-symptoms-who-do-i-call-if/>

PRIVACY: Students engaging in this course will develop multimedia content including audio and video presentations that will be accessed by all members of the class. Our class sessions may also be audio/visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students enrolled in this course are agreeing to have their video or audio content accessible to the members of this course, in this semester. Recordings will not be available to members outside of this course, or in future semesters. As in all UF courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited. Students

are prohibited from sharing any content from this course without first obtaining explicit, written consent from the University and the individuals identified within course content to be shared.

GETTING HELP:

Health and Wellness

- U Matter, We Care (<https://care.dso.ufl.edu/>): If you or a friend is in distress, please contact umatter@ufl.edu or call 352-392-1575
- Contact My Instructor Service: <https://care.dso.ufl.edu/instructor-notifications/>
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints:
 - On-Campus Students: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
 - On-Line Students: <http://distance.ufl.edu/student-complaint-process/>

Inclusion, Diversity, Equity, And Accessibility Resources

- For suggestions or concerns related to IDEA, please reach out to any of the following:
 - Dr. Leo Ferreira, APK IDEA Liaison, ferreira@hhp.ufl.edu
 - Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
 - Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

GRADING:

Student learning will be evaluated through module quizzes, assignments, and two exams. Specific assignment details and grading rubrics will be provided on the course website <https://lss.at.ufl.edu/>.

- **Quizzes (20%):** Each course module includes a multiple choice quiz aimed at guiding and enhancing engagement in learning opportunities.
- **Assignments (30%):** Each student will be graded on their engagement in module assignments executed within the YellowDig application. 12 Module assignments will focus on facilitating student application of Sport Psychology topics and discussion of theoretical underpinnings that support the student approaches.
- **Exams (50%):** Students' knowledge of course content will be evaluated on two multiple choice exams.
 - Exam 1: Mid-term: 25%
 - Exam 2: Final Exam: 25%
 - Exams assess knowledge of content within assigned readings, lecture material, and all required course activities.
- **Optional Discussions (2% Extra Credit Possible):** Optional discussion boards offer opportunities peer to peer learning and deeper understanding of course content.

Notes:

- Grades will not be rounded
 - e.g. a 92.99% will not be rounded to a 93.00%.
- Grades of "I", "X", "H", or "N" will not be given except in cases of a documented, catastrophic occurrence.

<u>Grade</u>	<u>Percentage</u>	<u>Grade Points</u>
A	93 - 100 %	4.00
A-	90 - 92.99 %	3.67
B+	87 - 89.99 %	3.33
B	83 - 86.99 %	3.00
B-	80 - 82.99 %	2.67
C+	77 - 79.99 %	2.33
C	73 - 76.99 %	2.00
C-	70 - 72.99 %	1.67
D+	67 - 69.99 %	1.33
D	63 - 66.99 %	1.00
D-	60 - 62.99 %	0.67
E	0 - 59.99 %	0.00

Specific information on course assignments & UF grading policies:

- <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>.

WEEKLY COURSE SCHEDULE:

Critical Semester Dates & UF Observed Holidays:

- January 18: Martin Luther King, Jr. Day (Monday)
- March 2 – 6: UF Spring Break (Monday - Friday)
- February 25: UF “Recharge” Day (Thursday)
- March 24: UF “Recharge” Day (Wednesday)
- April 22 – 23: UF Spring Semester Reading Days (Thursday – Friday)
- Complete list available here: <https://catalog.ufl.edu/UGRD/dates-deadlines/2020-2021/#spring21text>

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	January 11 - 15	Module 1 – Course Introduction	
2	January 18 - 22	Module 2 – Psychological Skills Training & Consulting Skills <u>Monday, January 20 – MLK Jr. Day – UF Holiday</u>	January 22 Canvas Student Profile
3	January 25 - 29	Module 3 – Motivation	January 26 Module 2 Assignment
4	February 1 - 5	Module 4 – Goal Setting	February 2 Module 3 Assignment <u>Optional Study Guide 1</u>
5	February 8 - 12	Module 5 – Emotion	February 9 Module 4 Assignment
6	February 15 - 19	Module 6 – Emotion Regulation	February 16 Module 5 Assignment <u>Optional Study Guide 2</u>
7	February 22 - 26	Mid-term Exam Preparation <u>Thursday, February 25 – UF Recharge Day 1</u>	March 1 Modules 1 – 6 Quizzes Module 6 Assignment <u>Optional Study Guide 3</u> Monday, March 1 Exam 1: Mid-term Exam Proctored Online - honorlock
8	March 1 - 5	Module 7 – Attention	
9	March 8 - 12	Module 8 – Attributions & Confidence	March 9 Module 7 Assignment

10	March 15 - 19	Module 9 – Self-talk & Mental Imagery	March 16 Module 8 Assignment
11	March 22 - 26	Module 10 – Practice Structure	March 23 Module 9 Assignment <u>Optional Study Guide 4</u>
12	March 29 - Apr. 2	Module 11 – Teams & Leadership	March 30 Module 10 Assignment
13	April 5 - 9	Module 12 – Injuries & Career Transition Monday, November 11 – U.S. Veterans Day Holiday	April 6 Module 11 Assignment <u>Optional Study Guide 5</u>
14	April 12 - 16	Prepare for Exam 2: Final Exam Review Modules 1-12 Material	April 13 Module 12 Assignment
15	April 19 - 23	Prepare for Exam 2: Final Exam April 21: Final Day of Classes April 22 - 23: Reading Days	April 21 Modules 7 – 12 Quizzes <u>Optional Study Guide 6</u>
<u>Exam 2: Final Exam – Proctored Online via <i>honorlock</i> – Monday, April 26</u> <u>Exam Available from 5:00am – 11:59pm EST</u>			

SUCCESS AND STUDY TIPS:

Quizzes & Optional Study Guides are designed as preparation tools for the course exams. Learning is a process that requires sustained incremental advancements that occur over time following neural adaptation. More simply stated, cramming may yield short-term results, but this strategy does not induce meaningful or lasting learning.

Assignments are designed to facilitate skill development in retrieving, consuming, and communicating scientific evidence supporting chosen approaches to improve performance by leveraging psychological skills / theory.