

SPORT PSYCHOLOGY

APK3400 – 10647 & 10648 ~ 3 Credit Hours ~ SPRING 2022

- INSTRUCTOR:** Garrett Beatty, Ph.D.
Office: Information provided in UF e-Learning course site.
Email: Utilize the UF E-Learning Inbox for course related correspondence.
Individual phone / video meetings available upon request.
- OFFICE HOURS:** Zoom meeting room links available in Course Syllabus Page
Mondays: 4 – 5pm
Wednesdays: 9 – 10am
- 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 sport 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>.

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.

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.

COPYRIGHT STATEMENT: The materials used in this course are copyrighted. Course content is the intellectual property of Garrett Beatty, and property of the University of Florida. Course content may not be duplicated in any format without explicit permission 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 with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their Get Started page at <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. 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 are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

PRIVACY: Students enrolled in this course are agreeing to have their video or audio content accessible to the members of this course, enrolled in this semester. All class meetings will be recorded and provided to the class for asynchronous access. Students engaging in this course will also develop multimedia content including audio and video presentations that will be accessible to all members of the class. Recordings will not be available to members outside of this course.

Per the State of Florida's House Bill 233, students are also permitted to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is defined as an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

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. 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:** Each course module includes a multiple choice quiz aimed at guiding and enhancing engagement in learning opportunities.
- **Yellowdig Learning Community:** Students are expected to engage in discussion of course relevant topics through the Yellowdig Learning Community. Points are earned during weekly periods that start on Wednesdays and end on Tuesdays. Students are expected to engage in Yellowdig discussions weekly and meet the weekly point earning goals.
- **Exams:** Students' knowledge of course content will be evaluated on three multiple choice exams. The exams will be developed from the assigned readings, lecture material, and other course activities (e.g., class discussions / activities, guest lectures, supplemental materials).
- **Optional Module Study Guides:** Optional study guides provide students the opportunity to prepare for the application portion of the exams.

Final grade composition:

- Quizzes: 25%
- Yellowdig Engagement: 15%
- Exams: 60%
 - Exam 1 = 20%
 - Exam 2 = 20%
 - Exam 3 = 20%
- *Optional Study Guides: 2% (EC)*

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.

Course letter grades based on cumulative grade percentages:

<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

More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>.

WEEKLY COURSE SCHEDULE:

Critical Semester Dates & UF Observed Holidays:

- January 17: Martin Luther King, Jr. Day (Monday)
- March 7 – 11: UF Spring Break (Monday - Friday)
- April 21 – 22: UF Spring Semester Reading Days (Thursday – Friday)
- Complete list available here: <https://catalog.ufl.edu/UGRD/dates-deadlines/2021-2022/#spring22text>

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	January 5 – 14	Module 1 – Course Introduction	January 12 Yellowdig Earning Period 1 Opens
2	January 17 – 21	Module 2 – Psychological Skills Training & Consulting <u>Monday, January 17 – MLK Jr. Day – UF Holiday</u>	January 18 Canvas Student Profile Yellowdig Earning Period 1 Ends
3	January 24 – 28	Module 3 – Motivation	January 25 Yellowdig Earning Period 2 Ends
4	January 31 – Feb 4	Module 4 – Goal Setting	February 1 Yellowdig Earning Period 3 Ends
5	February 7 – 11	Exam Week Exam 1: Completed on Canvas with Honorlock Exam 1 Window: February 5 - 13	February 8 Yellowdig Earning Period 4 Ends February 13 Modules 1 – 4 Quizzes Modules 1 – 4 Study Guides
6	February 14 – 18	Module 5 – Emotion	February 15 Yellowdig Earning Period 5 Ends
7	February 21 – 25	Module 6 – Emotion Regulation	February 22 Yellowdig Earning Period 6 Ends
8	February 28 – Mar 4	Module 7 – Attention	March 1 Yellowdig Earning Period 7 Ends
9	March 7 – 11	UF Spring Break	March 8 Yellowdig Earning Period 8 Ends
10	March 14 – 18	Module 8 – Attributions & Confidence	March 15 Yellowdig Earning Period 9 Ends
11	March 21 – 25	Exam Week Exam 2: Completed on Canvas with Honorlock Exam 2 Window: March 19 – 27	March 22 Yellowdig Earning Period 10 Ends March 27 Modules 5 – 8 Quizzes Modules 5 – 8 Study Guides

12	March 28 – Apr 1	Module 9 – Self-talk & Mental Imagery	March 29 Yellowdig Earning Period 11 Ends
13	April 4 – 8	Module 10 – Practice Structure	April 5 Yellowdig Earning Period 12 Ends
14	April 11 – 15	Module 11 – Teams & Leadership	April 12 Yellowdig Earning Period 13 Ends
15	April 18 – 22	Module 12 – Injuries & Career Transition <i>April 20: Final Day of Spring 21 Classes</i> <i>April 21 – 22: UF Reading Days</i>	April 19 Yellowdig Earning Period 14 Ends
16	April 25 – 29	Exam Week Exam 3: Completed on Canvas with Honorlock Exam 3 Window: April 16 – 20; 23 – 26	April 26 Modules 9 – 12 Quizzes Modules 9 – 12 Study Guides

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.