

Introduction to Sport Psychology

APK3400 | Class # 16462 & 10291 | 3 Credits | Sum. A 2022

Connect with HHP



Course Info

INSTRUCTOR

Garrett Beatty, Ph.D.

Email: Utilize the UF E-Learning <mailto:jahlgren@ufl.edu> 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 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.

Course & 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 MAKE-UP POLICY

Missed examinations and non-submitted or late assignments will be not be evaluated and will be assigned a grade of 0, unless excused based on University policies published in the UF Catalog:

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

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.

A student experiencing an illness should visit the UF Student Health Care Center or their preferred healthcare provider to seek medical advice and obtain documentation. If you have an illness, family emergency or death, please contact the Dean of Students Office (www.dso.ufl.edu) and follow the DSO Care Team procedures for documentation and submission of a request for make-up assignment (<https://care.dso.ufl.edu/instructor-notifications/>). The DSO will contact the instructor. Do not provide any documentation to the instructor regarding illness or family emergency. This is your personal and protected information. The DSO is qualified to receive and verify the documents you provide. The instructor will follow the recommendations from the DSO.

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. Students 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 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/>.

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.

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 & WELLNESS

- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- University Police Department, 392-1111 (or 9-1-1 for emergencies) <http://www.police.ufl.edu/>
- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575

ACADEMIC RESOURCES

- Contact My Instructor Service: <https://care.dso.ufl.edu/instructor-notifications/>
- 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: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <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. Linda Nguyen, APK IDEA Liaison, linda.nguyen@hnp.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:** 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:

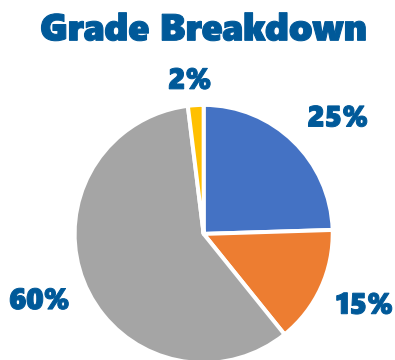
- Quizzes: 25%
- Yellowdig Engagement: 15%
- Exams: 60%
 - Exam 1 = 20%
 - Exam 2 = 20%
 - Exam 3 = 20%
- *Optional Study Guides: 2% (EC)*

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



■ Quizzes 25% ■ Yellowdig 15% ■ Exams 60% ■ Optional Study Guide 2%

Weekly Course Schedule

CRITICAL DATES & UF OBSERVED HOLIDAYS

- May 30: Memorial Day (Monday)
- Complete list available here: <https://catalog.ufl.edu/UGRD/dates-deadlines/2022-2023/#summerac22text>

WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	May 9 - 13	Module 1 – Course Introduction Module 2 – Psychological Skills Training	May 11 1 st Yellowdig Earning Period OPENS
2	May 16 - 20	Module 3 – Motivation Module 4 – Goal Setting Exam 1 Available May 18 – May 24	May 17 1 st Yellowdig Earning Period Closes
3	May 23 - 27	Module 5 – Emotion Module 6 – Emotion Regulation	May 24 2 nd Yellowdig Earning Period Closes Exam 1 Due Module 1 – 4 Quizzes Due
4	May 30 - June 3	Module 7 – Attention Module 8 – Attributions & Confidence Exam 2 Available June 1 – June 7	May 31 3 rd Yellowdig Earning Period Closes
5	June 6 - 10	Module 9 – Self-talk & Mental Imagery Module 10 – Practice Structure	June 7 4 th Yellowdig Earning Period Closes Exam 2 Due Module 5 – 8 Quizzes Due
6	June 13 – 17	Module 11 – Teams & Leadership Module 12 – Injuries & Career Transition Exam 3 Available June 11 – June 17	June 14 5 th Yellowdig Earning Period Closes June 17 Exam 3 Due Module 9 – 12 Quizzes Due

Exams Proctored Online via *honorlock*
Exams Available from:
12:00am on first day – 11:59pm ET on final day of Exam Window

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.