

**Sports Psychology (Psyc 4350)
Spring 2009
Course Syllabus**

Instructor: Monica Ramirez Basco, Ph.D.

Office Number: Life Sciences Building, Room 407

Office Telephone Number: (817) 272-7559

Email Address: Basco@UTA.edu

Office Hours:

Mondays and Wednesdays: 12:00 to 1:00pm, or by appointment

Course Number, Section Number, and Course Title:

Sports Psychology (Psyc 4350)

Time and Place of Class Meetings: MW: 1:00 pm to 2:20pm, LS122

Description of Course Content:

The course will provide an overview of the growing field of Sports Psychology, which involves applying psychological science to sports. Topics will cover how Sports Psychologists assist athletes and teams in setting and achieving sports, fitness, and exercise goals. Topics will include theoretical foundations of behavior, psychological interventions for performance problems, adherence and maintenance of gains, and the impaired athlete.

Student Learning Outcomes:

1. Become familiar with psychological principles that affect performance in sports and exercise
2. Develop skills in common psychological interventions for achieving goals and maintaining gains.
3. Gain practical experience in goal setting, behavior change, and maintenance of gains.

Requirements: None

Required Textbooks and Other Course Materials: Weinberg and Gould, Foundations of Exercise and Sport Psychology, 4th edition.

Reading Assignments: Students are expected to read in advance the chapters designated in the outline below.

Sports Psychology Spring 2009

Month	Topic	Book Chapters	Assignment
January	Getting Started: Motivation and Setting-Goals	1, 3, 6, 15, 17	<ul style="list-style-type: none"> • Define personal goals – Enter on blog • Article Summary
February	Using Psychology Skills in Sports and Exercise	11, 12, 13, 14, 16	<ul style="list-style-type: none"> • Weekly Blog Entries regarding goal • Article Summary • Turn in Final Project Plan
March	Teamwork and Competition Spring Break: 3/16-20	5, 7, 8, 9, 10	<ul style="list-style-type: none"> • Weekly Blog Entries regarding goal • Article Summary • Turn in outline of project
April	Coping with Obstacles to Accomplishing Goals: The impaired athlete	4, 18, 19, 20, 21	<ul style="list-style-type: none"> • Weekly Blog Entries regarding goal • Article Summary • Final Projects are Due (4/29)
May			<ul style="list-style-type: none"> • Presentations of Projects

Descriptions of major assignments:

There will be **no examinations** in this course. The grading will be based on the following four components:

15% (60 points) - Class Participation (this includes attendance)

15% (60 points) - Monthly written and verbal summaries of journal articles relevant to the topic of the month (see syllabus)

30% (120 points) - Goal setting project with weekly blog entries similar to a journal

40% (160 points) - Sports Psychology Project. Extra credit (20 points) will be given to those students who present their projects to the class.

Class Participation (60 points):

This is an upper division course. The focus is on integrating your knowledge from prior courses into the study of Sports Psychology. Rather than a straight lecture format, there will be some lecture and some group discussion at each class session. I will rate your participation at each class session (none, some, a lot) and give an overall participation grade at the end of the semester. Keep in mind that this is a small class (18 students.)

Journal Article Review (60 points):

Once each month, each student will provide a one paragraph written summary of an article on the topic for that month (see the syllabus). The article should be one that can be found online. Students will be expected to give a very brief verbal summary of the article and turn in the summary and a copy of the article. Each article summary will be worth 15 points. The presentation can be given at any class session within the month beginning the second week of classes.

Goal setting project and blog (120 points; 10 points/week):

There are three parts to this weekly requirement:

1. Each student will be asked to set a behavior change goal at relevant to fitness, strength, health (including diet or other bad habits), or sports. Review chapter 15 of the book for guidelines in setting a goal. You have the option of helping someone else set and achieve goals as long as you keep up the weekly blog. That person must provide a written statement agreeing to be the subject of your project.
2. Set up a blog using <http://blog.uta.edu/> Dr. Basco provided a sample. Go to the blog directory tab and look for basco's blog.
3. Make weekly entries to the blog regarding:
 - a. Progress or lack of progress toward the goal
 - b. How the discussion topics of the week relate to your efforts in achieving the goal.
 - c. Occasionally specific exercises will be provided in class to add to the blog.

Sports Psychology Project (160 points plus 20 points extra credit for presenting the project other students in the class):

Each student must create a course project for 40% of the grade. The topic and type of project is up to the discretion of the student, but must be approved by Dr. Basco no later than February 25th. Examples of projects are as follows:

- Write a research paper on an athlete that overcame psychological problems.
- Write a report on the psychological skills training used in an Olympic athletic program.
- Create a webpage on Sports Psychology for students interested in this field.
- Develop a psychological intervention for a specific sport at UTA.
- Give a class presentation on a topic related to one aspect of Sports Psychology including a written summary and a video and/or powerpoint presentation.
- Choose a psychological theory not covered in the book and write about how it would apply to working with athletes.

Projects will be graded on: Use of Sports Psychology principles from the four components covered in the class, use of class materials (articles, book chapters, exercises) in the project, creativity, and overall quality. 20 extra credit points will be given for presentation of the project in the class during the dead week.

Grading Policy: The course grade will be based on your performance on the four assignments described above.

- Class Participation: 60 points
- Monthly Journal Article Review: 15 points per review for January, February, March and April = 60 points
- Goal Setting Project and Blog: 10 points per week = 120 points
- Sports Psychology Project: 160 points + 20 extra credit for presentation
- Total possible points: 400

Course Grading will be as follows: A=360-400 points; B=320-359 points; C= 280-319 points; D=240-279 points; F= 239 points or less.

Attendance Policy: Participation will account for 15% of the grade. Monthly discussion of articles accounts for an additional 15%. You must be present to participate.

Drop Policy: Please refer to the University's drop policies. Note that the last day to drop classes is **April 3rd**.

Americans with Disabilities Act: The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 - The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled *Americans with Disabilities Act (ADA)*, pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and in providing authorized documentation through designated administrative channels.

Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at www.uta.edu/disability. Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

Academic Integrity: It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2)

Student Support Services Available: The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

Final Review Week: A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. This will be the week of **May 5th through May 8th**. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabi. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week.

E-Culture Policy: The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT-Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email.

All students are assigned an email account and information about activating and using it is available at www.uta.edu/email. New students (first semester at UTA) are able to

activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.

Students may contact Dr. Basco by email at Basco@UTA.edu or by phone (817) 272-7559. In the event of an emergency, the student should contact the Psychology office (817-272-2281) to leave a message if unable to reach Dr. Basco by phone.