

2016

# 477-01 The Psychology of Sport

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## PSYC 477-01

### Syllabus: The Psychology of Sport

Title: Instructor: Robert A. Hock, Ph.D.

Course: Spring 2016

Text: Weinberg, R.S. & Gould, D. Foundations of Sport and Exercise Psychology. Human Kinetics.

Meets: Monday and Wednesday 12:00 – 1:15 pm

Telephone: 513- 821-4111

<u>Date</u>	<u>Topic</u>	<u>Chapter</u>
January 11, 2016	Introduction, review of Syllabus.	Overview
" 13,	Welcome to Sport and Exercise Psychology	Chapter 1, 2
" 18,	Martin Luther King	No Class
" 20, 25	Participants: Personality, Motivation, and Arousal	Ch. 3, 4
" 27	Competition and Cooperation, Feedback Reinforcement	Ch. 5, 6
February 1, 3	Test 1	Ch. 1-6, notes
" 8, 10	Group Processes, and Team dynamics	Ch. 7, 8
" 15	Cohesion, Leadership, Communication	Ch. 9, 10
" 17	Improving Performance, Skills training, Arousal regulation	Ch. 11, 12
" 22	Imagery, Self confidence	Ch. 13
" 24	Imagery, self-confidence, Goal setting, concentration.	Ch. 14, 15
" 29,	Test 2	Ch. 7-15
March 2, 2016	Review	Ch. 7 -15
March 7-11	Spring Break	No Class
March 14	Concentration	Ch. 16
" 16	Health, Well-Being, Exercise	Ch. 17
" 21, 23	Exercise Behavior, Adherence	Ch. 18
" 28, 30	Athletic Injuries	Ch. 19
March 24-27	Easter vacation	No class
" 28, 30	Addictive, Unhealthy Behaviors	Ch. 20
April 4, 6	Burnout	Ch. 21
" 11, 13	Psychological Growth: Children	Ch. 22
" 18, 20	Aggression in Sport	Ch. 23
" 25, 27	Character Development, Good Sporting Behavior	Ch. 24
May " 3-6	FINALs week	Ch.16-24,notes

**School of Psychology Mission statement:** In keeping with the Jesuit, Catholic, Liberal Arts tradition, the Department of Psychology educates students in the science of behavior and mental processes with sensitivity toward the diversity of all people; so students may use psychological knowledge and insight to address human concerns.

**Objectives:** The objectives of this course are to familiarize students with the psychology of abnormal thought and behavior; clarify expectations, and set fair and equal practices for all students. These guidelines apply to all students, are not negotiable, nor will they change during the semester. These objectives will be met by the utilization of a text, lectures, supplemental materials, discussion, guest presenters, and student presentations. Scientific studies will be discussed, but an emphasis will be on the applied aspects of the psychology of abnormality.

**Attendance and Participation:** All students are expected to attend all scheduled classes, be on time and prepared, and stay for the entire period. Absences will negatively affect the final grade. Credit may be given at the end of the year for attendance and participation; and a grade of F may be assigned for excessive absences. Students are expected to read assigned chapters and assigned readings, prior to class time, and should be prepared to respond to questions and participate in class discussion in order to make the course developmental and dynamic. Students will be assigned to Presentation to the class on assigned Topics and dates.

**Appointments:** Any student wishing to make an appointment should contact the instructor in person at the end of class. Telephone calls can be made to 821-4111 (office), during the working day from 8:00 am to 4:00 pm. Voicemail messages can be left at 821-4111 after 4:00 p.m.

**Presentations:** Class presentations are arranged prior to the first Test. Class presentations are to be accompanied with a brief summary of two to four pages, including a Reference page completed in American Psychological Association (APA) style. Assigned presentations are equivalent to one (1) additional test, or in some instances will be assigned or specified values.

**Academic Misconduct:** The integrity of professional citations is strongly promoted, therefore "cut and paste" plagiarism, or cheating of any kind, like copying another's test responses, falsely signing another student's name, taking another student's test, or having another person write a paper is unacceptable and will receive an F. Turn it In.com will be used for affirmation of the integrity of citations, and grades will be reduced ten points for each misappropriated citation.

**Accommodations:** "Any student who has reasonable concerns that s/he may need an accommodation based on the impact of a documented disability should contact the Learning Assistance Center at 513-745-3280 on the Fifth Floor of the Conaton Learning Commons, Room 514, to coordinate reasonable accommodations."

**Exam and Grade Policy:** All students are to take two tests and a final exam, at the same time on or about the dates listed on the syllabus, except for serious reasons like the death of a family member, or illness requiring medical treatment/documentation. A zero is given for missed tests, unless students contact the instructor prior to the test. Grades are based on cumulative averages across all tests and the FINAL, and may be influenced by attendance, and participation. Presentations are graded like tests, if planned before Test 1. Research credit, etc. is earned and added by the instructor at the end of the semester. Grades are based on these averages.

**A = 90 to 100**

**B = 80 to 89**

**C = 70 to 79**

**D = 60 to 69**

**F = 59 or less.**