

EXRS 4400 - Exercise and Sport Psychology – Fall 2007

COURSE SYLLABUS

I. Course Information

- A. Location - Room 203 Ramsey
- B. Class Days & Time – Tuesdays and Thursdays 3:30 – 4:45 pm

II. Instructor Information

- A. Instructor – Matthew P. Herring
- B. Office Location - Room 102-B Ramsey - Department of Kinesiology
- C. Office Hours – Tuesdays 5:00 – 6:00 pm or by appointment
- D. Office Phone – (706) 542 – 4381
- E. Email: mph8@uga.edu

III. Educational Objectives

1. To understand the role of research methods in exercise and sport psychology, and use research findings and/or psychological theories to reach logical conclusions.
2. To demonstrate basic knowledge about key content areas of exercise and sport psychology and be able to apply this knowledge appropriately in practical settings.
3. To understand and apply ethical principles, especially those adopted by the American Psychological Association.
4. To be aware of individual differences among people with regard to the psychological aspects of exercise and sport.
5. To demonstrate an ability to think, speak and write effectively.

IV. Course Content:

- History of the field of exercise and sport psychology.
- Professional and ethical issues relevant to the practice of sport psychology.
- Scientific methods used to understand and evaluate psychological aspects of sport performance.
- Psychological interventions for performance enhancement (e.g., hypnosis, goal setting, imagery).
- Personality and sport success.
- Pre-competitive states and athletic performance.
- Cognitive, perceptual and pain processing during athletic performance.
- Psychological monitoring of athletes to optimize training and performance.
- Effects of exercise on anxiety, depression, energy, self-esteem, sleep and anger.
- Cognitive and neurobiological mechanisms underlying psychological consequences of exercise and physical activity.
- Eating disorders and athletes.

V. Readings and Lecture Notes

A. The readings are available via Webct.

B. Lecture notes also are available via Webct.

C. The book, Exercise Psychology, by Buckworth and Dishman is available at the UGA bookstore.

VI. Evaluation Procedures:

A. **Exams (25% each).** Three 50 minute exams will be given. The questions on the midterm exams will come primarily from information provided in lectures but about 10 to 20% will come from the course readings. The type of questions will be primarily multiple choice but may include true-false, fill-in, and short answer. An item analysis of the results of each exam question will be performed and poor questions (e.g., one that >90% of the students miss) will be deleted under the assumption that the question was inappropriate, unclear or too difficult. The exams will not be comprehensive.

B. **Final exam (25%).** The final exam will cover the lecture material and associated readings after the third exam. The final is scheduled for Thursday, December 13th, from 3:30 – 6:30 pm. The final exam will not be comprehensive.

C. **Grading.** The % correct on exams & final will be multiplied by the weight assigned to each and summed.

Cutoffs for grades:

A – 90%

B – 80%

C – 70%

D – 60%

Student-Faculty Communication Sheet

Please read the seven statements below. After each statement write your initials on the line to indicate that you have read and understand the statement.

At the bottom sign and date the form. You will not be permitted to take the first exam until you have turned this page into your instructor.

1. Daily attendance is not required and does not factor directly into my grade. However, I recognize that failing to attend may negatively impact on my course grade because I will miss the material that is discussed during lectures. _____
2. I am required to take the exams (i.e., Thursday, Sep. 13; Tuesday, Oct. 9 ; Thursday, Nov. 15) and the final (Thursday, Dec. 13, 3:30 – 6:30 pm) on the scheduled dates at the scheduled times. Midterm exams will not be administered early and will be administered late only for personal emergencies such as a major illness or a death in the family. Students will receive zero credit on midterm exams missed for other reasons such as working at a part time job or travel associated with personal (e.g., job interviews) or other university associated responsibilities (e.g., athletics) unless approved with the instructor during the first two weeks of classes. _____
3. I have reviewed my schedule for the semester and found no current or pending conflicts that would prevent me from taking the exams on the scheduled dates at the scheduled times. _____
4. I will abide by the University Honor Code and Academic Honesty Policy such that, I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others. I recognize that all work completed for this course (i.e., exams and extra credit) must be performed by myself without unauthorized assistance from others. Examples of unauthorized assistance include copying from another student or allowing another person to copy from me. Another example is completing work for another or allowing another to complete work for me. As a member of the academic community I recognize that I have a responsibility for knowing the policy and procedures on academic honesty. All academic work must meet the standards contained in “A Culture of Honesty.” Students are responsible for informing themselves about those standards before performing any academic work. The link to more detailed information about academic honesty can be found at: <http://www.uga.edu/ovpi/honesty/acadhon.htm> _____
5. I am aware that Mr. Herring has office hours from 5:00 – 6:00 pm on Thursdays, and that I can get assistance from him regarding the course during these hours or at other times by making an appointment with him. _____
6. I understand that the exams are the property of Mr. Herring, but that I can review my exam in his office at any time. _____
7. The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

I have read and agree to the above policies:

Signature

Date

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Your Copy

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