Course description

In this course, you will explore the field of sport and exercise psychology, with particular emphasis on Canadian scholars. You will be encouraged to apply this information to the area of sport or exercise that is of most interest to you, and to interact with your co-learners. In addition to the discussion questions and course assignments, quizzes will be used in each learning unit as mastery of course content.

The University of Manitoba Undergraduate Calendar describes this course as follows: This course will provide the student with an understanding of psychological variables affecting individuals in activity contexts. Among the topics to be explored will be motivation, arousal/anxiety, group dynamics, and

Course objectives

Upon successful completion of this course you should be able to:

- Discuss key issues related to the field of sport and exercise psychology.
Name key journals, professional organizations and scholars important to the field of sport and exercise psychology in Canada.

Discuss issues important to professional practice such as use of the title psychologist and application of ethics to consulting.

Apply the theories of behavior change to a specific case.

Outline the data collection methods used in sport and exercise psychology research, and be able to differentiate between quantitative and qualitative methodologies.

Discuss various constructs such as personality, stress and anxiety and how they relate to sport and exercise psychology.

Compare the various factors that impact team cohesion and describe what can be done to facilitate cohesion within a group.

Outline how to facilitate moral development and positive youth development in sport and exercise contexts.

Compare and contrast various theories of aggression in sport.

Discuss the five psychological skills used most often in sport psychology consulting.

Compare the difference between outcome and intervention variables as they relate to exercise psychology research.

Explain the key hypotheses that explain the relationship between exercise and mental health.

Elaborate on the key dimensions of the coaching efficacy model.

Course Materials

Required

Bookstore

The following required materials are available for purchase from the University of Manitoba Bookstore. Please order your materials immediately, if you have not already done so. See your Distance and Online Education Student Handbook for more information.

1. Textbooks

You will need to access the U of M Library online to gain access to some of the readings needed in this course.

Course overview

This class is divided into 12 learning units. Each week, you will be required to complete one learning unit. You will be required to read text materials, gather your own articles, complete your own work, but also interact with your co-learners in order to earn course points. Each learning unit will outline the course requirements so that you know exactly what to do in order to be successful.

Topics

<table>
<thead>
<tr>
<th>Unit</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit 1</td>
<td>Getting started!</td>
</tr>
<tr>
<td>Unit 2</td>
<td>Why do we participate in sport and physical activity?</td>
</tr>
<tr>
<td>Unit 3</td>
<td>Principles of Exercise Psychology</td>
</tr>
<tr>
<td>Unit 4</td>
<td>How does who we are impact sport and physical activity?</td>
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<tr>
<td>Unit 5</td>
<td>How will you lead?</td>
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<tr>
<td>Unit 6</td>
<td>Helping maximize performance</td>
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<tr>
<td>Unit 7</td>
<td>There is no “I” in Team.</td>
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<td>Unit 8</td>
<td>Dealing with the complexities that can arise from participation in sport and physical activity.</td>
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<td>Unit 9</td>
<td>Common emotions and their impact on sport and physical activity.</td>
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<td>Unit 10</td>
<td>Exercise and mental well-being</td>
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<td>Unit 11</td>
<td>Special populations</td>
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<tr>
<td>Unit 12</td>
<td>Coach as leader</td>
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Learning Activities
In order to successfully complete course requirements, you should expect to invest a minimum of 5-6 hours per week on readings and online activities.

**Knowledge building through theory acquisition:**
You are strongly encouraged to **carefully** read the chapters in the textbook that are assigned in your schedule. Each unit will guide your textbook reading by highlighting critical information as well as provide supplementary course notes. The course notes alone will not provide you with enough information to complete this course successfully. In addition to the textbook, all topics, figures, and tables covered in the study notes will be tested on the final exam.

**Knowledge building through collaboration and reflection:**
As you acquire knowledge through reading of the content you are also expected to share your thoughts in discussion forums. These conversations are to encourage discussion of the content to increase your understanding of the importance of sport psychology.

The organization of your discussion posts is very important. Each learning unit will include an overview, discussions, and discussion board section. The following legend will be used for this course:

- **U1d1** – Unit one Discussion One
- **U3q1** – Unit 3 Quiz 1

With respect to online postings, you should make postings at least 3 or 4 times per week. It is a good idea to make a posting each time you log into the class.

Please note that there will be several different discussion board forums for each learning unit. That is, you will be required to post responses and respond to colleagues. One discussion board forum in each learning unit will be entitled “other.” Please use the “other” forum to post any questions, thoughts, or other information that does not fit into the other areas.

**Knowledge building through application in context:**
You will complete two assignments and discussion postings that will allow you to demonstrate your learning of course content.
Evaluation and Grading

Distribution of marks

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Percentage/Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discussion Postings</td>
<td>36% (12 x3%)</td>
</tr>
<tr>
<td>Quizzes</td>
<td>24% (12 x2%)</td>
</tr>
<tr>
<td>Assignment 1</td>
<td>10%</td>
</tr>
<tr>
<td>Assignment 2</td>
<td>10%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>20%</td>
</tr>
<tr>
<td>FINAL</td>
<td>100%</td>
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</tbody>
</table>

Grading scale

<table>
<thead>
<tr>
<th>Letter grade</th>
<th>Percentage range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Range</td>
<td>90's</td>
<td>Excellent</td>
</tr>
<tr>
<td>B Range</td>
<td>80's</td>
<td>Good</td>
</tr>
<tr>
<td>C Range</td>
<td>60's, 70's</td>
<td>Adequate</td>
</tr>
<tr>
<td>D Range</td>
<td>50's</td>
<td>Marginal</td>
</tr>
<tr>
<td>F</td>
<td>Less than 50</td>
<td>Unacceptable</td>
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</table>

Note: All final grades are subject to departmental review. Grades will be assigned using percentage-based grading and the standard letter grade system used at the University of Manitoba. The grading scheme may be adjusted slightly based on the grade distribution.

Assignments

Discussion Board
You will be expected to post regularly in the discussion forums for each unit as part of an ongoing dialogue. Points are earned in the following manner:

For each learning unit, you can earn 2 points for your own postings, and one point for responding to your co-learners. You must make at least two co-learner responses to earn a full point, and your own postings must be substantive to earn full points.
all discussion questions in a learning unit, the maximum you can earn is one point. If you include information from another source, a full citation must be included.

Quizzes
There will be a quiz for each learning unit. Each quiz is open book and based on the content from the Crc limit, so make sure to have your text ready when you begin to complete the quiz. The quiz must compl units.

Note: Quizzes are located in the quiz tool on the course website.

Assignments
There will be two course assignments. Each assignment will be worth 10% of the final grade.

› ASSIGNMENT #1: In depth study
  For this assignment, you are asked to choose a topic related to course content and find peer-reviewe then asked to consolidate the information you have gathered in order to demonstrate a thorough unc

› ASSIGNMENT #2: Making positive change
  For this assignment, you are required to use course content to create positive behavior change for sc activity context. You will be required to develop a case, select a theory of behavior change, and respc the content discussed in this class.

Note: Detailed instructions about the assignments are found in the assignment section in your course we

Assignment due dates
Consult your course schedule for the assignment due dates.

Final Examination
There is an invigilated final exam in this course. The final exam will be conducted at the University of Mar alternate location off -campus. All studen ts must declare an exam location by the deadline published here http://umanitoba.ca/faculties/coned/de/exams/index.html or they will be required to write the exam in W responsible for scheduling the final exam . Once finalized, the exam date and time information will be pos exam site.

Plagiarism, cheating, and examination impersonation
You should acquaint yourself with the University's policy on plagiarism, cheating, and examination impers
Distance and Online Education (DE) Student Resources

In your course website there are links for the following:

- Contacting Distance and Online Education Staff
- Distance and Online Student Handbook
- Distance and Online Education Website

Acknowledgements

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