

## COURSE SYLLABUS – SPRING 2010

Course: Introduction to Sport Psychology (SS 209)  
Instructor: Joseph R. Merz, Ph.D.  
Office: Stutzman-Slonaker Hall – Room 102C Office Phone 876-5296  
Office Hours: T, TH 3:30-5:30; W 10:30-12:30 or by appointment.  
Cell Phone: (304) 582-1029 (Between 9:00 a.m. and 9:00 p.m.)  
**NO EXCEPTIONS!**

“Things will go wrong at times. You can’t always control circumstances. However, you can always control attitude, approach, and response. Your options are to complain or to look ahead and figure out how to make the situation better.”

- Tony Dungy (Former Head Coach – Indianapolis Colts)

### **General Course Description**

This course is designed to help students both learn and then apply practical as well as theoretical information as it relates to the psychology of sport. Various mental training skills that can enhance one’s athletic performance will also be covered. Some of the areas related to this class that will be explored this semester include stress, motivation, goal-setting, leadership, and imagery. Our personality, as it relates to athletic competition, as well as competition in the “real world,” will also be investigated.

### **Textbook**

The text for the class is Foundations of Sport and Exercise Psychology, 4<sup>th</sup> edition, written by Robert S. Weinberg and Daniel Gould.

### **Class Structure**

The class periods will consist of three components: (1) lecture, (2) discussions, and (3) a period of time during which films and small group exercises will take place.

### **Attendance**

Attending class on a regular basis is very important. For each class missed beyond the equivalent of one week of class, two points will be deducted from your final semester grade. REMEMBER: ATTENDANCE REPRESENTS COMMITMENT!

### **Tardiness**

Students are expected to arrive to class on time. Arriving late for class twice over the course of the semester will be considered the maximum allowed. For every late arrival to class beyond this limit, you will be marked ABSENT for the class period.

**PLEASE NOTE:**

It is imperative that you bring your textbook to each class meeting!

**Classroom Etiquette**

Please do not hold conversations with classmates whenever the professor or another student is speaking. Also refrain from writing and passing notes or participating in other distracting behavior. Your undivided attention in class is a must. An atmosphere of mutual respect is in order. The professor reserves the right to request that you leave if you engage in any form of disrespectful conduct.

**Grading Method**

1. Your grade will be determined according to the quality of work that you have produced in seven different areas: (1) the results of three in-class examinations, (2) quiz results, (3) in-class participation, (4) autobiography, (5) movie analysis, (6) individual presentation, and (7) take-home final.
2. The first three exams will consist of 30-40 multiple-choice questions and one essay question. If you miss one exam, you must take an all essay question make-up exam. **PLEASE NOTE:** ALL make-up exams will be given during final exam week! NO exceptions!
3. There will be a number of short announced quizzes that will be given throughout the semester. The purpose of the quizzes will be to allow you to check your progress. Missed quizzes cannot be made up.
4. Your final grade will be based on the following:

(a) Three exams (in-class)	40%
(b) In class participation	5%
(c) Quiz results	5%
(d) Autobiography	10%
(e) Movie analysis	10%
(f) Presentation	20%
(g) Final Exam (take home)	<u>10%</u>
	100%
5. In compiling your final grade, an absolute scale will be used:  
  
A = 90-100  
B = 80-89  
C = 70-79  
D = 60-69  
F = 0-59

6. PLEASE NOTE: The schedule and procedures in this course are subject to change in the event of extenuating circumstances.

**SPRING 2011**  
**Tentative Schedule – Introduction to Sport Psychology**

<b>DATE</b>	<b>TOPIC</b>	<b>ASSIGNMENT</b>
Jan 10	Orientation	
Jan 17	Introduction to Sport Psychology	Chapter 1
Jan 24	Personality and Sport	Chapter 2
Jan 31	Motivation	Chapter 3
Feb 7	<b>EXAMINATION #1</b>	
Feb 14	Arousal, Stress, and Anxiety	Chapter 4
Feb 21	Competition and Cooperation	Chapter 5
Feb 28	Leadership	Chapter 9
Mar 7	<b>EXAMINATION #2</b>	
Mar 14 - 20	Spring Recess	
Mar 21	Psychological Skills Training	Chapter 11
Mar 28	Arousal Regulation	
Apr 4	<b>EXAMINATION #3</b>	
Apr 11	Imagery	Chapter 12
Apr 18	Take Home Final Exam – handed out (Presentations)	
Apr 25	Presentations	
May 2	<b>EXAMINATION #4 (Turn in take-home exam)</b>	

**Projects**

1. Autobiography – The purpose of this paper is to have you reflect on your life and, in particular, how sports participation/exercise has impacted on your journey. This essay will be at least two pages, and will be due on \_\_\_\_\_.
2. Movie Analysis – The purpose of this exercise is to have you apply what you have learned in this class as it relates to the psychology of sport as found in the movie you have chosen to see. Please discuss some of the psychological skills that have been covered in this class that are seen in the movie. The paper should be two to three pages in length.

The movie must be one that deals with sports. You need to see the entire movie, while noting the various psychological aspects as seen in the movie (motivation, leadership, etc.). The following list of movies, while not complete, would prove to be acceptable:

Rocky  
Cinderella Man  
Million Dollar Baby  
Remember the Titans  
The Natural

Rudy  
Hoosiers  
Coach Carter  
Blue Chips  
A League of Their Own

Chariots of Fire  
Bull Durham  
The Rookie  
Cool Runnings  
Miracle

What your analysis should include:

- I. Introduction to the movie
  - a. Why you picked it
  - b. The movie's plot
- II. The psychological skills addressed
- III. Conclusion

The movie analysis will be due on \_\_\_\_\_.

3. Presentation – Students will make an in-class presentation on: (1) a psychological aspect covered in class, but one needing more discussion/specifics than was made mention in class, (2) a performance enhancing technique that was not looked into in class. Each presentation will provide for the class a thorough exploration of the particular areas of PST that this project is based on.\*

Each presentation should include a handout for everyone present which will outline the presentation. A reference page should be affixed to the handout. Presentation will last 15 minutes. Presentations will begin on \_\_\_\_\_.

4. Final Exam – The final exam will be a take-home final. A series of questions will be raised and students will be afforded the opportunity of using any resources available, while citing the specific references. The exam will be handed out approximately two weeks before the semester ends. They will be turned in on the last class meeting of the semester.\*