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School of Health and Exercise Sciences
HES 382 – Sport Psychology
SUMMER 2023

Instructor:	**Frazer Atkinson, PhD**
Office:	Online (Zoom Office)
Online Office Hours:	Wednesday 11:00 am -12:00 pm or by appointment
Email:	frazer.atkinson@ubc.ca

Lecture Times:

Online Class Times: Monday 08:30-12:00, Thursday 08:30-12:00

Class lectures will be pre-recorded and made available from 08:30 am on Monday. Optional breakouts will be held on Thursdays (see class schedule) where class interaction will take place.

Online Office:

https://ubc.zoom.us/j/62527364106?pwd=ekhGV1hnRitFK0IyZGE2M1I0UWdjUT09

Meeting ID: 625 2736 4106
Passcode: 047591

Academic Calendar Course Description:
How psychological factors influence and are influenced by participation and performance in sport including personality, motivation, arousal, attitude, perception, aggression, competition, concentration, confidence, and goal setting as they pertain to sport.

Course Delivery:

The class will have asynchronous components (working through content in your own time) and optional synchronous components (meeting online for discussion and activities). For the asynchronous, every Monday at 08:30 am I will the weekly content (e.g., pre-recorded lectures, videos, activities, readings, quizzes). Midterms will occur during the scheduled course time (see course timetable).

Course Overview and Format:

This course will introduce students to how psychological factors influence and are influenced by participation and performance in sport including personality, motivation, arousal, competition, focus, confidence, and imagery. The class will consist of pre-recorded and live lectures that will include PowerPoint, videos, and activities.

Learning Objectives:

At the end of this class students who have excelled will be able to:

1) Identify contextual factors of sport that can impact an athlete's performance and wellbeing
2) Identify how the various mental skills relate to one another to improve sports performance
3) Apply knowledge of sports psychology concepts and how they relate to real-life sporting examples
4) Demonstrate a critical understanding of current topics in sports psychology

Evaluation Criteria and Grading:

A.	Midterm Exam	30%
B.	Final Exam	35%
C.	Podcast Reviews (x2)	15%
D.	Class Quizzes	20%

A. Midterm Exam (Thursday, June 1st at 08:30 am)- The midterm will be composed of multiple choice, short- and long-answer questions. The specifics with regards to the number of questions will be addressed the week before the exam in one of the online lectures. This class exam will be completed using LockDown browser.

B. Final Exam (Date TBD)- The final exam will be composed of multiple choice, short- and long-answer questions. The final exam will take place in the final exam period (June 26th–June 30th). The specifics with regards to the number of questions will be addressed the week before the exam in one of the online Collaborate lectures. This class exam will be completed using LockDown browser.

C. Podcast Review (See course schedule)– There will be **2** podcast reviews that will ask students to write a review (<500 words) on a podcast episode and how it pertains to sport psychology and class content. Assignments will be submitted online on Canvas before 11:59 pm on the due dates. More information regarding these reviews will be posted on Canvas.

D. In-Class Quizzes- There will be **5** brief quizzes based on the lecture content (5-points each). I will be using quiz questions to keep you engaged with key concepts from the lecture. These will be available for a limited period of time; quizzes will be released on Thursday at 12 pm and due by Friday morning at 12 pm. *Your lowest performance will be dropped.* All class quizzes will be performed on Lockdown Browser.

Grading Scheme

Percentage (%)	Letter Grade
90 - 100	A+
85 - 89	A
80 - 84	A-
76 - 79	B+
72 - 75	B
68 - 71	B-
64 - 67	C+
60 - 63	C
55 - 59	C-
50 - 54	D
0 - 49	F (Fail)

Text and/or readings

Recommended for additional reading: Weinberg, R. and Gould, D. (2015). *Foundations of Sport and Exercise Psychology* (6th or 7th Edition). Champaign, IL: Human Kinetics. Please see course schedule for assigned readings.

Online Resources

Lecture recordings, lecture notes (PowerPoint), assignment details, and other relevant information pertaining to the course will be posted on Canvas.

Class Website

To access the UBC Connect HES 382 home page: Navigate to http://resources.connect.ubc.ca
How do I log in? Use your CWL and password.
Note: If you have problems, navigate through "Student Orientation to Connect" or contact the UBC Information Technology Help Desk at 250-807-9611.

Lecture Attendance

Online lecture attendance is highly recommended as the material discussed in class will be on the major exams for this course. Students who listen to lecture recordings and attend live lectures, generally achieve higher grades.

Tentative Course Schedule

Date	Topic	Reading
Week 1 w/b 15th May	1) Introduction to the Course Introduction to Sport Psychology 2) Personality & Motivation	Foundations of Sport & Exercise Psychology (7th Edition) by Weinberg & Gould – Chapters 1 & 5 Quiz 1
Week 2 w/b 22nd May	3) Arousal, Stress, and Anxiety 4) Leadership + Communication Feedback + Team Dynamics	Chapters 7, 9, 10 & 11 **CLASS BREAKOUT** **in Online Zoom Room on Thursday, May 25th from 8:30-9:15 am** Quiz 2
Week 3 w/b 29th May	5) Children and Sport Psychology **CLASS MIDTERM EXAM** **Thursday, June 1st at 08:30-10:30 am**	Chapters 23 (**Podcast Review #1 Due** **Thursday, June 1st at 11:59 pm**)
Week 4 w/b 5th June	6) Psychological Skills Training 7) Arousal Regulation + Concentration	Chapters 12, 13 & 17 Quiz 3
Week 5 w/b 12th June	8) Imagery + Self Confidence 9) Athletic Injuries and Psychology	Chapters 14, 15 & 20 **CLASS BREAKOUT** **in Online Zoom Room on Thursday, June 15th from 8:30-9:15 am** Quiz 4
Week 6 w/b 19th June	10) Addictive and Unhealthy Behaviors 11) Burnout and Overtraining	Chapters 21 & 22 (**Podcast Review #2 Due** **Thursday, June 22nd at 11:59 pm**) Quiz 5
TBD	**FINAL EXAM**	

Expectations

As your instructor, I expect from your punctuality, effort, professional conduct and work, and respect for your instructor and yourself. You can expect the same from me. I will strive to make the class an optimal online learning environment for everyone. Please consult the Academic Calendar for regulations concerning appropriate conduct at UBC (including plagiarism and the submission of work that was previously submitted for another course).

Learning Environment Expectations:

UBC and the School of Health and Exercise Sciences is committed to equity, human rights and respect for diversity. All members of the learning environment should strive to create an atmosphere of mutual respect and inclusion where all members of our community can express themselves, engage with each other, and respect one another's differences. We do not condone discrimination or harassment against any persons or communities. If students encounter any problems, these should be discussed with your instructors and/or teaching assistants. If problems persist or your concerns involve the instructor or TA, please reach out to the Director of the School (rob.shave@ubc.ca) or the campus Ombudsperson (ombuds.office.ok@ubc.ca).

Academic Concessions

In the School of Health and Exercise Sciences we care about your wellbeing and are committed to supporting you in reaching your academic goals. We understand that life can present unanticipated events or challenges (e.g., physical and/or mental health concerns, death of a family or close friend, sexual assault/misconduct, representing university at an event or provision of care to a family member). In such cases you may be eligible for an academic concession.

Requests for academic concession generally require documentation and you need to inform your instructor of any situation that may impact your academics as soon as they arise. However, there are a number if circumstances for which a self-declaration may be sufficient (e.g., when students experience an acute event that is expected to resolve within a week). In these cases, the School of Health and Exercise Sciences (HES) Self-Declaration Form can be completed in lieu of a medical note, certificate or official documentation for the following circumstances:

- Unforeseen Events: An acute illness that is likely to resolve without seeing a health professional or a traumatic event experienced by the student, a family member, or a close friend (e.g., sexual assault/misconduct, serious medical emergency, death).
- Conflicting Responsibilities: Life events that are scheduled beyond the student's control and normally arise after the student has registered in courses (e.g., representing university at an event, court appearance, military duty, provision of care to a family member).

Note: You may only submit a self-declaration request **once per term** and accommodations will not be considered for job interviews, volunteer commitments, travel/vacation plans, or work schedules. Students are expected to plan their personal affairs around their academic responsibilities. In some circumstances, you may still be required to submit supporting documentation along with, or following, your self-declaration. Please see the HES Self-Declaration Form for further information and conditions on the use of the Self-Declaration.

Etiquette & Communication

- Email communication must be professional and courteous with subject, your name, student number and course indicated. Doing so helps faculty members better respond to your concerns as many of our faculty teach multiple courses or hold multiple responsibilities

with the school and across the campus. If this is not followed faculty members are not obligated to respond.
- Computers and phones may ONLY be used for course purposes during class/lab time. Students misusing devices will be asked to leave the room.
- Email communication should be succinct with direct questions. Concerns needing significant clarification would be better addressed in office hours.
- All written communication, including exams, must be legible; if not, the instructor/teaching assistant is not obligated to read/mark it.
- If there are any concerns related to the course content or delivery, please communicate these concerns to the instructor in a professional manner to resolve. If concerns remain unresolved you can bring your concerns forward by emailing hes.undergrad@ubc.ca.
- The course outline for any given course is NOT comprehensive. Dates, as well as small changes in content, dates of assessments may occur for unforeseen circumstances. In addition, instructors typically post the details regarding assignment expectations via Canvas. It is your responsibility to read all communications and documents posted via Canvas to remain aware of any changes throughout the course.
- Instructors should support a short movement break for every 50 minutes of class time.

Assignments and Exams

- Assignments are due at the specified due date and time indicated on the course outline or Canvas; after that, unless specified by your instructor, the assignment will be considered late; **assignments received within 24 hours of due date/time = a penalty of 20%; within 24+ – 48 hours of due date/time = a penalty of 50%; 48+ hours or greater after due date/time = a grade of 0 will be given.** It is expected that you will budget your time accordingly to avoid work overload and manage personal issues to meet academic performance requirements. Be aware of when your work is due as it is common to have several exams and assignments due on the same day or within the same week.
- Ensure your name and student number is written on all assignments and exams.
- Writing final exams early is not permitted unless under exceptional circumstances approved by the undergraduate curriculum committee.
- It is your responsibility to uphold the highest standards of academic integrity. Unless otherwise authorized by your instructor you are **not** permitted to use course notes, texts, dictionaries, electronic devices or your peers. If there is a lack of clarity in any of your courses ensure you speak with your instructor for details.
- HES does not allow extra assignments to make up marks or increase a mark in a course.

Final Examinations

The examination period for the Summer Semester Term 1 2023 is June 26th – June 30th. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job.

Further information on Academic Concession can be found under Policies and Regulation in the *Okanagan Academic Calendar* http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0

Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0.

Grading Practices

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.
http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014

Student Service Resources

UBC Okanagan Disability Resource Centre

The Disability Resource Centre ensures educational equity for students with disabilities and chronic medical conditions. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earllene Roberts, the Diversity Advisor for the Disability Resource Centre located in the University Centre building (UNC 214).
UNC 214 250.807.9263
email: earllene.roberts@ubc.ca
Web: www.students.ok.ubc.ca/drc

UBC Okanagan Equity and Inclusion Office

Through leadership, vision, and collaborative action, the Equity & Inclusion Office (EIO) develops action strategies in support of efforts to embed equity and inclusion in the daily operations across the campus. The EIO provides education and training from cultivating respectful, inclusive spaces and communities to understanding unconscious/implicit bias and its operation within in campus environments. UBC Policy 3 prohibits discrimination and harassment on the basis of BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination or harassment please contact the EIO.
UNC 216 250.807.9291

email: equity.ubco@ubc.ca
Web: www.equity.ok.ubc.ca

UBC Online Wellness Support

While the physical Wellness Centre is temporarily closed during the COVID-19 outbreak, Wellness Centre: Online is a Canvas space for engaging in topics relevant to your wellbeing, wherever you are. All UBCO students can self-enroll using the website below.
Web: https://canvas.ubc.ca/enroll/3XXRJ3.ca