

Murray State University
COURSE SYLLABUS

DEPARTMENT: Applied Health Sciences

COURSE PREFIX: EXS

COURSE NUMBER: 385

CREDIT HOURS: 3

I. TITLE: Sport and Exercise Psychology

II. COURSE DESCRIPTION AND PREREQUISITE(S): This course is an introduction to the fields of sport and exercise psychology and sport sociology. The students will learn correct principles and applications of sport and exercise psychology, as well as the influential social-psychological factors of sport and their impact on performance.

Prerequisite(s): PSY 180

III. COURSE OBJECTIVES:

The student will be able to

- A. Describe the basic principles of sport and exercise psychology in exercise science and athletic training.
- B. Select and integrate appropriate psychosocial techniques into a patient's treatment or rehabilitation program to enhance rehabilitation adherence, return to play, and overall outcomes.
- C. Explain the psychological and emotional responses to injury and forced inactivity.
- D. Explain the importance of educating patients, parents/guardians, and others regarding the condition in order to enhance the psychological and emotional well-being of the patient.
- E. Describe and utilize the psychological techniques that can motivate the patients during exercise and rehabilitation.

IV. CONTENT OUTLINE: See Course Outline

V. INSTRUCTIONAL ACTIVITIES: Discussion, video presentations, demonstrations, and hands-on skill acquisition.

VI. FIELD, CLINICAL, AND/OR LABORATORY EXPERIENCES: None

VII. TEXT(S) AND RESOURCES:

Weinberg, RS and Gould, D. *Foundations of Sports and Exercise Psychology*, 6th edition, 2015.

VIII. EVALUATION AND GRADING PROCEDURES:

| | |
|----------------------------------|------------|
| 8 Quizzes (each worth 10 points) | 80 |
| 1 Project | 20 |
| 3 Exams (each worth 100 points) | 300 |
| 1 Final Exam (non-comprehensive) | <u>100</u> |
| | 500 |
| | |
| A (90-100%) | 450-500 |
| B (80-89.99%) | 400-449 |
| C (70-79.99%) | 350-399 |
| D (60-69.99%) | 300-349 |
| E (below 60%) | < 300 |

IX. ATTENDANCE POLICY:

Students are expected to adhere to the MSU Attendance Policy outlined in the current MSU Bulletin.

X. ACADEMIC HONESTY POLICY:

Murray State University takes seriously its moral and educational obligation to maintain high standards of academic honesty and ethical behavior. Instructors are expected to evaluate students' academic achievements accurately, as well as ascertain that work submitted by students is authentic and the result of their own efforts, and consistent with

established academic standards. Students are obligated to respect and abide by the basic standards of personal and professional integrity.

Violations of Academic Honesty include:

Cheating - Intentionally using or attempting to use unauthorized information such as books, notes, study aids, or other electronic, online, or digital devices in any academic exercise; as well as unauthorized communication of information by any means to or from others during any academic exercise.

Fabrication and Falsification - Intentional alteration or invention of any information or citation in an academic exercise. Falsification involves changing information whereas fabrication involves inventing or counterfeiting information.

Multiple Submission - The submission of substantial portions of the same academic work, including oral reports, for credit more than once without authorization from the instructor.

Plagiarism - Intentionally or knowingly representing the words, ideas, creative work, or data of someone else as one's own in any academic exercise, without due and proper acknowledgement.

Instructors should outline their expectations that may go beyond the scope of this policy at the beginning of each course and identify such expectations and restrictions in the course syllabus. When an instructor receives evidence, either directly or indirectly, of academic dishonesty, he or she should investigate the instance. The faculty member should then take appropriate disciplinary action.

Disciplinary action may include, but is not limited to the following:

- 1) Requiring the student(s) to repeat the exercise or do additional related exercise(s).
- 2) Lowering the grade or failing the student(s) on the particular exercise(s) involved.
- 3) Lowering the grade or failing the student(s) in the course.

If the disciplinary action results in the awarding of a grade of E in the course, the student(s) may not drop the course.

Faculty reserve the right to invalidate any exercise or other evaluative measures if substantial evidence exists that the integrity of the exercise has been compromised. Faculty also reserve the right to document in the course syllabi further academic honesty policy elements related to the individual disciplines.

A student may appeal the decision of the faculty member with the department chair in writing within five working days. Note: If, at any point in this process, the student alleges that actions have taken place that may be in violation of the Murray State University Non-Discrimination Statement, this process must be suspended and the matter be directed to the Office of Institutional Diversity, Equity and Access. Any appeal will be forwarded to the appropriate university committee as determined by the Provost.

XI. NON-DISCRIMINATION POLICY STATEMENT:

Murray State University endorses the intent of all federal and state laws created to prohibit discrimination. Murray State University does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, age, veteran status, or disability in employment, admissions, or the provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities equal access to participate in all programs and activities. For more information, contact the Director of Equal Opportunity, 103 Wells Hall. 270-809-3155 (voice), 270-809-3361 (TDD).

XII. CELL PHONE/TABLET/LAPTOP USE:

All types of distractions are impermissible. Unless instructed otherwise, cell phones are to be turned off/set to vibrate during class. Their use during class is impolite, unprofessional, and a distraction to the instructor and other students. If you are using a cell phone during class, you will be asked to leave. Tablets and/or laptops may be used during class as long as you are utilizing them for note-taking, reviewing PowerPoints, or for other class-related purposes only. If you are utilizing a tablet/laptop for non-class purposes, you will forfeit your right to use that device in future classes.

XIII. STUDENT EXPECTATIONS

To be successful in the course you should:

1. Read each chapter assigned prior to class discussion and lecture
2. Take notes during class, either on your own or using the PowerPoint slides as a guide
3. Read through your notes thoroughly and/or rewrite them
4. Start learning the information now – do not wait!
5. Ask questions – open door policy
6. Spend time each night studying/reading – approximately 6 hrs per week

****The instructor reserves the right to alter course content, design and/or grading procedures throughout the course as necessary****