

**Wheeling Jesuit University**  
**Department of Psychology**  
**PSY 250 – Sport Psychology, 3 credit hours**  
**Spring 2019**

**COURSE NUMBER:** PSY 250  
**COURSE TITLE:** Sport Psychology  
**CREDITS:** 3  
**DESCRIPTION:** An examination of sports from an empirical point of view with emphasis on behavioral/learning principles as they apply to the influence of sports on athletes and spectators. Prerequisite: PSY 110. S  
**SCHEDULE/LOCATION:** Tuesday and Thursday 12:00PM-1:15PM MCDONOUGH 224  
**INSTRUCTOR:** Carrie Hanna, M.S.  
**PHONE/OFFICE:** 243-2176 McDonough 006  
**EMAIL:** [channa@wju.edu](mailto:channa@wju.edu)  
**OFFICE HOURS:** Generally available 8am-4pm M-F or by appointment.  
**ACADEMIC POLICIES:** Please refer to <http://wju.edu/academics/catalogs/>  
**ELECTRONIC DEVICES:** As a courtesy to everyone involved in the course electronic devices such as beepers and cell phones are to be turned off (no sound or vibrating) during class. If, for some extenuating circumstance, you must be in communication with people outside of class please alert the instructor prior to the start of class.

**Textbooks: (or Required Readings or Resources depending on your discipline of study):**  
Weinberg, R. S. & Gould, D. (2007). Foundations of Sport and Exercise Psychology (5th Ed.). Champaign, IL: Human Kinetics. ISBN: 9781450469814 1450469817

**Student Learning Objectives:** The need for the student to develop self-educational skills, as an effective, automatic behavior is necessary to promote the professional characteristic of life-long learning, which is part of the mission of Wheeling Jesuit University.

NO	COMPETENCY
1	PS- Describe the basic principles of personality traits, trait anxiety, locus of control, intrinsic and extrinsic motivation, and patient and social environment interactions as they affect patient interactions.
2	PS- Explain the theoretical background of psychological and emotional responses to injury and forced inactivity (eg, cognitive appraisal model, stress response model).
3	PS- Describe how psychosocial considerations affect clinical decision-making related to return to activity or participation (eg, motivation, confidence).
4	PS- Summarize and demonstrate the basic processes of effective interpersonal and cross-cultural communication as it relates to interactions with patients and others involved in the healthcare of the patient.
5	PS- Summarize contemporary theory regarding educating patients of all ages and cultural backgrounds to effect behavioral change.
6	PS- 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.
7	PS- Describe the psychological techniques (eg, goal setting, imagery, positive self-talk, relaxation/anxiety reduction) that the athletic trainer can use to motivate the patient during injury rehabilitation and return to activity processes.

NO	COMPETENCY
PS-8	Describe psychological interventions (eg, goal setting, motivational techniques) that are used to facilitate a patient's physical, psychological, and return to activity needs.
PS-17	Describe the psychological and emotional responses to a catastrophic event, the potential need for a psychological intervention and a referral plan for all parties affected by the event.

**Evaluation Methods:** Unless otherwise indicated, final grades will be assigned according to the familiar percentages below.

93.0 - 100 = A	83.0 - 86.9 = B	73.0 - 76.9 = C	60.0 - 66.9 = D
90.0 - 92.9 = A-	80.0 - 82.9 = B-	70.0 - 72.9 = C-	0 - 59.9 = F
87.0 - 89.9 = B+	77.0 - 79.9 = C+	67.0 - 69.9 = D+	

There will be 4 tests given and the final exam, each worth 100 points. Written examinations will include material covered in lectures, class discussions, and assigned readings. The exam questions may consist of but are not limited to multiple choice, short answer, true/false, short answer, matching, and fill in the blank. Exams are cumulative relative to conceptual information that has relevance to material presented in the course sequence. During quizzes and examinations, no books or papers will be allowed in your seating area; you are to leave them in the front of the room. You must bring your own #2 pencils. If a student has prior knowledge that she/he will miss an exam, that student should meet with the instructor at least one (1) week prior to the exam and make arrangements to complete the necessary work. An absence from an exam without an acceptable excuse will result in the assignment of a score of zero (0). An excuse for absence during an exam must satisfy university guidelines. Absence from a scheduled exam for medical reasons must be verified by documentation from the health care professional that provided services to the student. In cases of emergencies or unexpected absence the student should contact the instructor as soon as possible. In any case, the format (essay, objective, or oral) and time of make-up examinations will be at the discretion of the instructor. Tardiness in arriving for an exam will not have additional time.

**Attendance Policy:** Students are expected to come to class on time (before each period starts) having already completed all reading, writing, or study assignments. Attendance is mandatory for all scheduled classes and tests (exams).

**Last Date to Drop the Course:** The last day of the Add/Drop Period for this semester is Friday, January 11, 2019. The last day to withdraw from this course with a grade of a W is Friday, February 1, 2019.

**ADA ACCOMODATION:** It is the student's responsibility to make known any disability for which accommodation may be requested. Verification of the disability and compliance with all other pertinent University policies will be required. Please see handbook for further explanation of this policy.

**ACADEMIC RESOURCE CENTER (ARC):** The ARC is located in the Library. Assistance is available through one-on-one tutoring instruction, study groups, or instructional computer software. The academic support services at the ARC are available to all Wheeling Jesuit University students at no charge. Students may call the ARC at (304) 243-4473 or stop in to set up an appointment with a professional staff member for assistance with study skills, time management, or strategies to deal with learning disabilities. The ARC also offers a quiet, comfortable, and effective study environment for students. The ARC is open 51 hours per week during the fall and spring semesters. The hours of operation are Sunday from 6:00 p.m. – 9:00 p.m., Monday, Tuesday, Wednesday, and Thursday from 10:00 a.m. – 9:00 p.m. and Friday from 10:00 a.m. – 2:00 p.m. Visit the ARC website at [www.wju.edu/arc](http://www.wju.edu/arc). Contact the ARC via e-mail at [wjuarc@ignatius.wju.edu](mailto:wjuarc@ignatius.wju.edu) or FAX at 304-243-4457.

Course Outline:

PSY 250 – Topic Outline/Exam Schedule

Week	Day/Date	Content	Reading
1	Tues 1/8	Welcome Introduction to Sport Psychology	Chapter 1
	Thur 1/10	Personality and Motivation Introduction	Chapters 2 & 3
2	Tues 1/15	Personality	Chapter 2
	Thur 1/17	Motivation	Chapter 3
3	Tues 1/22	Sport Psychology, Personality Motivation Review	Chapters 1-3
	Thur 1/24	Exam 1	
4	Tues 1/29	Arousal, Stress, and Anxiety	Chapter 4
	Thur 1/31	Feedback, Reinforcement, & Intrinsic Motivation	Chapter 6
5	Tues 2/5	Group and Team Dynamics	Chapter 7
	Thur 2/7	Group Cohesion and Leadership	Chapters 8&9
6	Tues 2/12	Exam 2	Chapters 4,6,7,8,9
	Thur 2/14	Communication	Chapter 10
7	Tues 2/19	Introduction to Psychological Skills Training	Chapter 11
	Thur 2/21	Introduction to Psychological Skills Training	Chapter 11
8	Tues 2/26	Arousal Regulation	Chapter 12
	Thur 2/28	Imagery	Chapter 13
9	Tues 3/5	SPRING BREAK MARCH 4-10 ~ NO CLASSES	
	Thur 3/7		
10	Tues 3/12	Exam 3	Chapters 10-13
	Thur 3/14	Self-Confidence	Chapter 14
11	Tues 3/19	Goal Setting	Chapter 15
	Thur 3/21	Concentration	Chapter 16
12	Tues 3/26	Exercise-Psychological Well-Being LAST DAY W	Chapter 17
	Thur 3/28	Exercise Behavior and Adherence	Chapter 18
13	Tues 4/2	RESEARCH DAY~NO CLASS	
	Thur 4/4	Exam 4 (LAST DAY WP OR WF IS 4/5/19)	Chapters 14-18
14	Tues 4/9	Athletic Injuries and Psychology	Chapter 19
	Thur 4/11	Addictive and Unhealthy Behaviors	Chapter 20
15	Tues 4/16	Burnout and Overtraining	Chapter 21
	Thur 4/19	EASTER BREAK APRIL 18-22 ~ NO CLASSES	
16	Tues 4/23	Integration and Review for Exam 4	Chapters 19-21
	Thur 4/25	Exam 4	Chapters 19-21