# PSYC 4350: Sport Psychology

Spring 2023

## Instructor Information

### Instructor

Chadwick Fuchs, Ph.D.

### Office Number

Virtual via Microsoft Teams

### Office Telephone Number

817-272-2281 (Main Office)

### Email Address

cfuchs@uta.edu

### Faculty Profile

<https://mentis.uta.edu/explore/profile/chadwick-fuchs>

### Office Hours

By appointment

## Course Information

### Section Information

PSYC 4350-001

### Time and Place of Class Meetings

Online Asynchronous

### Description of Course Content

### This course is designed to introduce students to the psychological factors that influence individual and group sport and exercise participation and performance. Students will be introduced to the basic concepts of sport and exercise psychology as well as the psychological skills training (PST) techniques used to enhance sport and exercise performance. Topics will include but are not limited to exercise and rehabilitation adherence, management of eating disorders and substance abuse, burnout and overtraining, self-confidence, motivation, goal-setting and behavior modification, anxiety and stress management, concentration and attention control, imagery and visualization, sport and exercise leadership, group cohesion, and communication in sport and exercise settings.

### Student Learning Outcomes

1. To *gain an understanding* of psychological theories and constructs that influence sport and exercise performances.
2. To *explain* the nature of selected sport psychological techniques and skills and their application to enhancing sport and exercise performance.
3. To **discuss** the personal relevance of the selected theories, techniques, and skills to one’s own sport and exercise experiences.

### Required Textbooks and Other Course Materials

### Weinberg, R.S., & Gould, D. (2019). *Foundations of Sport and Exercise Psychology* (7th ed.). Champaign, IL: Human Kinetics.

### Descriptions of major assignments and examinations

Grades will be based on the successful completion of the follow:

Thirteen (13) Chapter Assignments (2 of which are group assignments)

Three (3) exams

A final project

Note: For each exam, students will be responsible for all class lectures, group discussion, and class readings. All exams will be multiple choice. Exams are not comprehensive. Exams will cover materials presented from the last scheduled exam to the present.

### Technology Requirements

This course will be fully online and will utilize Canvas. All correspondence will be conducted via UTA student email and Canvas communication. Students can access tutorials on these tools by clicking on the “Get Started” Box on their Canvas Homepage. A webcam will be needed to complete one of the chapter assignments.

## Grading Information

### Grading

### Grades will be determined by the total points accumulated in each of the above areas. The grading scale will be based on the number of total points earned as follows (165 points).

**Chapter Assignments:** 5 points each (11x5) Group: 10 points each (2x10)

**Exams:** 20 points each (20x3)

**Final project:** 30 points

140.25- 165 pts **A**

123.75- 140.24 pts **B**

107.25- 123.74 pts **C**

90.75- 107.24pts **D**

90.74 & below **F**

### Make-up Exams

Students will not be allowed to make-up or retake any exam unless prior notification, from the student or the appropriate University administration, has been received before the scheduled exam time. Students must speak directly to me before the scheduled exam if an absence is to be granted or an exam is to be missed. If an excused absence is granted, appropriate accommodations will be offered for making up the exam.

### Expectations for Out-of-Class Study

A general rule of thumb is this: for every credit hour earned, a student should spend 3 hours per week working outside of class. Hence, a 3-credit course might have a minimum expectation of 9 hours of reading, study, etc.

### Grade Grievances

[https://www.uta.edu/academics/schools-colleges/science/departments/psychology/degree-programs/graduate/graduate-resources/student-grievance-form](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.uta.edu%2Facademics%2Fschools-colleges%2Fscience%2Fdepartments%2Fpsychology%2Fdegree-programs%2Fgraduate%2Fgraduate-resources%2Fstudent-grievance-form&data=05%7C01%7Ccfuchs%40uta.edu%7C3bc6a0e3d0c24a1b181008dae2b54d2d%7C5cdc5b43d7be4caa8173729e3b0a62d9%7C0%7C0%7C638071565556346070%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=EV1Ypa7Ja9Pq%2B3Qe8Bs%2BoMzUmHHWsUbspg6u3ar4V%2Fw%3D&reserved=0)

## Course Schedule

Course schedule will be made available during the first day of class and will be posted on CANVAS.

## Institutional Information

UTA students are encouraged to review the below institutional policies and informational sections and reach out to the specific office with any questions. To view this institutional information, please visit the [Institutional Information](https://resources.uta.edu/provost/course-related-info/institutional-policies.php) page (https://resources.uta.edu/provost/course-related-info/institutional-policies.php) which includes the following policies among others:

* Drop Policy
* Disability Accommodations
* Title IX Policy
* Academic Integrity
* Student Feedback Survey
* Final Exam Schedule

## Additional Information

### Face Covering Policy

*While the use of face coverings on campus is no longer mandatory, all students and instructional staff are strongly encouraged to wear face coverings while they are on campus. This is particularly true inside buildings and within classrooms and labs where social distancing is not possible due to limited space. If a student needs accommodations to ensure social distancing in the classroom due to being at high risk they are encouraged to work directly with the Student Access and Resource Center to assist in these accommodations.* *If students need masks, they may obtain them at the Central Library, the E.H. Hereford University Center’s front desk or in their department.*

### Attendance

At The University of Texas at Arlington, taking attendance is not required but attendance is a critical indicator of student success. Each faculty member is free to develop his or her own methods of evaluating students’ academic performance, which includes establishing course-specific policies on attendance. As the instructor of this section, I will not take attendance. However, while UT Arlington does not require instructors to take attendance in their courses, the U.S. Department of Education requires that the University have a mechanism in place to mark when Federal Student Aid recipients “begin attendance in a course.” UT Arlington instructors will report when students begin attendance in a course as part of the final grading process. Specifically, when assigning a student a grade of F, faculty report must the last date a student attended their class based on evidence such as a test, participation in a class project or presentation, or an engagement online via Canvas. This date is reported to the Department of Education for federal financial aid recipients.

Even though I do not track attendance, or factor attendance into the grade, it is important that students understand that any attendance rules applied in this course are my own and *not* a matter of institutional policy.

### Academic Success Center

The Academic Success Center (ASC) includes a variety of resources and services to help you maximize your learning and succeed as a student at the University of Texas at Arlington. ASC services include supplemental instruction, peer-led team learning, tutoring, mentoring and TRIO SSS. Academic Success Center services are provided at no additional cost to UTA students. For additional information visit: [Academic Success Center](https://www.uta.edu/student-success/course-assistance). To request disability accommodations for tutoring, please complete this [form](https://forms.office.com/Pages/ResponsePage.aspx?id=Q1vcXL7XqkyBc3KeOwpi2ccSjcIXpSJAqJFuDEhczLlUMVVHRVRIVlJJWDZJWlVYOUgxNjRPODdLVS4u).

**The** [**IDEAS Center**](https://www.uta.edu/ideas/) (https://www.uta.edu/ideas/) **(**2nd Floor of Central Library) offers **FREE** [tutoring](https://www.uta.edu/ideas/services/tutoring/index.php) and [mentoring](https://www.uta.edu/ideas/services/mentoring/index.php) to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. Students can drop in or check the schedule of available peer tutors at www.uta.edu/IDEAS, or call (817) 272-6593.

### The English Writing Center (411LIBR)

The Writing Center offers **FREE** tutoring in 15-, 30-, 45-, and 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Register and make appointments online at the [Writing Center](https://uta.mywconline.com/) (https://uta.mywconline.com). Classroom visits, workshops, and specialized services for graduate students and faculty are also available. Please see [Writing Center: OWL](http://www.uta.edu/owl) for detailed information on all our programs and services.

The Library’s 2nd floor [Academic Plaza](http://library.uta.edu/academic-plaza) (http://library.uta.edu/academic-plaza) offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the [library’s hours](https://library.uta.edu/hours) of operation.

### Librarian to Contact

Each academic unit has access to [Librarians by Academic Subject](http://www.uta.edu/library/help/subject-librarians.php) that can assist students with research projects, tutorials on plagiarism and citation references as well as support with databases and course reserves.

## Emergency Phone Numbers

In case of an on-campus emergency, call the UT Arlington Police Department at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911. Non-emergency number 817-272-3381

## Library Information

### Research or General Library Help

Ask for Help

* [Academic Plaza Consultation Services](https://library.uta.edu/academic-plaza)(library.uta.edu/academic-plaza)
* [Ask Us](http://ask.uta.edu/)([ask.uta.edu/](http://ask.uta.edu/))
* [Research Coaches](https://library.uta.edu/subject-librarians) (http://libguides.uta.edu/researchcoach)

Resources

* [Library Tutorials](https://library.uta.edu/how-to) ([library.uta.edu/how-to](http://library.uta.edu/how-to))
* [Subject and Course Research Guides](https://libguides.uta.edu/) ([libguides.uta.edu](http://libguides.uta.edu/))
* [Librarians by Subject](https://library.uta.edu/subject-librarians) (library.uta.edu/subject-librarians)
* [A to Z List of Library Databases](https://libguides.uta.edu/az.php) (libguides.uta.edu/az.php)
* [Course Reserves](https://uta.summon.serialssolutions.com/#!/course_reserves)(https://uta.summon.serialssolutions.com/#!/course\_reserves)
* [Study Room Reservations](https://openroom.uta.edu/)(openroom.uta.edu/)