SPMT 304: PSYCHOLOGY OF SPORT AND PHYSICAL ACTIVITY
TEXAS A&M UNIVERSITY
SUMMER 2011

CONTACT INFORMATION
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TEACHING ASSISTANT
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COURSE ORIENTATION: The course orientation can be found on the course website (http://elearning.tamu.edu). Students should watch the orientation video before proceeding with the course.

COURSE MATERIALS
There are two products for the class:
   Course Lectures: All lectures are available at http://elearning.tamu.edu.

      - A CD ROM that contains interviews with sport industry professionals and is required to complete the writing assignments; available at the MSC Bookstore.

      - A required text. The course lectures and exam questions will predominantly come from the materials in this text.

Students can access other materials through webct (http://elearning.tamu.edu).

PREREQUISITIES
Junior or senior classification.

COURSE SCOPE AND RATIONALE
This course examines the relationship of psychology to sport and exercise. Topics include history, application of learning principles, social psychology, personality variables, psychological assessment, youth sport, and diversity issues in sport and exercise.

COURSE OBJECTIVES
After successfully completing this course, students should be able to:
   1. Discuss the foundations of sport and exercise psychology including:
      a. Physical activity epidemiology and the associated research in that area
      b. Theory and exercise psychology; and
      c. The primary models and theories of exercise behavior.
2. Outline the relationships between sport and exercise participation and individual factors, including:
   a. Personality;
   b. Self-concept and self-esteem;
   c. Stress and anxiety;
   d. Depression;
   e. Emotional well-being;
   f. Health-related quality of life;
   g. Body image; and
   h. Rehabilitation psychology.

3. Highlight the environmental influences on exercise and sport participation, including:
   a. Physical activity groups;
   b. Social influences on exercise;
   c. Environmental correlates.

4. Discuss the major issues associated with physical activity interventions:
   a. Informational, behavioral, social, and policy-related interventions

**NATURE OF THE COURSE**

KINE 304: Psychology of Sport and Physical Activity is a web-enhanced course. Students are expected to read the material provided in the course schedule and then listen to the lectures accessed online at http://elearning.tamu.edu. In addition, students are encouraged to print the PowerPoint slides associated with the lecture. Printing the slides in “handout view” will enable the student to take notes to the lecture. Students can listen to the anywhere they have Internet access (e.g., campus, home, etc.).

Correspondence related to the course is sent to your TAMU email account. Consistent with Student Rule 61.2.3 (http://student-rules.tamu.edu/rule61) students are expected to regularly check their TAMU email account for course-related communications.

**COURSE POLICIES AND EXPECTATIONS**

*Attendance.* The attendance policy for this class will be administered in accordance with Student Rule #7: http://student-rules.tamu.edu/rule07.

*Plagiarism statement.* As commonly defined, plagiarism consists of passing off as one's own ideas, words, writings, etc., those which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own even if you have the permission of that person. Plagiarism is one of the worst academic sins, for plagiarists destroy the trust among colleagues without which research cannot be safely communicated. If you have questions regarding plagiarism, please consult the latest issue of the Texas A&M University Student Rules, http://student-rules.tamu.edu, under the section “Scholastic Dishonesty.”

*Aggie Honor Code.* “An Aggie does not lie, cheat, or steal or tolerate those who do.” Upon accepting admission to Texas A&M University, a student immediately assumes a commitment to uphold the Honor Code, to accept responsibility for learning and to follow the philosophy and rules of the Honor System. Students will be required to state their commitment on examinations, research papers, and other academic work. Ignorance of the rules does not exclude any member of the Texas A&M University community from the requirements or the processes of the
Honor System. For additional information please visit: www.tamu.edu/aggiehonor. On all course work, assignments, and examinations at Texas A&M University, the following Honor Pledge shall be preprinted and signed by the student:

"On my honor, as an Aggie, I have neither given nor received unauthorized aid on this academic work."

Email Professionalism. Consistent with Student Rule 61, email is an official means of communication. As such, you are expected to follow simple guidelines of professionalism. You should: (a) use a subject line that is relevant to your message; (b) clearly state your question or concern; (c) use standard English and complete sentences, as opposed to using abbreviations and texting-style communications; (d) include a signature block containing your name, phone number, and email address; and (e) proofread your email prior to sending it. You can also find additional information about writing emails at the University Writing Center website: http://writingcenter.tamu.edu/2010/how-to/business/emails/.

Americans with Disabilities Act (ADA) policy statement. The following ADA Policy Statement (part of the Policy on Individual Disabling Conditions) was submitted to the University Curriculum Committee by the Department of Student Life. The policy statement was forwarded to the Faculty Senate for information. The Americans with Disabilities Act (ADA) is a federal antidiscrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact the Department of Student Life, Services for Students with Disabilities in Room B118 of Cain Hall or call 845-1637. Additional information is available at http://disability.tamu.edu.

Copyright statement. The materials used in this course are copyrighted. These materials include, but are not limited to, the syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless permission is expressly granted.
**POINT STRUCTURE:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Points</th>
<th>Percent of Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reaction Papers (5 x 20)</td>
<td>100</td>
<td>0.25</td>
</tr>
<tr>
<td>Exam 1</td>
<td>100</td>
<td>0.25</td>
</tr>
<tr>
<td>Exam 2</td>
<td>100</td>
<td>0.25</td>
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<tr>
<td>Exam 3</td>
<td>100</td>
<td>0.25</td>
</tr>
<tr>
<td><strong>Total Points</strong></td>
<td>400</td>
<td>1.00</td>
</tr>
</tbody>
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**GRADING STRUCTURE:**

90-100% A  
80-89% B  
70-79% C  
60-69% D  
≤ 59% F

**ASSIGNMENTS:**

*Reaction Papers:* The Exercise Psychology Interview Series (EP IS) represents a collection of interviews with leading scholars and professionals in the sport industry concerning various sport and exercise psychology topics. This edition of the EP IS contains interviews pertaining to five topics. Students are expected to listen to the interviews and then write a reaction paper for each topic. The paper should focus on: (a) key points taken away from the interviews (30%), (b) reactions to the interviews (30%), and (c) application of what the interviewees discussed—that is, how can what they discussed be applied to the management of sport organizations (30%). Grammar accounts for the remaining ten percent (10%) of the paper’s score. Each paper should be approximately 400 words. Each paper is worth 20 points. Papers should be submitted through the course website (http://elearning.tamu.edu). See the Course Schedule for a list of the specific interviews for which the students are responsible and when each paper is due. Please keep each receipt turn-it-in.com provides when you submit your paper.

*Exams:* Three exams will be held throughout the semester. Exam questions will be in a true-false and multiple choice format. Students can use their notes and books during the exam. Students should consult the course outline to determine the material covered on each exam. All exams are delivered through the course website (http://elearning.tamu.edu). Students will have 60 minutes to complete the exam, after which time responses will not be accepted. Each exam is due by 11:59 pm on the date designated on the Course Schedule. The course website does not allow exams after that time.
COURSE SCHEDULE

Chapter 1: Introduction to exercise psychology
Chapter 2: Physical activity epidemiology
Chapter 3: Theories and models of exercise behavior I
Chapter 4: Theories and models of exercise behavior II
Chapter 5: Social influences of exercise

Exam 1 Due: Thursday, January 5, 2012, 11:59 pm
Reaction Paper Due: January 5, 2012, 11:59 pm
Steve Reichman

Chapter 6: Physical activity interventions
Chapter 7: Personality and Exercise
Chapter 8: Self-concept, self-esteem, and exercise
Chapter 9: Body image and exercise
Chapter 10: Stress, stress reactivity, and exercise

Exam 2 Due: January 9, 2012, 11:59 pm
Reaction Papers Due: January 9, 2012, 11:59 pm
Tim Lightfoot
Trevor Carney

Chapter 11: Anxiety and exercise
Chapter 12: Depression and exercise
Chapter 13: Emotional well-being and exercise
Chapter 14: Cognitive function and exercise
Chapter 15: Health-related quality of life and exercise

Exam 3 Due: January 13, 2012, 11:59 pm
Reaction Papers Due: January 13, 2012, 11:59 pm
Kristin Clemens
Marlene Wong