

## WESTERN UNIVERSITY

**Faculty of Health Sciences – School of Kinesiology  
KIN3388B – The Psychology of Sport  
Winter 2019**

**Tuesday 2:30pm – 4:30pm | Thursday 2:30pm – 3:30pm  
Spencer Engineering Bldg Room 1200**

**Instructor:** Eva Pila, Ph.D.  
**Office:** AHB 3G12  
**Office Hours:** Thursdays 3:30 to 5:00pm (or by appointment)  
**Email:** [epila@uwo.ca](mailto:epila@uwo.ca)

**TAs:** Darda Sales [dgeiger@uwo.ca](mailto:dgeiger@uwo.ca)  
**Office Hours:** Alternating Mondays 9:30am to 10:30am (AHB 3G28)  
 Michelle Wong [ywong252@uwo.ca](mailto:ywong252@uwo.ca)  
**Office Hours:** Alternating Wednesdays 11:00am to 12:00pm (HSB 413)

### **Course Description**

The central purpose of this course is to explore individual human behavior in a physical activity and sports context. Emphasis will be placed on understanding psychological concepts which are pertinent to the field of sport and physical activity.

### Learning Outcomes

Upon completion of this course students will be able to:

1. Display an ability to answer questions about key concepts that emerge throughout the course, and exhibit an ability to discuss them with peers.
2. Engage in classroom participation by expressing views and opinions on relevant content, whilst being respectful to fellow classmates.
3. Demonstrate critical thinking skills to various problem-solving scenarios in the field(s) of sport as they apply to the athletes, teams, coaches, and organizations.
4. Critically appraise and apply theoretical frameworks of psychosocial components of sport to practical case studies.

### **Course Details**

**Textbook:** There is *no* required textbook for this course. All required readings will be provided on OWL.

**Top Hat:** You are **required to use Top Hat** software for this course ([www.tophat.com](http://www.tophat.com)). Top Hat will be used for recording your participation in the course (worth 5% of your grade), as well as used to facilitate in-class activities. There is a fee of \$26 per term to use this service. Top Hat can be accessed with your phone or computer. You can visit the [Top Hat Overview](#) for more information on how to use Top Hat. Should you require assistance with Top Hat at any time, please contact their Support Team directly by way of email ([support@tophat.com](mailto:support@tophat.com)), the in-app support button, or by calling 1-888-663-5491.

To join the KIN3388 Top Hat course, visit our course website: <https://app.tophat.com/e/118469>  
**Course Join Code:** 118469

**Class Format:** Class format will consist of lectures, case studies, student participation, presentations and group discussion. Notes will be posted via OWL in advance of each class. It is strongly recommended that you bring a copy of the notes with you to each class.

**Expectations:** Students are expected to attend all classes and examinations; to complete all materials related to the course on time; to maintain the highest standard of academic integrity; and to show respect for both the instructor and classmates. If a student is absent from any class, the *student* is responsible for any information that she/he missed regarding class material, group discussions, examination format and content, and important dates.

**Scheduled Examinations:** All students are required to write all exams on the date scheduled. Missing the midterm exam due to illness or other legitimate reasons **MUST** be reported to the instructor(s) prior to the exam. If a student is unable to write the mid-term exam through no fault of his or her own, and provides appropriate documentation, the final exam will be re-weighted accordingly.

**Students with Accessibility Needs:** Students with accessibility needs (learning, medical, physical or mental health) are strongly encouraged to register with [Student Accessibility Services](#).

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## COURSE EVALUATION

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In-class Top Hat Participation	5%
Midterm Examination (February 12 <sup>th</sup> , 2019)	25%
Group Presentation	20%
Group Paper	15%
Final Examination (Date TBD)	35%

The following grading scheme will be used for allocation of Top Hat grades:

- 5/5:** Top Hat response missing for  $\leq 3$  days
- 4/5:** Top Hat response missing for 4 or 5 days
- 3/5:** Top Hat response missing for 6 or 7 days
- 2/5:** Top Hat response missing for 8 or 9 days
- 1/5:** Top Hat response missing for 10 or 11 days
- 0/5:** Top Hat response missing for  $\geq 11$  days.

**Note:** It is your responsibility to ensure that you have access to Top Hat during each class and that the software is working properly. If you do not have access to Top Hat (e.g., forgot your computer/phone), you will lose your participation mark for that day. Also, if a case of academic misconduct related to the use of Top Hat arises, the recommended academic penalty will be 0/5 for the Top Hat grades plus an additional 5% off your total course grade.

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## Course Policies

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### Course/University Policies

1. **Lateness/Absences:** Assignments are due as per the instructor and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the

instructor. A missed mid-term examination, if applicable without appropriate documentation will result in a zero (0) grade. The **course policy is not to allow make-ups for scheduled midterms, presentations or final exams**, nor to assign a grade of “Incomplete” without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

## 2. Documentation for Accommodation (Illness, Medical/Non-Medical Absences):

[https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/accommodation\\_illness.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf)

The University recognizes that a student’s ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student’s overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website:

[http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf)

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for medical requests for accommodation must be submitted within two (2) business days after the end date on the documentation, to the appropriate Academic Counselling Office of the student’s Faculty of registration. For KIN students, you may go to the School of Kinesiology in 3M Centre room 2225 **NOT** to the instructor. It will be the Academic Counselling office that will determine if accommodation is warranted.

An “Accommodation Consideration Request Form” found online

[https://www.uwo.ca/fhs/kin/undergrad/files/accommodation\\_request.pdf](https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf) or in the Kinesiology Undergraduate Office” for ALL accommodation requests must be submitted into the appropriate Academic Counselling office of the student’s Faculty/School of registration. These documents will be retained in the student’s file, and will be held in confidence in accordance with the University’s Official Student Record Information Privacy Policy.

3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

15% of course grades will be posted by the last day to drop a course.

- November 12th, 2018 (for first term half-courses)
- November 30th, 2018 (for full-year courses)
- March 4th, 2019 (for second term half-or full year courses)

A+	90-100	<i>One could scarcely expect better from a student at this</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

4. **Scholastic offences:** They are taken seriously. Honesty and integrity are expected of every student in class participation, examinations, assignments, and other academic work. Every student must perform his or her own work unless specifically instructed otherwise and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

[https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf)

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com <http://www.turnitin.com>

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. **Formatting** (as recommended by the course instructor): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the **Examination Conflict policy**, Please see the Office of the Registrar policy on Exam Conflict and Multiple Exam Situations [www.registrar.uwo.ca/examinations/exam\\_schedule.html](http://www.registrar.uwo.ca/examinations/exam_schedule.html)

7. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. Please keep all electronic devices on silent and avoid distracting classmates. .

8. **Electronic Device Usage:**

**During Exams** - Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic

devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

9. **Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>

Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

## **STUDENT CODE OF CONDUCT**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

## **ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES**

Visit the website [http://www.uwo.ca/univsec/pdf/academic\\_policies/exam/english.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf)

## **SUPPORT SERVICES**

There are various support services around campus and these include, but are not limited to:

1. *Student Development Centre* -- <http://www.sdc.uwo.ca/ssd/>
2. *Student Health & Wellness* -- <http://www.health.uwo.ca/>
3. *Registrar's Office* -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>

## IMPORTANT DATES

No tests scheduled:

- from October 5<sup>th</sup> at 6pm to October 15<sup>th</sup> at 8:30am (for first term courses)  
**FALL READING WEEK: October 9 – October 12, 2018**
- after November 16<sup>th</sup> at 6pm (for first term half courses)
- after November 30<sup>th</sup> at 6pm (for full-year courses)
- from February 15<sup>th</sup> at 6pm to February 25<sup>th</sup> at 8:30am  
**READING WEEK: February 18 – 22, 2019**
- after March 19<sup>th</sup> at 10pm (for second term half-courses)

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## COURSE OUTLINE

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Week	Dates	Tentative Topics
1	January 8 & 10	Introduction to Course & Sport Psychology
2	January 15 & 17	Personality
3	January 22 & 24	Attributions & Motivation
4	January 29 & 31	Emotions
5	February 5 & 7	Stress & Coping
6	<b>February 12</b>	<b>Midterm Examination (In-class)</b>
7	February 14	Midterm take-up and review
8	<b>February 18 to 22</b>	<b>Reading Week</b>
9	February 26 & 28	Mental Skills Training
10	March 5 & 7	Group Dynamics & Leadership
11	March 12 & 14	Mental Health & Illness
12	March 19 & 21	Maladaptive Behaviour
13	March 26 & 28	Group Presentations
	<b>March 30</b>	<b>Good Friday (No class)</b>
14	April 2 & 4 April 9 April 11	Group Presentations Group Presentations Review/Final Exam Prep
	<b>TBD</b>	<b>Final Exam</b>

Topics are subject to change at the discretion of the instructor.