

KINES 3340-090 | Sport Psychology

FALL 2022

CLASS TIME, LOCATION, & CREDIT HOURS

Days, Time, and Location: This is a fully online course with no set meeting times

Credit Hours: 3

INSTRUCTOR INFORMATION

NICK GALLI, Ph.D., CMPC®

Associate Professor (Lecturer)

Contact Info:

nick.galli@hsc.utah.edu | 801-585-9927

Office Location and Hours:

T 11:30-3:30 or by appointment (please check with me before dropping in to make sure I don't have another meeting scheduled)

TEACHING ASSISTANT INFORMATION

Connor Hollison- connorhollison@yahoo.com

COURSE DESCRIPTION

Introduction to and overview of the psychosocial aspects of sport. Performance control, establishment of a learning environment, and the social context of performance are examined with their theoretical bases.

PRE- OR CO-REQUISITES

None

REQUIRED MATERIAL

Weinberg, R., & Gould, D. (2018). *Foundations of Sport & Exercise Psychology (7th ed.)*. Champaign, IL: Human Kinetics.

STUDENT LEARNING OUTCOMES

By the end of this course, you will be able to:

1. *Identify* sport psychology concepts that most interest you.
2. *Relate* sport psychology concepts to your own sport experiences.
3. *Apply* sport psychology concepts to real or hypothetical sport situations.
4. *Consider* how sport psychology concepts will be useful in your chosen profession.

TEACHING AND LEARNING METHODS

Reading – The required textbook and other assigned readings are meant to provide you with a foundation of knowledge so that you can successfully complete assignments.

Canvas – This class will be delivered entirely through Canvas. It is your responsibility to learn how to use the various tools available on Canvas, as well as to ensure that any computers that you use for this class possess the software required in order for Canvas to operate correctly.

Video – I will sometimes post links to video clips relevant to the course content. The purpose of videos is to bring the course to life by providing you with real-world examples and diverse perspectives on issues related to course topics.

ASSIGNMENTS

***Plan on spending an average of 3 hours per week on assignments related to this class (including reading). The weeks leading up to exams and larger assignments may require more time.**

1. Online Discussion Forums (11) : The purpose of the online discussion forums is for you to work with course material to answer questions that show your engagement with course material, as well as to interact and learn from your classmates.

A passing discussion forum meets all of the following criteria:

- a. Submitted no later than 5 minutes past the deadline at 11:55 pm each Sunday night.**
- b. Addresses all questions.**
- c. Personal response shows that relevant course material was consulted in crafting your response.**
- d. Personal response is at least 200 words.**
- e. Response to a classmate is at least 100 words, and goes beyond simply agreeing or disagreeing with your classmate.**

2. Exams (2): The purpose of the exams is to assess your comprehension of course material. Both exams will consist of several open-ended questions. Each question will be graded on a “pass/fail” basis. These exams will be posted on Canvas with a 2.5-hour time limit from the time the exam is opened (no “pausing” the time), and you will have one week in which to complete them. Any course material may be used as reference while completing the exam, and while you may work together, all responses should be original work. I will run every exam through the Turn-it-in plagiarism software, and any students found to have plagiarized will receive an automatic 0 on the exam. See the course outline at the end of the syllabus for exam dates.

Second Chances: Students who pass less than 7 questions on the first exam will have a chance to re-take only those questions that they missed for a chance to raise their score to a 7. Second chances on Exam 2 will be determined on a case-by-case basis.

3. Motivational Analysis: For this assignment you will locate a brief (2-5 min.) video clip on YouTube depicting an interaction between a sport leader (e.g., coach, administrator, captain) and one or more athletes. The interaction can be real-life, or a scene from a movie or show. **Provide the link to the video at the top of your document**, and then describe what you noticed in the video as it relates to what you have learned about motivation in this class. Include the following:

- Choose Achievement Goal Theory OR Self-Determination Theory, and explain what you saw from the lens of that theory.
- What are 2-3 things that the leader did well? Explain according to course information.
- What are 2-3 things the leader could have done differently? Explain according to course information.

A passing assignment meets all of the following criteria:

- a. Submitted no later than 5 minutes past the deadline on October 30th at 11:55 pm.**
- b. Addresses all points above.**

c. Total paper is at least 600 words on length.

d. Paper contains minimal spelling and grammar errors.

e. Demonstrated understanding of chosen theory and best practices in promoting motivation in sport.

4. Interview Write-up: For this assignment you will conduct a brief interview with a former or current athlete or sport coach focused on any TWO of the following topics from the semester:

- Arousal, Stress, and Anxiety (ch. 5)
- Arousal Regulation (ch. 13)
- Imagery (ch. 14)
- Confidence (ch. 15)
- Concentration (ch. 16)
- Injury (ch. 20)

Part A. Describe your interviewee (e.g., demographics, background and experience in the sport, your relationship to them, any other helpful information), and create 6-8 questions related to the two topics you chose (at least 3-4 questions per topic). Keep in mind that "What?" and "How?" questions are best for deriving the richest information.

A passing Part A meets the following criteria:

- **Submitted no more than 5 minutes past the deadline of Sunday November 13th by 11:55 pm on Canvas.**
- **All components described above are included.**
- **Minimal spelling and grammar errors.**
- **Appropriate interviewee chosen (e.g., athlete or coach).**
- **Questions are relevant to your chosen topics, and demonstrate ability to identify important research and theory on each topic.**

If/when you pass Part A, you may complete Part B. For this second part, after conducting your interview, craft a paper that includes the following:

- A one paragraph description of your interviewee. This might be very similar to what you submitted for Part A, which is fine.
- A written summary of their answer to each question (approximately one paragraph per question). **This does not need to be verbatim, and I do not want an audio or video recording of the actual interview.**
- A minimum 1,500-word analysis of the responses as they confirm or refute research and theory on each topic. In addition to citing the text, you should also locate and make connections in the text with at least 3 peer-reviewed journal articles for each topic (6 total) published between 2017 and 2022.

- A minimum 500-word section in which you'll put on your "practitioner" hat, and make evidence-based recommendations for how the person you interviewed might enhance their enjoyment of and/or performance in sport. For this section feel free to also call back to earlier chapters on motivation if you like. These recommendations should not only make sense given your interviewee's responses, but be at least partially derived from the text.

A passing Part B meets the following criteria:

- **Submitted no more than 5 minutes past the deadline of Friday December 16th by 11:55 pm on Canvas.**
- **All components described above are included, along with minimum word and peer-reviewed article requirements.**
- **Minimal spelling and grammar errors.**
- **Demonstrated understanding of and ability to apply relevant course concepts to an athlete/coach.**

Assignment Revisions: There are no revisions for the discussion forums. For the motivational analysis and Part A of the interview assignment, students who submit on time and don't pass will have one revision opportunity. For Part B of the interview assignment, students who don't pass may revise and resubmit if they meet all the following criteria: (a) completed both exams, (b) submitted the motivational analysis, and (c) not previously been offered an exam re-take or assignment revision.

GRADING CRITERIA

Your performance in this class is evaluated using the following criteria-

Requirement #1: Satisfactory Professionalism & Engagement- Defined as passing 10 discussion forums (*note- passing anything less than 10 forums does not satisfy this requirement*).

Requirement #2: Satisfactory Understanding- Defined as passing 16 questions across two open-ended 10-question exams (*note- passing anything less than 16 questions does not satisfy this requirement*).

Requirement #3: Satisfactory Ability to Make Theory-Based Recommendations- Defined as passing the motivational analysis assignment (see passing criteria above).

Requirement #4: Satisfactory Ability to Analyze the Mental Profile of an Actual Athlete or Coach- Defined as passing the interview assignment (see passing criteria above).

For an A:

- Fulfill all 4 of the requirements

For a B:

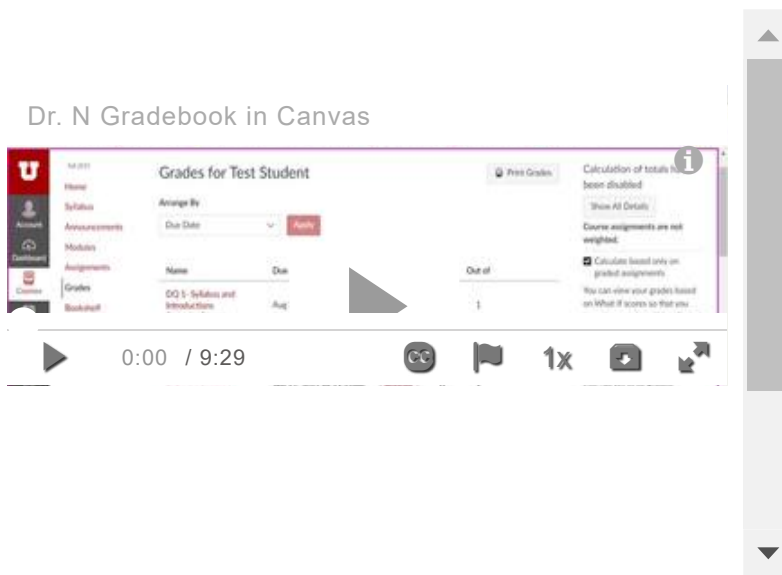
- Fulfill any 3 of the requirements OR fulfill requirement 4 AND requirement 1 or 2

For a C:

- Fulfill any 2 of the requirements OR fulfill one of requirements 3 or 4

For a D:

- Fulfill only requirement 1 or 2



COURSE POLICIES AND RESPONSIBILITIES

Mandatory Reporter:

Duty to Notify: As a University representative, most faculty, staff, and teaching assistants (other than professional mental health counselors) are required to report information learned about instances of sexual misconduct, discrimination, and/or immediate threats to safety to the University of Utah Office of Equal Opportunity and Affirmative Action and/or the Office of the Dean of Students.

If you do choose to disclose instances of sexual misconduct, discrimination, or violence to me, please be aware that I am a mandatory reporter and am required by University policies to notify the appropriate Office.

Online courses require significant self-motivation. Online courses are different than on-campus courses and online learning is not ideal for everyone. Some lessons take a considerable amount of time to complete. Please note that not all modules are created equal. Some may take a bit more time than others. Some people believe this to be a much easier way to study this subject than in the on-campus

framework. Others may feel very intimidated at first. Be patient as you work your way through the first few modules. If you are serious about the material, you will learn as much as, if not more than, most on-campus students about this subject and develop reading and communication skills that are vital to the workforce of the 21st century.

- **Electronic or equipment failure**: It is your responsibility to maintain your computer and related equipment in order to participate in the online nature of the course.
- **Document archiving**: You are responsible for making sure your assignments, including attachments, are received before the deadline. Students are also responsible for ensuring that the documents submitted are the correct document to be graded.
- **Naming conventions and software type**: You are responsible for submitting the assignment with the required naming convention, correct file extension, and using the software type and version required for the assignment. See assignment instructions for acceptable formats.
- **Classroom equivalency**: Discussion threads, e-mails, and chat rooms are all considered equivalent to classrooms, and student behavior within those environments shall conform to the University of Utah Student Code. Specifically:
 - Posting photos or comments that would be off-topic in a classroom are still off-topic in an online posting.
 - Off-color language and photos are never appropriate.
 - Using angry or abusive language is called "flaming", and is not acceptable, and will be dealt with according to the Student Code.
 - Course e-mails, e-journals, and other online course communications are part of the classroom and as such, are University property and subject to GRAMA regulations and the Student Code. In writing, privacy regarding these communications between correspondents must not be assumed and should be mutually agreed upon in advance.

UNIVERSITY POLICIES

COVID-19 Campus Guidelines

CAMPUS COVID-19 RESPONSE

CORONAVIRUS UPDATES FOR THE UNIVERSITY OF UTAH CAMPUS AND COMMUNITY.

**GENERAL CAMPUS QUESTIONS AND VACCINATION
INFORMATION HOTLINE 801-213-2874
HEALTH AND TESTING QUESTIONS HOTLINE 801-587-0712**



**SELF REPORTING
FORM**



**VACCINATION
INFORMATION**



**TESTING
INFORMATION**

**WORK
REIMAGINED**



Steps to Take for COVID-19 Symptoms, Exposure or Positive Test

INFORMATION & PRECAUTIONS

We are a mask friendly campus

When students and faculty return to campus for the Fall 2022 semester, masks will not be required in indoor spaces on main campus. The general public will not be required to wear masks in public facilities—including the Utah Museum of Fine Arts, Natural History Museum

of Utah, and Pioneer Theatre. It is important that our campus remain “mask-friendly.” Those who still wish to wear masks are encouraged to do so, especially those at high risk of severe illness from COVID-19.

Masks are still required in all University of Utah Health facilities.

We also strongly encourage you to follow these offerings and protocols:

- Test weekly for COVID-19, even if asymptomatic
- Get vaccinated against COVID-19 and get a booster when eligible
- If you test positive, or are unvaccinated and exposed to COVID-19, follow the 5-5-5 rule*



VACCINATION INFORMATION



GUIDANCE FOR THE CAMPUS COMMUNITY



VACCINATION
INFORMATION



TESTING
INFORMATION



SELF
REPORTING

COVID-19 Central @ The U

📞 801-213-2874

🌐 [coronavirus.utah.edu \(https://coronavirus.utah.edu/\)](https://coronavirus.utah.edu/)

Drop/Withdrawal Policies

Students may drop a course within the first two weeks of a given semester without any penalties.

Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A “W” grade is recorded on the transcript and appropriate tuition/fees are

assessed. The grade “W” is not used in calculating the student’s GPA.

For deadlines to withdraw from full-term, first, and second session classes, see the U's [Academic Calendar](https://registrar.utah.edu/academic-calendars/index.php) [↗](https://registrar.utah.edu/academic-calendars/index.php) (<https://registrar.utah.edu/academic-calendars/index.php>).

Plagiarism and Cheating

It is assumed that all work submitted to your instructor is your own work. When you have used the ideas of others, you must properly indicate that you have done so.

Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code,

“...Includes, but is not limited to, cheating, misrepresenting one’s work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct.”

For details on plagiarism and other important course conduct issues, see the U's [Code of Student Rights and Responsibilities](http://regulations.utah.edu/academics/6-400.php) [↗](http://regulations.utah.edu/academics/6-400.php) (<http://regulations.utah.edu/academics/6-400.php>).

Course Materials Copyright

The Content is made available only for your personal, noncommercial educational, and scholarly use. You may not use the Content for any other purpose, or distribute, post or make the Content available to others unless you obtain any required permission from the copyright holder. Some Content may be provided via streaming or other means that restrict copying; you may not circumvent those restrictions. You may not alter or remove any copyright or other proprietary notices included in the Content.

Please see the [Code of Student Rights and Responsibilities](https://regulations.utah.edu/academics/6-400.php) [↗](https://regulations.utah.edu/academics/6-400.php) (<https://regulations.utah.edu/academics/6-400.php>), Section III.A.5 regarding the **use and distribution of class Content** [↗](https://regulations.utah.edu/academics/6-400.php) (<https://regulations.utah.edu/academics/6-400.php>) and materials. Section III.A.5 prohibits the following:

Sale or distribution of information representing the work product of a faculty member to a commercial entity for financial gain without the express written permission of the faculty member responsible for the course. (“Work product” means original works of authorship that have been fixed in a tangible medium and any works based upon and derived from the original work of authorship.)

Safety at the U



The University of Utah values the safety of all campus community members. You will receive important emergency alerts and safety messages regarding campus safety via text message.


For more safety information and to view available training resources, including helpful videos, visit safeu.utah.edu (<http://safeu.utah.edu>).

To report suspicious activity or to request a courtesy escort, contact:

Campus Police & Department of Public Safety

 801-585-COPS (801-585-2677)

 dps.utah.edu  (<https://dps.utah.edu>)

 1735 E. S. Campus Dr.
Salt Lake City, UT 84112

Wellness at the U

Your personal health and wellness are essential to your success as a student. Personal concerns like stress, anxiety, relationship difficulties, depression, or cross-cultural differences can interfere with a student's ability to succeed and thrive in this course and at the University of Utah.


Please feel welcome to reach out to your instructor or TA to handle issues regarding your coursework.

For helpful resources to manage your personal wellness and counseling options, contact:

Center for Student Wellness

 801-581-7776


 wellness.utah.edu (<http://wellness.utah.edu>)

 2100 Eccles Student Life Center
1836 Student Life Way
Salt Lake City, UT 84112

Women's Resource Center

 801-581-8030





 womenscenter.utah.edu  (<https://womenscenter.utah.edu>)

 411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112




Addressing Sexual Misconduct

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status, or genetic information.

If you or someone you know has been harassed or assaulted, you are encouraged to report it to university officials:


Title IX Coordinator & Office of Equal Opportunity and Affirmative Action 801-581-8365 oeo.utah.edu  (<https://oeo.utah.edu/>) 135 Park Building
201 Presidents' Cir.
Salt Lake City, UT 84112**Office of the Dean of Students** 801-581-7066 deanofstudents.utah.edu  (<https://deanofstudents.utah.edu/>) 270 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

To file a police report, contact:

Campus Police & Department of Public Safety 801-585-COPS (801-585-2677) dps.utah.edu  (<https://dps.utah.edu/>) 1735 E. S. Campus Dr.
Salt Lake City, UT 84112


If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide **free**, **confidential**, and **trauma-informed** support services to **students, faculty, and staff** who have experienced interpersonal violence.

To **privately** explore options and resources available to you with an advocate, contact:

Center for Student Wellness 801-581-7776 wellness.utah.edu (<http://wellness.utah.edu/>) 328 Student Services Building
201 S. 1460 E.
Salt Lake City, UT 84112

Americans With Disabilities Act (ADA)

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities.


All written information in this course can be made available in an alternative format with prior notification to the Center for Disability & Access (CDA). CDA will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the **[Instruction & Evaluation regulations](http://regulations.utah.edu/academics/6-100.php)**  (<http://regulations.utah.edu/academics/6-100.php>).

If you will need accommodations in this class, or for more information about what support they provide, contact:

Center for Disability & Access

 801-581-5020

 disability.utah.edu  [\(https://disability.utah.edu/\)](https://disability.utah.edu/)

 162 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Diverse Student Support

Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

Student Support Services (TRIO)

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.


Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Student Support Services (TRIO)

 801-581-7188

 trio.utah.edu  [\(https://trio.utah.edu/\)](https://trio.utah.edu/)

 Room 2075
1901 E. S. Campus Dr.
Salt Lake City, UT 84112

American Indian Students


The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student-centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive “home-away-from-home” space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

American Indian Resource Center

 801-581-7019

 diversity.utah.edu/centers/airc  [\(https://diversity.utah.edu/centers/airc/\)](https://diversity.utah.edu/centers/airc/)

 Fort Douglas Building 622
1925 De Trobriand St.
Salt Lake City, UT 84113

Black Students

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for students, faculty, and staff through Black-centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Black Cultural Center

📞 801-213-1441

🌐 diversity.utah.edu/centers/bcc ↗️ (<https://diversity.utah.edu/centers/bcc/>)

📍 Fort Douglas Building 603
95 Fort Douglas Blvd.
Salt Lake City, UT 84113

Students with Children

Our mission is to support and coordinate information, program development, and services that enhance family resources as well as the availability, affordability, and quality of child care for University students, faculty, and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Childcare & Family Resources

📞 801-585-5897

🌐 childcare.utah.edu ↗️ (<https://childcare.utah.edu/>)

📍 408 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Students With Disabilities

The Center for Disability and Access is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.

For more information about what support they provide and links to other resources, view their website or contact:

Center for Disability and Access

📞 801-581-5020

🌐 disability.utah.edu ↗️ (<https://disability.utah.edu/>)

📍 162 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Students of Ethnic Descent

The Center for Ethnic Student Affairs offers several programs dedicated to the success of students with varied cultural and ethnic backgrounds. Its mission is to create an inclusive, safe campus community that values the experiences of all students.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Ethnic Student Affairs

📞 801-581-8151

🌐 diversity.utah.edu/centers/cesa/ ➦ [\(https://diversity.utah.edu/centers/cesa/\)](https://diversity.utah.edu/centers/cesa/)

📍 235 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

English as a Second/Additional Language (ESL) Students

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

Writing Center

📞 801-587-9122

🌐 writingcenter.utah.edu [_\(http://writingcenter.utah.edu/\)](http://writingcenter.utah.edu)

📍 2701 Marriott Library

295 S 1500 E

Salt Lake City, UT 84112

English for Academic Success (EAS) Program

📞 801-581-8047

🌐 linguistics.utah.edu ➦ [\(https://linguistics.utah.edu/\)](https://linguistics.utah.edu/)

📍 2300 LNCO

255 S. Central Campus Dr.

Salt Lake City, UT 84112

English Language Institute

📞 801-581-4600

🌐 continue.utah.edu/eli [_\(http://continue.utah.edu/eli\)](http://continue.utah.edu/eli)

📍 540 Arapeen Dr.

Salt Lake City, UT 84108

Undocumented Students

Immigration is a complex phenomenon with broad impact—those who are directly affected by it and those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.

Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence. The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

Dream Center

 801-213-3697

 dream.utah.edu (<http://dream.utah.edu/>)

 200 S. CENTRAL CAMPUS DRIVE

UNION, ROOM 80

SALT LAKE CITY, UT 84112

LGBTQ+ Students

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

LGBTQ+ Resource Center

 801-587-7973

 lgbt.utah.edu (<http://lgbt.utah.edu/>)

 409 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

Veterans & Military Students

The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned, and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Veterans Support Center

 801-587-7722

 (<http://lgbt.utah.edu>) veteranscenter.utah.edu  (<http://veteranscenter.utah.edu/>)

 418 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

Women

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Women's Resource Center

📞 801-581-8030

🌐 womenscenter.utah.edu ↗️ (<https://womenscenter.utah.edu/>)

📍 411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Inclusivity at the U

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

Office for Inclusive Excellence

📞 801-581-4600

🌐 inclusive-excellence.utah.edu ↗️ (<https://inclusive-excellence.utah.edu/>)
(<http://continue.utah.edu/eli>)

📍 200 S. CENTRAL CAMPUS DRIVE
UNION, ROOM 70
SALT LAKE CITY, UT 84112

Other Student Groups at the U

To learn more about some of the other resource groups available at the U, check out:

🌐 getinvolved.utah.edu/ (<https://getinvolved.utah.edu/>)

🌐 studentsuccess.utah.edu/resources/student-support ↗️
(<https://studentsuccess.utah.edu/resources/student-support/>)

CANVAS INFORMATION

Canvas is where the course content, grades, and communication will reside for this course.

- Access Canvas through utah.instructure.com or through **CIS** [\(https://cis.utah.edu/\)](https://cis.utah.edu/)
- For Canvas, Passwords, or any other computer-related technical support contact the **Campus Help Desk** [\(https://it.utah.edu/help/\)](https://it.utah.edu/help/).
 - 801 581-4000
 - <http://it.utah.edu/help> [\(https://it.utah.edu/help/\)](https://it.utah.edu/help/)
 - helpdesk@utah.edu (<mailto:helpdesk@utah.edu>)
- For Canvas-related issues or bugs, contact the Teaching & Learning Technologies help desk
 - 801-581-6112 ext 2
 - classhelp@utah.edu (<mailto:classhelp@utah.edu>)

COURSE SCHEDULE

Note: Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas.

Week #, Topic	Readings/Assignments (all due on Canvas Sunday by 11:55 pm)
1: 8/22-8/28 Course Intro	Read: Syllabus Submit: Discussion forum #1 personal response and classmate response
2: 8/29-9/4 Intro to Sport Psychology	Read: Chapter 1 up until history, and chapter 2 Submit: Discussion forum #2 personal response and classmate response
3: 9/5-9/11	

Motivation Part I

Read: Chapter 4

Submit: Discussion forum #3 personal response and classmate response

4: 9/12-9/18

Read: Chapter 7

Motivation Part II

Submit: Discussion forum #4 personal response and classmate response

5: 9/19-9/25

Read: Chapter 5

Arousal, Stress, and Anxiety

Submit: Discussion forum #5 personal response and classmate response

6: 9/26-10/2

Read: Chapter 12

Intro to Psychological Skills Training

Submit: Discussion forum #6 personal response and classmate response

Read: N/A

7: 10/3-10/9

Exam 1

Submit: Exam 1

8: 10/17-10/23

Arousal Regulation

Read: Chapter 13

Submit: Discussion forum #7 personal response and classmate response

9: 10/24-10/30

Read: Chapter 14

Imagery

Submit: Discussion forum #8 personal response and classmate response

10: 10/31-11/6

Read: Chapter 15

Confidence

Submit: Discussion forum #9 personal response and classmate response

11: 11/7-11/13

Read: Chapter 16

Concentration

Submit: Discussion forum #10 personal response and classmate response

12: 11/14-11/20

Read: Chapter 20

Injury

Submit: Discussion forum #11 personal response and classmate response

13: 11/21-11/27

Read: N/A

Exam 2

Submit: Exam 2

14: 11/28-12/4

Read: Chapter 9 OR 11**Student Choice (Team Dynamics OR Leadership)****Submit:** Discussion forum #12 personal response and classmate response






15: 12/5-12/8













Read: Chapter 22, 24, OR 25, Course Wrap-Up**Student Choice (Burnout, Aggression, OR Character Development)****Submit:** Discussion forum #13 personal response and classmate response













16: 12/12-12/16













Submit: Final Interview Paper (12/16)**Finals**


Course Summary:

Date	Details	Due
Sun Aug 28, 2022	 DF 1 (https://utah.instructure.com/courses/805270/assignments/11128003)	due by 11:55pm
Sun Sep 4, 2022	 DF 2 (https://utah.instructure.com/courses/805270/assignments/11387769)	due by 11:05pm
Thu Sep 8, 2022	 DF 2 (https://utah.instructure.com/courses/805270/assignments/11387769) (1 student)	due by 11:59pm
Sun Sep 11, 2022	 DF 3 (https://utah.instructure.com/courses/805270/assignments/11443003)	due by 11:05pm
	 DF 1 (https://utah.instructure.com/courses/805270/assignments/11128003) (1 student)	due by 11:59pm

Date	Details	Due
	 DF 1 https://utah.instructure.com/courses/805270/assignments/11128063 (1 student)	due by 11:59pm
	 DF 2 https://utah.instructure.com/courses/805270/assignments/11387769 (1 student)	due by 11:59pm
	 DF 2 https://utah.instructure.com/courses/805270/assignments/11387769 (1 student)	due by 11:59pm
	 DF 4 https://utah.instructure.com/courses/805270/assignments/11459973	due by 11:05pm
	 DF 2 https://utah.instructure.com/courses/805270/assignments/11387769 (1 student)	due by 11:59pm
Sun Sep 18, 2022	 DF 3 https://utah.instructure.com/courses/805270/assignments/11449063 (1 student)	due by 11:59pm
	 DF 3 https://utah.instructure.com/courses/805270/assignments/11449063 (1 student)	due by 11:59pm
	 DF 5 https://utah.instructure.com/courses/805270/assignments/11473269	due by 11:05pm
Sun Sep 25, 2022	 DF 4 https://utah.instructure.com/courses/805270/assignments/11459973 (1 student)	due by 11:59pm
	 DF 4 https://utah.instructure.com/courses/805270/assignments/11459973 (1 student)	due by 11:59pm
Sun Oct 2, 2022	 DF 6 https://utah.instructure.com/courses/805270/assignments/11491733	due by 11:55pm
Sun Oct 9, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/11504553	due by 11:05pm

Date	Details	Due
Wed Oct 19, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/11504563 (1 student)	due by 11:59pm
Thu Oct 20, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/11504563 (1 student)	due by 11:59pm
Fri Oct 21, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/11504563 (1 student)	due by 11:59pm
Sat Oct 22, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/11504563 (1 student)	due by 11:59pm
Sun Oct 23, 2022	 DF 7 https://utah.instructure.com/courses/805270/assignments/11539695	due by 11:55pm
Sun Oct 23, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/11504563 (1 student)	due by 11:59pm
Sun Oct 23, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/11504563 (1 student)	due by 11:59pm
Tue Oct 25, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/11504563 (2 students)	due by 11:59pm
Wed Oct 26, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/11504563 (1 student)	due by 11:59pm
Thu Oct 27, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/11504563 (1 student)	due by 11:59pm
Sun Oct 30, 2022	 DF 8 https://utah.instructure.com/courses/805270/assignments/11558780	due by 11:55pm
Sun Oct 30, 2022	 Motivational Analysis https://utah.instructure.com/courses/805270/assignments/11506447	due by 11:55pm

Date	Details	Due
Mon Oct 31, 2022	 Exam 1 https://utah.instructure.com/courses/805270/assignments/1150453 (1 student)	due by 11:59pm
	 Motivational Analysis https://utah.instructure.com/courses/805270/assignments/1150457 (1 student)	due by 11:59pm
	 Motivational Analysis https://utah.instructure.com/courses/805270/assignments/1150457 (1 student)	due by 11:59pm
Tue Nov 1, 2022	 DF 8 https://utah.instructure.com/courses/805270/assignments/1155870 (3 students)	due by 11:59pm
	 Motivational Analysis https://utah.instructure.com/courses/805270/assignments/1150457 (1 student)	due by 11:59pm
Wed Nov 2, 2022	 Motivational Analysis https://utah.instructure.com/courses/805270/assignments/1150457 (1 student)	due by 11:59pm
Sun Nov 6, 2022	 DF 9 https://utah.instructure.com/courses/805270/assignments/11569779	due by 11:55pm
	 Motivational Analysis https://utah.instructure.com/courses/805270/assignments/1150457 (1 student)	due by 11:59pm
Sun Nov 13, 2022	 DF 10 https://utah.instructure.com/courses/805270/assignments/11580906	due by 11:55pm
	 Interview Assignment Part A https://utah.instructure.com/courses/805270/assignments/11568279	due by 11:55pm
Mon Nov 14, 2022	 DF 10 https://utah.instructure.com/courses/805270/assignments/11580906 (1 student)	due by 11:59pm
	 Interview Assignment Part A https://utah.instructure.com/courses/805270/assignments/11568279 (1 student)	due by 11:59pm

Date	Details	Due
	 Total DFs Passed (as of 11/1) (https://utah.instructure.com/courses/805270/assignments/11508109)	