

Dixie State College
PEHR 2060-50
Sports Performance and Behaviors
Spring 2013

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Text: Weinberg, R.S., & Gould, D. (2011). *Foundations of Sport and Exercise Psychology*, 5th ed.

Course Description and Objectives: Individuals are not fully aware of the level of psychological principles that are associated with participation, competition, and endeavor for excellence in athletics and exercise. To help students understand these principles and the effects of stresses and stressors, the course will contain both theoretical units and practical applications to better understand:

Part I: Learning About Participants

Personality and Sport
Motivation
Arousal, Stress, and Anxiety

Part II: Understanding Sport and Exercise Environments

Competition and Cooperation
Feedback
Reinforcement
Intrinsic Motivation

Part III: Focusing on Group Processes

Group and Team Dynamics
Group Cohesion
Leadership
Communication

Part IV: Improving Performance

Introduction to Psychological Skills Training
Arousal Regulation
Imagery
Self-Confidence
Goal Setting
Concentration

Part V: Enhancing Health and Well-Being

Exercise and Psychological Well-Being
Exercise Behavior and Adherence
Athletic Injuries and Psychology
Addictive and Unhealthy Behaviors
Burnout and Overtraining

Part VI: Facilitating Psychological Growth and Development

Children and Sport Psychology
Aggression in Sport
Character Development
Good Sporting Behavior

Department Objectives:

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

Students with Disability: If you are a student with a physical or mental impairment and would like to request accommodations, please contact the Disability Resource Center (652-7516) in Room 201 of the Student Services Center. The Disability Resource Center will determine your eligibility for services based upon complete professional documentation. If you are deemed eligible, the Disability Resource Center will further evaluate the effectiveness of your accommodation requests and will authorize reasonable accommodations that are appropriate for your disability

Course Requirements and Grading Scale: The grade earned will be based on the percentage of points accumulated from the following:

• Participation:	50 pts	700 – 680 = A	93%
• 3 Exams:	50 pts (each)	679 – 665 = A-	90%
• 10 Quiz's:	5 pts (each)	664 – 630 = B+	87%
• Ch assignments:	150 pts	629 – 605 = B	83%
• Research Project:	100 pts	604 – 595 = B-	80%
• Individual Presentation:	100 pts	594 - 560 = C+	77%
• Total Points:	600 pts	559 – 540 = C	73%
		539 – 520 = C-	70%
		519 – 490 = D+	67%
		489 – 470 = D	63%
		469 – 450 = D-	60%
		Below = F	

Course Outline:

Jan 7	Chapter 1	Welcome to Sports Performance and Behavior
Jan 14	Chapter 2	Personality and Sports
	Chapter 3	Motivation
Jan 28	Chapter 4	Arousal Stress and Anxiety
Feb 4	Chapter 5	Competition and Cooperation
	Chapter 6	Feedback and Reinforcement
		Intrinsic Motivation and Strengths
Feb 18	Chapter 7	Group and Team Dynamics
	Chapter 8	Group Cohesion
		Exam I Ch 1-8
Feb 25	Chapter 9	Leadership
	Chapter 10	Communication
March 4	Chapter 11	Psychological Skills Training
	Chapter 12	Arousal Regulation
March 18	Chapter 13	Imagery
	Chapter 14	Self-Confidence
March 25	Chapter 15	Goal Setting
	Chapter 16	Concentration
		Exam II Ch 9-16
April 1	Chapter 17	Exercise and Psychological Wellbeing
	Chapter 18	Exercise Behavior and Adherence
April 8	Chapter 19	Athletic Injuries
	Chapter 20	Addictive and Unhealthy Behaviors
April 15	Chapter 21	Burnout and Overtraining
	Chapter 22	Children and Sports Psychology
April 22	Chapter 23	Aggression in Sports
	Chapter 24	Character Development
		Good Sporting Behavior
Final April 29	5 pm	Final exam Ch 17-24

Additional Information:

Jan 7	Class work Starts
Jan 11	Last Day to Add Without Signature
Jan 21	Martin Luther King Jr. Day
Jan 22	\$50 Late Registration/Payment Fee
Jan 29	Last Day for Refund
Jan 29	Last Day to drop without receiving a "W" grade
Jan 30	Courses dropped for non-payment
Feb 1	Last Day to Add/Audit
Feb 1	Associate's degree Graduation Deadline - Spring 2013
Feb 18	President's Day
Mar 1	Last Day to Drop Individual Class
Mar 1	Bachelor's degree Graduation Deadline - Summer 2013
Mar 11-15	Spring Break
Mar 29	Last Day for Complete Withdrawal
Apr 1	Bachelor's degree Graduation Deadline - Fall 2013
Apr 8	Fall Registration open to Seniors (90+ credits)
Apr 9	Fall Registration open to Juniors (60+ credits)
Apr 10	Fall Registration open to Sophomores (30+ credits)
Apr 11	Fall Registration open to all students
Apr 24	Class work Ends
Apr 25	Reading Day
Apr 26	Final Exams

Reflection and Critical Thinking: One of the pillars of learning at Dixie State College is to develop critical thinking skills. Your comments and all assignments should show reflective thought and critical thinking skills rather than rhetorical or superficial thoughts.

Academic Honesty: Academic honesty is highly valued at the Dixie State College. You must always submit work that represents your original words or ideas. If any words or ideas used in class assignment submission do not represent your original words or ideas, you must cite all relevant sources and make clear the extent to which such sources were used. Words or ideas that require citation include, but are not limited to, all hard copy or electronic publications, whether copyrighted or not, and all verbal or visual communication when the content of such communication clearly originates from an identifiable source.

Late Assignments: I expect all work to be submitted on time. I will be flexible if **YOU** alert me ahead of time that you will be late for a very good reason and arrange to turn in the assignment with me. Work submitted late without proper authorization from me will not receive full credit.