



# Physical Education Health and Recreation Department Syllabus

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**Course Name:** Sports Performance & Behaviors

**Course Number:** PEHR 2060 - 50

**CRN:** 45189

**Semester/Year:** Fall 3013

**Instructor:** Susan Hart Ph.D.

**Email Address:** shart@dixie.edu

**Office Hours:** MW 9:55 am – 10:55 am

TTh 10:00 am – 11:30 am. Other office

hours available by appointment.

**Meeting Days and Time:** W 5:15 pm – 7:45 pm

**Location:** UDVAR – Hazy Business 242

**DSU Email Address:** shart@dixie.edu

**Office Phone:** 879-4621

**Office Location:** Gym 202

**Course Description from Catalog:** Covers the theoretical and practical aspects of the psychological principles associated with participation, competition, and the endeavor for excellence in athletics and exercise. Includes effects of stress, visualization and relaxation techniques, focus, leadership, positive self-scripts, and goal setting.

**Required Textbook (s) /Recommended Books/other materials:** Weinberg, R.S., & Gould, D. (2011). *Foundations of Sport and Exercise Psychology*, 5th ed. Other materials will be made available through Canvas.

## Department Objectives:

All PEHR courses have the following learning outcomes:

- 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

## Course Objectives:

By the end of the course students will be able to:

1. demonstrate an understanding of the role of personality in sport performance.
2. demonstrate an understanding of sport and exercise environments and group processes on sport participation and athletic performance.
3. demonstrate an understanding of psychological methods of enhancing athletic performance and increasing activity participation.
4. demonstrate an understanding of the relationship of exercise behavior and health & wellness.
5. demonstrate an understanding of methods of facilitating psychological growth and development through sport and activity participation.

## Course Assignments and Assessments:

Average of chapter quiz grades	100 possible points
Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
Research Proposal	100 points
Class Participation	50 points
Research Abstract Presentation	50 points
<b>Total Possible Points</b>	<b>600</b>

## Instructor policy on late assignments, missed exams/quizzes, and unexcused absences:

Late assignments, missed exams, and missed quizzes will be given a grade of zero unless previous arrangements have been made with the instructor. Only valid excuses with accompanying documentation will be considered for make-up work.

## Course Outline (Tentative):

<b>August 21:</b>	Chapter 1 Welcome to Sport and Exercise Psychology Chapter 2 Personality and Sport
<b>August 28:</b>	Chapters 1 & 2 continued
<b>September 4:</b>	Chapter 3 Motivation Chapter 4 Arousal, Stress, and Anxiety
<b>September 11:</b>	Chapter 5 Competition and Cooperation Chapter 6 Feedback, Reinforcement, and Intrinsic Motivation
<b>September 18:</b>	Chapter 7 Group and Team Dynamics Chapter 8 Group Cohesion
<b>September 25:</b>	<b>Exam 1</b>
<b>October 2:</b>	Chapter 9 Leadership Chapter 10 Communication

<b>October 9:</b>	Chapter 11 Introduction to Psychological Skills Training Chapter 12 Arousal Regulation
<b>October 16:</b>	Chapter 13 Imagery Chapter 14 Self-Confidence
<b>October 23:</b>	<b>Exam 2</b>
<b>October 30:</b>	Chapter 17 Exercise and Psychological Well-Being Chapter 18 Exercise and Behavior Adherence
<b>November 6:</b>	Chapter 19 Athletic Injuries and Psychology Chapter 20 Addictive and Unhealthy Behaviors Chapter 21 Burnout and Overtraining
<b>November 13:</b>	Chapter 22 Children and Sport Psychology Chapter 24 Character Development and Good Sporting Behavior
<b>November 20:</b>	Class Presentations and Review
<b>November 27:</b>	<b>Thanksgiving Holiday</b>
<b>December 4:</b>	Class Presentations and Review
<b>December 11:</b>	<b>Final Exam (5:00 – 7:00)</b>

#### Grading Scale:

A = 95-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-63
B = 83-86	C- = 70-73	F = below 59

#### Important Semester Dates:

##### 2013 Fall Semester

Aug 19	Classwork Starts
Aug 22	Last Day to Waitlist
Aug 23	Last Day to Add Without Signature
Aug 28	Drop/Audit Fee Begins (\$10 per class)
Sep 2	Labor Day
Sep 3	\$50 Late Registration/Payment Fee
Sep 9	Pell Grant Census
Sep 9	Last Day for Refund
Sep 9	Last Day to drop without receiving a "W" grade
Sep 10	Courses dropped for non-payment
Sep 13	Last Day to Add/Audit
Oct 9	Mid-Term Grades Due
Oct 10-11	Semester Break
Oct 14	Last Day to Drop Individual Class
Oct 21	Spring and Summer 2014 class schedules available online

Nov 8 Last Day for Complete Withdrawal  
Nov 11 Spring Registration open to Seniors (90+ credits)  
Nov 12 Career Day  
Nov 12 Spring Registration open to Juniors (60+ credits)  
Nov 13 Spring Registration open to Sophomores (30+ credits)  
Nov 14 Spring Registration Open to All Students  
Nov 27-29 Thanksgiving Break  
Dec 6 Classwork Ends  
Dec 9-13 Final Exams

### Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

### Policies and Statements

- Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516 M.

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit [go.dixie.edu/dmail](http://go.dixie.edu/dmail). If you do not know your Dmail username or you have forgotten your PIN, visit [go.dixie.edu/mydixie](http://go.dixie.edu/mydixie) and follow the respective instructions.