

CALIFORNIA STATE UNIVERSITY DOMINGUEZ HILLS

PSY 481-41 APPLIED SPORT AND FITNESS PSYCHOLOGY

3 Semester Credits **Online**

Prerequisites: None

Instructor: Mark Cartiglia, Ph.D.

Telephone: I am usually available evenings after 6 pm. If I cannot be reached when you call, then please leave a message. Student phone messages will be responded to within 48 hours.

Email: mcartiglia@csudh.edu Student emails will be responded to within 48 hours.

PLEASE NOTE THAT EMAIL IS THE BEST WAY TO REACH ME.

Class Location and Meeting Times

Because this course will be taught entirely online, there is no physical location for the class. Also, you may complete the required course work on any day of the week or at any time during the day. Nevertheless, you should try to keep up with the schedule of about one lesson every eight days as best as you are able to in order to make sure that you do not need to "cram" too much work in before the exams or at the end of the semester. This will require you to participate in the Discussion Forums and complete the Writing Assignments and Quizzes that correspond to each Lesson according to schedule.

Course Description

The course is designed to help you apply concepts in sport and fitness psychology to real world experience as an athlete, coach, fitness instructor, parent or teacher. The emphasis is on application of theories and ideas in sport psychology, rather than exploring theory alone.

Other courses in the CSUDH Sport Psychology program are Sport Psychology (PSY480), Psychology of Coaching and Team-Building (PSY482), Contemporary Issues in Sport and Fitness (PSY483) and Internship in Sport Psychology.

Required Texts

Weinberg, R.S., & Gould, D. (2012). *Foundations of sport and exercise psychology* (5th Ed.). Champaign, IL: Human Kinetics. The text can be purchased new or used online from various websites, including [Amazon.com](https://www.amazon.com).

The book is also available for rent or as an e-book at a reduced price from various websites, including Chegg.com: [Chegg - Coakley Text](https://www.chegg.com).

Orlick, T. (2008). *In pursuit of excellence: How to win in sport and life through mental training* (4th Ed.). Champaign, IL: Human Kinetics. To purchase the text, you can purchase a new or used copy quite inexpensively on the [Amazon.com](https://www.amazon.com) website.

CSUDH Catalog Description for PSY481: Scientific research results in the field of psychology are used to enhance performance as well as illustrate how participation in sports and physical activity can facilitate psychological development and physical well being. This course is not open for credit toward the psychology major or minor.

Course Learning Objectives

The learning objectives in PSY 481 course are as follows:

- Identify issues related to motivation, including making a commitment to growth and excellence in sport and fitness settings.
- Examine principles of goal setting and evidence of effective goal setting techniques.
- Analyze the importance of self-confidence in sport and fitness settings, along with ways to build self-confidence.
- Compare the use of imagery and other specific techniques to improve performance.
- Analyze the impact of stress and anxiety on performance and ways to use stress and anxiety to optimize performance.
- Demonstrate an understanding of how to deal with panic situations, prevent overload, and get the best from coaches and learn from setbacks.

Course Schedule

Lesson Readings and Topics

PART 1

Week 1 Motivation	Weinberg& Gould- Chapter 3; Orlick- Chs. 1-4
Week 2 Goal Setting	Weinberg & Gould- Chapter 15; Orlick Chs. 5, 13-14
Week 3 Self-Confidence	Weinberg & Gould- Chapter14; Orlick Chs. 12, 15-17

MIDTERM EXAMINATION

PART II

Week 4 Imagery	Weinberg & Gould- Chapter13; Orlick-Chs. 8-9
Week 5 Arousal Regulation	Weinberg & Gould- Chapter 12; Orlick-Chs. 6-7,10-11
Week 6 Realizing Excellence	Orlick-Chs. 18-24

Term Paper

FINAL EXAMINATION

Course Requirements

Readings

The course is divided into 6 Lessons. Each lesson covers readings from Weinberg and Gould's textbook and Orlick's textbook. You are expected to **keep up with the reading (about one lesson every 8 days)**, in order to finish the course on time.

Most lessons have a .ppt presentation covering a specific chapter in the Weinberg and Gould textbook in addition to the .ppt lecture slides for that chapter. In order to view the lecture slides you will need a PowerPoint viewer ([Microsoft PowerPoint Viewer](#)), which you can download free from the Microsoft web site. You will be tested on the material covered in the textbooks and in the .ppt presentations.

Writing Assignments

There will be 12 Writing Assignment in the course (two for each of the 6 lessons). Each Writing Assignment is worth 5 to 10 Points. All of the Writing Assignments together are worth a total of 70 Points. You are expected to complete these assignments after completing the assigned readings. After you complete a Writing Assignment, the instructor will provide written feedback to you usually within 48-72 hours.

The Writing Assignments are found under the "Assignments" folder on the Blackboard site for PSY 481.

Quizzes

There will be 6 Quizzes in the course (one for each lesson), each of which is worth 10 points (for a total of 60 points in the course). Each of the Quizzes is comprised of 10 multiple choice questions. The Quizzes are found under the "Assignments" folder on the Blackboard site for PSY 481. As with the Writing Assignments, you are expected to take a Quiz after reading the corresponding material in the textbooks. After taking each Quiz, you will be able to immediately view your score along with the answer key.

Exams

There will be a Midterm Exam and a Final Exam in this course. Each of these Exams is worth 100 points. You will take the Midterm exam after completing ALL of the assignments (Writing Assignments and Quizzes) in Part I of the course (Lessons 1 through 3). You will take the Final exam after completing ALL of the assignments (Writing Assignments and Quizzes) in Part II of the course (Lessons 4 through 6). Both the Midterm and Final will consist of multiple-choice, short answer and essay items. You are advised to take each of these Exams on a day when you have a block of uninterrupted time because, unlike the Writing Assignments, there will be a time limit for the Exams. **You must complete the Midterm Exam within a 3-hour time period and the Final Exam within a 3-hour time period. Once you open an Exam, the clock starts and you must finish it within the time limit.** Each of the Exams will be available to you on the Blackboard site as you get closer to completing all of the assignments in each part of the course.

Term Paper

There is a required 4-6 page Term Paper (worth 40 points) in the course. More details concerning the Term Paper are available on Blackboard by clicking on the 'Term Paper' tab.

Discussion Forums

There will be a total of 6 Discussion Forums in this course. They are available in the Discussion Board folder on the PSY 481 Blackboard site. Through these Forums, you will be able to answer discussion questions posted by your instructor. Most of the Forums concern interesting and important issues in the world of sports today. The Forums have dates attached to them. You are expected to participate in each Forum within the designated time period for that particular Forum. You will earn 5 points for participating in each Discussion Forum. All of the Forums together are worth a total of 30 Points.

Extra Credit

The number of Extra Credit points you earn in the class will be determined by the degree to which you interact with your classmates in the Discussion Forums (above). In other words, if you want Extra Credit points in the class you should not only respond to the Discussion Forum question but also to your fellow classmates' entries. If you typically respond only to the Discussion Forum question, you will earn few or no Extra Credit points. However, if you respond to your fellow classmates' entries and the instructor's entries in the Discussion Forum (e.g., if you post 2-3 entries for each Discussion Forum question), you will earn Extra Credit points that will be awarded at the end of the semester. **You may earn up to 10 Extra Credit points in this manner**--the exact number being determined by your "extra participation" in the Discussion Forums.

Course Evaluations

Course evaluations and program surveys are important components of the educational process. Students are strongly encouraged to complete the course evaluation form (Perceived Teaching Effectiveness) that will be available before the last week of the course. The evaluation is anonymous.

Grading:

Writing Assignments	70 points
Quizzes	60 points
Midterm Exam	100 points
Final Exam	100 points
Term Paper	40 points
Discussion Forums	30 points

400 points

Final Course Grades:

93 - 100%	372 – 400	=	A
90 - 92%	360 – 371	=	A-
87 - 89%	348 – 359	=	B+

83 - 86%	332 – 347 =	B
80 - 82%	320 – 331 =	B-
77 - 79%	308 – 319 =	C+
73 - 76%	292 – 307 =	C
70 - 72%	280 – 291 =	C-
67 - 69%	268 – 279 =	D+
60 - 66%	240 – 267 =	D
0 - 59%	0 – 239 =	F

Academic Integrity

You are expected to adhere to University Guidelines for academic integrity in this class, as well as all others. Violations of academic integrity include, but are not limited to: cheating, plagiarism, unauthorized collaboration and falsification of documents. If you have any questions about academic integrity please refer to the University student handbook. If you violate the University's academic integrity policy in any way you will receive a zero on the assignment and likely an F in the course. In addition, your actions will be reported to the Dean of Students. For more details, please refer to the Academic Integrity Statement in the CSUDH Catalog:

<http://www.csudh.edu/catalog/2009-2011/acadIntegrity.htm>

Accommodation of Students

It is the policy of California State University Dominguez Hills to comply with the Section 504 Regulations (now, Americans with Disabilities Act) adopted by the Department of Health, Education and Welfare. Disabled Student Services (DSS) office is located in Welsh Hall, room D-180, Phone: (310) 243-3660 Fax: (310) 516-4247.

Course Evaluation

Course evaluations and program surveys are important components of the educational process.

All courses taught through Extended Education are evaluated. Students are strongly encouraged to complete the electronic course evaluation form (Perceived Teaching Effectiveness) that will be available during the last two weeks of the course. An email notification is sent to students via their toromail accounts indicating the availability of the online evaluation form two week before the course ends. The evaluation is anonymous.

