

The University of British Columbia - School of Kinesiology
KIN 150 (001) Sport and Exercise Psychology [Formerly KIN 231] 2023W Term 1

Acknowledgement

This course will take place at UBC's Point Grey Campus which is located on the traditional, ancestral, and unceded territory of the [xwməθkwəyəm](#) (Musqueam) people. This land has been a place of learning for the Musqueam people, who for millennia have passed on their culture, history, and traditions from one generation to the next. We are privileged to work and learn on this land, and extend our gratitude to its traditional owners and caretakers.

Course Information

Class Location:	Mathematics (1984 Mathematic Road) – Room 100
Class Meeting Times:	Classes are scheduled for 2:00 to 3:20 pm on Tuesdays and Thursdays.
Pre/Co-Requisites:	None
Credit Value:	3
Instructor:	Desmond McEwan, PhD (<i>he/him</i>)
Email:	desmond.mcewan@ubc.ca
Office:	Auditorium Annex (1924 West Mall) – Room 156C
Office Hours:	Drop-in hours: Tuesdays and Thursdays 3:30 to 4:30 (no appointment necessary) By appointment: Email to set up a meeting time (in-person or via Zoom)
Teaching Assistants:	“Rōy” Dev Roychowdhury (drdevroy@mail.ubc.ca) “Dasha” Daria Sosna (dasha13@student.ubc.ca)
TA Office Hours:	By appointment. Please email to set up a meeting time (in-person or via Zoom)

Course Description

This course introduces students to fundamental concepts and theories within sport and exercise psychology. The goal of this course is to provide students with a broad overview of major topics of interest within the area of physical activity psychology.

Rationale

Sport and exercise psychology is a core discipline within kinesiology. Sport and exercise psychology researchers and practitioners are interested in human cognition, emotion, and behaviour within physical activity contexts. Knowledge of sport and exercise psychology theory, constructs, and relevant applications will assist students in understanding underlying psychological processes as they relate to physical activity performance and participation.

Aims and Outcomes

The aim of this course is for students to develop an understanding of key areas within sport and exercise psychology. Frameworks that focus on psychological aspects of human participation and performance within physical activity contexts are relevant to several kinesiology and health-related professional practices (e.g., kinesiology, physiotherapy, occupational therapy, physical education, coaching, preventive and behavioural medicine) that seek to change behaviour and maximize performance and wellbeing. Students interested in pursuing a career in sport and exercise psychology can expand their understanding of the discipline by taking courses in kinesiology, psychology, and graduate education.

Specific Learning Objectives

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

- Describe psychological theories and constructs, and explain their relevance to physical activity contexts.
- Apply theoretical perspectives and constructs within sport and exercise psychology to case studies, and provide recommendations for intervention and applied practice.
- Critically assess sport and exercise psychology theory, constructs, and knowledge application.

Class Format

Classes will be delivered live and in-person over the course of term 1 (September 5 to December 7, 2023). All lectures will be recorded and uploaded to the course Canvas page. These recordings will enable you to review the lecture at your discretion (e.g., as you study for exams) and catch up on any material you miss if you are unable to attend a lecture (e.g., due to illness). Announcements will also be posted on Canvas each week. Please aim to keep up to date on these announcements as they may contain important information (e.g., updates to lecture schedule, details for exams and assignments).

Active involvement is an important part of the course. It is recommended that you read the relevant reading material prior to attending lectures. PowerPoint slides and resources for each lecture will be made available on Canvas at least 48 hours beforehand. Any additional information concerning this course will be announced via Canvas. If you have a problem with specific academic material, such as lecture content, then you should first try to solve it for yourself, perhaps in consultation with your classmates and by looking at the course readings and resources. If you require further assistance, please reach out to one of the course's Teaching Assistants (TAs) or Dr. McEwan at the end of class or during office hours.

When contacting the instructor and teaching assistants, students should use professional [email etiquette](#) and include the course code (KIN 150) in the subject line. Please be aware that it may take us up to 48 hours to respond to your email during the week and we do not check our email on weekends. Be sure to keep this in mind around assignment due dates and exams.

Readings and Resources

Students are responsible for all readings assigned in the course syllabus as well as the lecture material presented during class time. Note that only ten of the chapters in this textbook (**1, 2, 3, 4, 5, 7, 10, 12, 13, and 14**) will be covered in the course. Content from the remaining chapters will be covered in another course or integrated into various lectures throughout the semester, but you are not required to read these chapters (e.g., for exams).

Required Text:

Crocker, P. R., Sabiston, C., & McDonough, M. (2021). *Sport and exercise psychology: A Canadian perspective* (4th edition). Pearson Education.

This text is available as an eBook (\$84.99) that includes a wide range of learning resources (e.g., practice quizzes, multimedia content) which can be accessed here: <https://console.pearson.com/enrollment/tzhukf> Once you've created a username and password and purchased the eText, you have the option to download the 'Revel by Pearson' app which allows you to access the book and resources offline on your phone/tablet.

Other Course Materials

PowerPoint slides will be made available on the course Canvas page: <https://canvas.ubc.ca/courses/124867>. Slides will typically be posted during the week prior to the respective class—feel free to print these slides or bring them to class electronically. Additional materials such as media articles, podcasts, or videos may also be posted on Canvas as optional resources to enhance students' understanding of course content.

Evaluation

Assessment 1 Knowledge Translation Blog

<i>Format</i>	Short writing activity (600 words maximum, not including References section)
<i>Due Date</i>	Can be submitted at any point during the semester; the final due date is <u>December 5 at 11:59am (sharp) via Canvas</u> (assignments submitted after this date will automatically be deducted at a rate of 10% per day).
<i>Grading</i>	10 marks
<i>Weighting</i>	10% of final grade
<i>Details</i>	The purpose of this assignment is to translate the knowledge you have gathered on a topic in this course. You will write <u>one</u> blog (out of five options) that is guided by theory and evidence but written in a highly digestible/understandable way for a non-academic audience. The assignment can be completed <u>individually or in groups of two</u> (maximum). Further details (e.g., how to submit) will be posted on Canvas and discussed in class.

Assessment 2 Midterm Exam

<i>Format</i>	Multiple choice, short answer, and fill-in-the-blank style questions
<i>Date</i>	In class on <u>Tuesday, October 10</u> (week 6)
<i>Grading</i>	50 marks (30 from multiple choice; 20 from short answer or fill-in-the-blank questions)
<i>Weighting</i>	30% of final grade
<i>Details</i>	The exam will cover the following: Introduction to Psychology, Personality & Individual Differences , and Motivation & Behaviour Change (chapters 1/2/3), which we will go through during weeks 1-4. Any information from the textbook readings and associated lectures are testable. You will be given the entirety of class to complete the exam. Additional details will be provided during class in the weeks prior to the midterm.

Assessment 3 In-Class Essay

<i>Format</i>	Long-answer written responses
<i>Date</i>	In class on <u>Thursday, November 9</u> (week 10)
<i>Grading</i>	30 marks (two questions comprising 15 marks each)
<i>Weighting</i>	20% of final grade
<i>Details</i>	This in-class writing task will require you to respond to two questions that cover content from the Stress, Emotion, & Coping, Arousal & Anxiety , and Mental Skills sections of the course (chapters 4/5/7), which we will go through during weeks 5-8. Any information from the textbook readings and associated lectures are testable. You will be given the entirety of class to complete the task. Additional details will be provided during class in the weeks prior to the assessment.

Assessment 4 Final Exam

<i>Format</i>	Multiple
<i>Date</i>	Term 1 exam period (exact date, time, and location TBA)
<i>Grading</i>	100 marks (40 from multiple choice; 30 from short answer or fill-in-the-blank questions; 30 from two essay questions)
<i>Weighting</i>	40% of final grade
<i>Details</i>	The final exam will be cumulative , covering all content from the semester with slightly more weight given to chapters 10/12/13/14. Any information from the textbook readings and associated lectures are testable. You will be given three hours to complete the exam. Additional details will be provided in the final class of the semester.

Weekly Course Schedule

Below is a plan for the semester, with the associated textbook readings. Note that topics/chapters will require different amounts of time to cover and, as such, we may begin a new topic partway through a class. PowerPoints for each topic will be posted on Canvas during the week prior to the scheduled lecture.

WEEK	Tuesday	Thursday
1 Sept 5 & 7	<i>No class (UBC Imagine Day)</i>	Course Syllabus and Introduction to Psychology (Reading: Chapter 1)
2 Sept 12 & 14	Personality & Individual Differences (Reading: Chapter 2)	Personality & Individual Differences (Reading: Chapter 2)
3 Sept 19 & 21	Motivation & Behaviour Change (Reading: Chapter 3)	Motivation & Behaviour Change (Reading: Chapter 3)
4 Sept 26 & 28	Motivation & Behaviour Change (Reading: Chapter 3)	Stress, Emotion, & Coping (Reading: Chapter 4)
5 Oct 3 & 5	Stress, Emotion, & Coping (Reading: Chapter 4)	Stress, Emotion, & Coping (Reading: Chapter 4)
6 Oct 10 & 12	Midterm Exam (Covering chapters 1, 2, 3)	**NO CLASS (see note below table)
7 Oct 17 & 19	Arousal & Anxiety (Reading: Chapter 5)	Arousal & Anxiety (Reading: Chapter 5)
8 Oct 24 & 26	Mental Skills (Reading: Chapter 7)	Mental Skills (Reading: Chapter 7)
9 Oct 31 & Nov 2	Physical Activity Across the Lifespan (Reading: Chapters 10 & 12)	Physical Activity Across the Lifespan (Reading: Chapters 10 & 12)
10 Nov 7 & 9	Physical Activity Across the Lifespan (Reading: Chapters 10 & 12)	In-Class Essay (Covering chapters 4, 5, 7)
11 Nov 14 & 16	<i>No class (reading break & extra office hours)</i>	
12 Nov 21 & 23	Physical Activity & Mental Health (Reading: Chapter 13)	Physical Activity & Mental Health (Reading: Chapter 13)
13 Nov 28 & 30	Body Image in Sport & Exercise (Reading: Chapter 14)	Body Image in Sport & Exercise (Reading: Chapter 14)
14 Dec 5 & 7	Final review (last day to submit blog)	

****Important:** Thursday, October 12, 2023 has been designated as a “Make-up Monday” for the Term 1 academic schedule. Please note that our Thursday, October 12 class is, therefore, cancelled.