

**The University of British Columbia - School of Kinesiology**  
**KIN 150 (001) Sport and Exercise Psychology [Previously KIN 231] 2024W Term 1**

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**Acknowledgement**

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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.

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**Course Information**

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**Class Location:**

**Class Meeting Times:**

**Pre/Co-Requisites:** None

**Credit Value:** 3

**Instructor:** Desmond McEwan, PhD (*he/him*)

**Email:** [desmond.mcewan@ubc.ca](mailto: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:** “Dasha” Daria Sosna ([dasha13@student.ubc.ca](mailto:dasha13@student.ubc.ca)) (*she/her*)

Yawei Wei ([yawei.wei@ubc.ca](mailto:yawei.wei@ubc.ca)) (*she/her*)

**TA Office Hours:** By appointment. Please email to set up a meeting time (in-person or via Zoom)

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**Course Description**

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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.

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**Rationale**

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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.

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**Aims and Outcomes**

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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

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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

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Lectures will be delivered live and in-person throughout term 1 (September 5 to December 5, 2024). 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

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Students are responsible for all readings assigned in the course syllabus as well as the lecture material presented during class time. Note that only nine of the chapters in this textbook (**1, 2, 3, 4, 5, 7, 10, 12, 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. (2024). *Sport and exercise psychology: A Canadian perspective* (5<sup>th</sup> 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/146360>. 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

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<b>Summary</b>	
<u>Assessment</u>	<u>Weight</u>
Exam grade #1*	40%
Exam grade #2*	40%
Knowledge Translation Assignment	20%

**\*Note:** For the three exams (see below), only the top two out of three marks will contribute to your final grade (40% weight each). The exam you score lowest on will not contribute to your final grade. For example, if you score 75% on midterm 1, 55% on midterm 2, and 65% on the final exam, only the midterm 1 and final exam scores will contribute to your final grade (i.e., the midterm 2 score will be dropped).

This also means that you have the option to miss an exam (e.g., due to illness, schedule conflicts) without it negatively affecting your final grade. For example, if you are happy with your two midterm marks comprising 80% of your final grade, you can feel free to skip the final exam. Additional details and examples will be provided in class.

### **Assessment 1 Midterm Exam**

*Format* Multiple choice, short answer, and long answer questions

*Date* In class on Tuesday, October 8 (week 6)

*Grading* 50 marks (20 from multiple choice, 20 from short answer, 10 from one long answer)

*Weighting* 40% (or 0%) of final grade\*

*Topics*

- Introduction to psychology (chapter 1)
- Personality and individual differences (chapter 2)
- Motivation and behaviour change (chapter 3)

*Details* 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 and practice questions will be provided during class in the weeks prior to the midterm.

### **Assessment 2 Midterm Exam**

*Format* Multiple choice, short answer, and long answer questions

*Date* In class on Tuesday, November 19 (week 12)

*Grading* 50 marks (20 marks from multiple choice questions, 20 from short answer questions, 10 from one long answer question)

*Weighting* 40% (or 0%) of final grade\*

*Topics*

- Stress, emotion, and coping (chapter 4)
- Arousal and anxiety (chapter 5)
- Mental skills (chapter 7)
- Child and youth involvement (chapter 10)
- Aging and physical activity (chapter 12)

*Details* 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 and practice questions will be provided during class in the weeks prior to the midterm.

**Assessment 3 Final Exam**

<i>Format</i>	Multiple choice, short answer, and long answer questions
<i>Date</i>	Term 1 exam period (exact date, time, and location TBA)
<i>Grading</i>	80 marks (30 marks from multiple choice questions, 30 from short answer questions, 20 from two long answer questions)
<i>Weighting</i>	40% (or 0%) of final grade*
<i>Topics</i>	The final exam will be <b>cumulative</b> , covering <b>all content from the semester</b> .
<i>Details</i>	Any information from the textbook readings (chapters 1, 2, 3, 4, 5, 7, 10, 12, and 14) and associated lectures are testable. You will be given 2.5 hours to complete the exam. Additional details will be provided in the final week of the term.

**Assessment 4 Knowledge Translation Assignment**

<i>Format</i>	Written article (750 words max) or multimedia presentation (8 minutes max)
<i>Date</i>	Due <u>Wednesday, December 4 by 11:59pm</u> (anything submitted after this deadline will be subject to a 10% penalty per 24-hour period)
<i>Grading</i>	20 marks
<i>Weighting</i>	20% of final grade
<i>Topic</i>	<ul style="list-style-type: none"> <li>• Body image (chapter 14)</li> </ul>
<i>Details</i>	<p>The purpose of this assignment is to communicate the knowledge you have gained in this course—specifically, the final module on <b>body image</b> in sport and exercise—and communicate it to a non-academic audience. The information you present should be based on theory and research, but communicated in a highly digestible way (i.e., something that a non-academic could understand).</p> <p>There are two potential submission formats for this assignment: (a) a 750-word max written article (e.g., something that university students might read in the <i>Ubysey</i>); or (b) an 8-minute max multimedia presentation (e.g., a PowerPoint presentation or YouTube video for high school students). The assignment is to be submitted on Canvas. Additional details will be provided in class during the weeks leading up to the submission deadline.</p>

## Tentative Course Schedule

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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. Please stay up to date on announcements in class and Canvas for any changes over the term.

WEEK	Tuesday	Thursday
<b>1</b> Sept 3 & 5	<i>No class (UBC Imagine Day)</i>	Course Syllabus & Introduction
<b>2</b> Sept 10 & 12	Introduction to Psychology (Reading: Chapter 1)	Personality & Individual Differences (Reading: Chapter 2)
<b>3</b> Sept 17 & 19	Personality & Individual Differences (Reading: Chapter 2)	Motivation & Behaviour Change (Reading: Chapter 3)
<b>4</b> Sept 24 & 26	Motivation & Behaviour Change (Reading: Chapter 3)	Motivation & Behaviour Change (Reading: Chapter 3)
<b>5</b> Oct 1 & 3	Motivation & Behaviour Change (Reading: Chapter 3)	Stress, Emotion, & Coping (Reading: Chapter 4)
<b>6</b> Oct 8 & 10	<b>Midterm 1</b> (Covering chapters 1, 2, 3)	Stress, Emotion, & Coping (Reading: Chapter 4)
<b>7</b> Oct 15 & 17	Stress, Emotion, & Coping (Reading: Chapter 4)	Arousal & Anxiety (Reading: Chapter 5)
<b>8</b> Oct 22 & 24	Arousal & Anxiety (Reading: Chapter 5)	<i>Midterm 1 review class</i>
<b>9</b> Oct 29 & 31	Mental Skills (Reading: Chapter 7)	Mental Skills (Reading: Chapter 7)
<b>10</b> Nov 5 & 7	Child & Youth Involvement (Reading: Chapter 10)	Physical Activity & Aging (Reading: Chapters 12)
<b>11</b> Nov 12 & 14	<i>No class (reading break &amp; extra office hours)</i>	
<b>12</b> Nov 19 & 21	<b>Midterm 2</b> (Covering chapters 4, 5, 7, 10, 12)	Body Image in Sport & Exercise (Reading: Chapter 14)
<b>13</b> Nov 26 & 28	Body Image in Sport & Exercise (Reading: Chapter 14)	Assignment prep & catch-up day
<b>14</b> Dec 3 & 5	Review and Final Exam prep	<i>Midterm 2 review class</i>