

**ST. JOSEPH'S UNIVERSITY**  
**School of Arts and Sciences**  
**SYLLABUS**

PSY 1205-301  
Sports Psychology  
Intersession, 2010, M-R 6-9:30p; Sa 9a-12:30p  
3.0 Credits  
Mandeville 207

Instructor: Richard J. White, Ph.D.  
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**COURSE DESCRIPTION:** Sports has long history in this country. Not only does it provide an escape for many people, it is also a main form of entertainment, and has evolved into a business worth billions of dollars. The psychology behind sports has been part of human history since the ancient Olympic Games, but only in the past quarter century or so has it been recognized as a distinct area of study worth addressing and exploring. In this course, we will review theory, concepts, research, practice, and methodology in sports psychology. This will be done through a variety of formats, including lecture, discussion, readings, assignments, and other class-related activities.

**OBJECTIVES:**

- ❖ Students will learn the terms, facts and psychological concepts and theories of sports psychology
- ❖ Students will learn techniques and methods used to gain knowledge in sports psychology
- ❖ Students will gain a greater understanding, application, and awareness of sports psychology
- ❖ Students will develop an ability to draw reasonable inferences from the direct and indirect observation of sport-related individuals (e.g., athletes, coaches, trainers, sports psychologists, etc.)

**COURSE ASSIGNMENTS:** It is expected that the student will come prepared to discuss the readings as listed on the course syllabus (see Calendar below).

**TEXTBOOK AND LEARNING RESOURCES:**

Murphy, S. (Ed.). (2005). *The sports psych handbook: A complete guide to today's best mental training techniques*. Human Kinetics, Inc.: Champaign, IL

Discussions will be supplemented with information from various media outlets. There are no computer requirements (hardware or software) for this course.

**GRADING POLICIES:** The grading system to be used for evaluation in this class is as follows:

**Two (2) in-class presentations of a major chapter concept: 30%**

**Applied Paper (Final Exam): 30%**

**Reaction Paper: 30%**

**Class Participation: 10%**

**N.B. Expectations for the chapter concept presentations, applied paper, and reaction paper will be distributed the first class of the Intersession.**

**ACADEMIC INTEGRITY POLICY:** Academic dishonesty, in any form, is considered a breach of both integrity and honor. It is also considered evading one's personal and academic responsibilities, and an attempt to misrepresent progress. Violations of these standards will not be tolerated at St. Joseph's University, and will result in sanctions, up to and including possible dismissal from the University. Violations include, but are not limited to, copying tests, purchasing work to present as one's own, obtaining tests illegally, and plagiarism. If you have any questions or require further clarification of this policy, please refer to the University College catalogue.

**ATTENDANCE POLICY:** It is expected that students will make every reasonable effort to attend class as it is scheduled. Unfortunately, there may be times when illness prevents you from attending. Out of respect for the health of everyone in the class, please do not come if you are too ill to do so. However, if you are not going to be in class, it is professional courtesy to give 24 hours notice. It is the student's responsibility to find out what material was covered and make up any work that may have been missed. Given the nature of the Intersession format, however, even if one (1) class is missed, it will be difficult to catch up with the rest of the class.

**DISABILITY STATEMENT:** If you have or are thought to have a documented disability (learning, physical, psychological) for which you are or may be requesting reasonable academic adjustments, you are encouraged to discuss your instructional needs with your professor and contact Services for Students with Disabilities, Room 113 Science Center, (610) 664-1774 or (610) 660-1620 as early as possible in the semester. Accommodations can only be provided to those students with current (within three years) documentation. All requests for reasonable academic adjustments such as extended time for tests must be discussed with the professor a minimum of one (1) week prior to the scheduled test date.

## CALENDAR

Class	Date	Topic	Text Book Chapter
1	1/4	Course Introduction Inner Drive: Motivation & Goals	1 & 2
2	1/5	Competition & Overtraining Chapter Presentation	3 & 4
3	1/6	From Anxiety to Anger Chapter Presentation	5 & 6
4	1/7	Inner Processes: Concentration & Imagery Chapter Presentation	7 & 8
5	1/9	Class Discussions Role of Sports Films	
6	1/11	Leadership & Teamwork Chapter Presentation	9 & 10
7	1/12	Coaching & Injuries Chapter Presentation Reaction Paper Due	11 & 12
8	1/13	Eating Disorders & Substance Use Chapter Presentation	13 & 14
9	1/14	Roles & Qualifications of the Sports Psychologist Chapter Presentation	15 & 16
10	1/16	Applied Paper Due Effective Sports Psychology	17