KINE 3316 - Psych Aspects of SportExercis: Psych Aspects of SportExercis (SSI - June 03 to July 05)
Summer 2024 Syllabus, Section 380, CRN 51371

Instructor Information

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Office Hours:
Virtual meetings by appointment

Times and Location

Does Not Meet Face-to-Face

Course Description

This course introduces various theories and concepts from developmental, social, cognitive psychology to students to understand the effects of 1) psychological variables on performance in sport/exercise settings and 2) participation in sport/exercise on psychological development, health, and well-being. As the psychological interventions, basic concepts of psychological skills training are introduced for optimal performance and psychological well-being. This course is 2 hours of theory and 1 hour of laboratory per week. Prerequisites: PSYC 2301 or PSYC 2314.
Health Sciences Department, College of Nursing&Health Sci

Student Learning Outcomes

Upon completion of this course, the student is expected to:

- Discuss and synthesize current issues in health, physical activity and wellness.
- Develop the knowledge and apply psychological skill training programs for athletes and exercisers.
- Develop the knowledge and ability to critically and effectively discuss issues in sport and exercise.

Important Dates

Visit the Academic Calendar (tamiu.edu) (https://www.tamiu.edu/academiccalendar/) page to view the term's important dates.

Textbooks

Group	Title	Author	ISBN
Required	Foundations of Sport and Exercise Psychology (8th Edition)	Weinberg & Gould	9781718207608
Required	Publication Manual of the American Psychological Association. (APA, 7th ed.)	American Psychological Association	

Grading Criteria

CNHS has established grading policies specific to each program. The KINE adopted University Grading Policies without D as the passing grade. Therefore, to pass a Kinesiology course and progress in the program, a student must attain an overall course average of 70% or higher.

GRADE	PERCENTAGE
A	90-100
B	80-89
C	70-79
F	Below 69

Open Boilerplate

Rubrics for Assessments

Assignment rubrics are located in the course shell in Blackboard within the course overview page and in every assignment details.

Grading Schema

- A = 270 to 300 points
- B = 240 to 269 points
- C = 210 to 239 points
- F = Less than 210 points

ASSIGNMENT	VALUE
Quiz (5 x 20 points)	100 points
Module Activity (5 x 10 points)	50 points
Article Summary-Critique (5 x 20 points)	100 points
Final Exam	50 points

Schedule of Topics and Assignments

Week of	Agenda/Topic	Reading(s)	Due
6/3	Quiz 1, Module 1 Activity, & Article Summary-Critique 1		6/7 Friday
6/10	Quiz 2, Module 2 Activity , & Article Summary-Critique 2		6/14 Friday
6/17	Quiz 3, Module 3 Activity, & Article Summary-Critique 3		6/21 Friday
6/24	Quiz 4, Module 4 Activity, & Article Summary-Critique 4		6/28 Friday
7/1	Quiz 5, Module 5 Activity, & Article Summary-Critique 5 Final Exam		7/3 Wednesday 7/5 Friday

Distance Education Courses

Regular and Substantive Interaction (Note to Instructors):

The U.S. Department of Education (ED) has issued Regular and Substantive Interaction: Background, Concerns, and Guiding Principles which went into effect on July 1, 2021. Under the new regulations, the U.S. Department of Education requires that all online courses and programs for which students may use Title

IV funds (federal financial aid) include regular and substantive interaction between students and their instructors. This ruling applies to both synchronous and asynchronous courses, with the primary focus being asynchronous courses. The Department of Education has the authority to audit courses and programs at institutions, like Texas A&M International University, with online offerings.

Be sure that your course provides for regular and substantive interaction between faculty and students, students and students, and students and content. (C-RAC, OSCQR, QM, SACSCOC, SC)

1. *Regular and substantive instructor-to-student expectations and predictable/scheduled interactions and feedback are present, appropriate for the course length and structure, and are easy to find. (OSCQR, SACSCOC, SC)*
2. *Expectations for all course interactions (instructor to student, student to student, student to instructor) are clearly stated and modeled in all course interactions/communication channels. (OSCQR, SACSCOC, SC)*

Be sure to add clear statements on your syllabi about these instructor-to-student expectations.

Visit for additional guidance on including Regular and Substantive Interaction: https://www.tamiu.edu/distance/faculty/regular-and-substantive-interaction.shtml

Online Courses and On-Campus Meetings

Texas Administrative Code (TAC), Title 19, Part 1, Chapter 2, Subchapter J, Section 2.202 (https://texreg.sos.state.tx.us/public/readtac$ext.TacPage/?sl=R&app=9&p_dir=&p_rloc=&p_tloc=&p_ploc=&pg=1&p_tac=&ti=19&pt=1&ch=2&rl=202), defines distance education as the formal educational process that occurs when students and instructors are not in the same physical setting for the majority (more than 50%) of instruction. Distance education includes hybrid and 100% online courses and programs as defined by the Texas Higher Education Coordinating Board (THECB):

- **Hybrid Course** - A distance education course in which more than 50 percent but less than 100 percent of instructional activity takes place when the student(s) and instructor(s) are in separate physical locations.
- **100-Percent Online Course** - A distance education course in which 100 percent of instructional activity takes place when the student(s) and instructor(s) are in separate physical locations. **Requirements for on-campus or in-person orientation, testing, academic support services, internships/fieldwork, or other non-instructional activities do not exclude a course from this category.**

In this online course, be sure to confirm what in-person meetings may be required of you (if applicable).

Course Structure

1. KINE 3316 Psychological Aspects of Sport & Exercise is an online class providing the theory, processes, activities, and settings for those who are currently working or will work in sport and exercise settings. **Therefore, it is crucial that you recognize your responsibility for active self-study and communication with me as the class instructor. Please regularly check the course announcement and your email, which is linked to Blackboard.** You must check the due dates for all assignments and mark the dates on your calendar.

2. It is a strict rule in the College of Nursing and Health Sciences that **all online exams cannot be posted more than 24 hours.** You **must** again check the due dates of all assignments (including post-tests, critical thinking discussions, article critique-summary papers, and final paper) as well as the final exam and complete them by the due dates because **there will be no make-up test/exam as well as no late assignment acceptance.** Do not hesitate to contact me via email or phone if you have any questions/concerns while taking this class.

3. **All writing assignments must be submitted by their due dates (please check Important Dates) via Blackboard.** The submission emailed to me will not be accepted. The submission emailed to the instructor will not be accepted. Students failed to submit their writing assignments in previous semesters because they tried to access Blackboard just a few minutes before the deadline but had technical issues. It is highly recommended that students should submit their papers with enough time for any unexpected issues. You can find all due dates for all assignments and have days to work on each assignment. **Therefore, no late work will be accepted (No exception!), and a zero (0) will be assigned.** Start to do them right now!

Student-Instructor Communication Policy and Response Time

Announcements/Course Messages/Emails
I will typically respond to emails as well as Blackboard/phone messages within a 48-hour time period, excluding weekends and holidays.

Assignments and Assessments
Assignments will be graded within a week after the due date, and feedback about written assignments will be provided with their grades and can be found within the assignment. *Quizzes and exams will be graded upon completion by Blackboard.

Course Communication Guidelines (Netiquette)

There are course expectations concerning etiquette or how we should treat each other online. We must consider these values as we communicate with one another. Visit **Instructional Technology and Distance Education Services' web page on Netiquette (http://www.tamiu.edu/distance/students/netiquette.shtml/)** for further instruction.

Accommodations/Accessibility Policy

Texas A&M International University seeks to provide reasonable accommodation for all qualified persons with disabilities. This University will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to register with the Director of Student Counseling and to contact the faculty member in a timely fashion to arrange for suitable accommodation. For more information, contact the online at **Office of Disability Services for Students (DSS)**, via phone at 956.326.3086 or by visiting the staff at the Student Center, room 118. A link to the Disabilities Services for Students site has also been included under the "Resources" tab inside the course.

Student Support Resources

The University wishes to have all students succeed in their courses. To provide support to our students, an array of services in the areas of technology support, academic support, student support, and accessibility support may be found at the University. For more information, visit the Instructional Technology and Distance Education Services page on **University Resources and Support Services**.

Computer/Technology Requirements

When participating in distance education courses, it is vital to consider the technology involved in order to have a successful course. Online students will need regular access to a personal computer that runs on a broadband Internet connection.

It is recommended that you meet the technical requirements listed on the Instructional Technology and Distance Education Services' webpage when using the learning management system (LMS) of the University.

Additional Hardware. For this class, you will need the following additional hardware: **[***list any additional required hardware here. Additionally, and if applicable, you may use the following statement***:]** Recently purchased laptops may have these built-in web cameras. If you do not have this equipment, it is recommended to purchase a stand-alone webcam, microphone, or a webcam with a built-in microphone from your local electronic store or any online store.

NOTE: Instructional Technology and Distance Education Services may check out available webcams to students on a first-come, first-served basis. To check out a webcam, please stop by Killam Library, Room 259, and request an available webcam.

Additional Software. You will need the following additional software: *[list any additional software required here. Additionally, and if applicable, you may use the following statement:]* TAMIU Students may access online versions of this software through their Dusty Office 365 account at **https://dusty.tamiu.edu/**. This site also provides students access to download the Microsoft suite for educational use. **See instructions for downloading the Microsoft Office suite**.

Note: Students, if you do not own the required hardware or software or do not have access to the Internet, it will be highly challenging for you to make any progress in this class. However, my goal is to assist you in finding solutions and guide you appropriately most of the required materials can either be found free of charge at TAMIU's library, classrooms, and available computer labs. **Visit Media Services' web page on the availability of on-campus computer labs.** In addition, you may also purchase any of these items at any electronic store.

Learning Management System (Blackboard)

Students are provided with an orientation (***eLearning (Blackboard) Student Orientation***) and access to guides on how to use the Blackboard LMS. Guides may be available at **Instructional Technology and Distance Education Services' Student eLearning Tutorial Videos page** or by contacting the eLearning team at **elearning@tamiu.edu**.

Minimum Technical Skills Expected

When participating in distance education courses, it is vital to consider the technology involved in order to have a successful course. Students in distance education should have knowledge of basic computer and Internet skills, as mentioned on the **Instructional Technology and Distance Education Services' webpage**.

Technical Support Services

Because of the nature of distance education courses, the Office of Information Technology (OIT) computing and information services are vital to the success of online students. This webpage covers contact information for Distance Education Services (Blackboard Support), the OIT Help Desk, and E-mail support: **Technical Support Services**.

Late Work Policy

No late work will be accepted. Students are responsible for submitting work on the due date and time specified.

Course Evaluation

At the end of this course, students are encouraged to complete a course evaluation that will be distributed to them via email and through a course link.

Turnitin Policy Or Other Types of Assignments in Other Systems

[Instructor's policy on assignments held within the Turnitin system.]

Proctoring

All online exams must use Respondus LockDown Browser and if off campus without direct faculty proctoring the student must also use the Respondus webcam. All students need to purchase a year-long license for Respondus. The cost is $15, and you will be able to use it in all of your classes.
Student instructions for purchasing and installing Respondus can be found:TAMIU Instructional Technology & Distance Education Services - Respondus LockDown Browser and (https://www.tamiu.edu/distance/technology/respondus-ldb-and-monitor.shtml/) Respondus Monitor Web Page (https://www.tamiu.edu/distance/technology/respondus-ldb-and-monitor.shtml/)

Accessibility and Privacy Statements on Course Technologies

[Information on the accessibility and privacy policies of all course technologies must be provided to the students. At TAMIU, the eLearning team has compiled a list of accessibility and privacy statement links on their website. Link to these pages and contact eLearning if any new technologies should be listed on their pages. See the following example. Customize technologies to include those that pertain to your course:]

At Texas A&M International University, we believe that all students should have equal technology opportunities in the classroom. These technologies/ sites may also require user data, such as the creation of a username and password. You may find the accessibility and privacy policies of the technologies used in this class on the following pages: **Accessibility Statements and Privacy Statements**.

In this class, we will utilize: [insert the technologies here].

Syllabus Subject to Change

While information and assurances are provided in this course syllabus, it should be understood that content may change in keeping with new research and literature and that events beyond the control of the instructor could occur. Students will be informed of any substantive occurrences that will produce syllabus changes.