“The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.” -- William James

Instructor Information:
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Office hours: TR 2-3pm or by appointment

Teaching Assistant:
Jason Cohen jdcohen4@illinois.edu

Course Description
This course will focus on the social and psychological factors related to participation in sport, exercise, and physical activity. Specifically, two general questions will be explored: (a) how do social and psychological variables influence participation and performance in sport and exercise? and (b) how does participation in sport and exercise affect the psychological well-being of the individual? Main topics will include personal factors that influence sport & exercise behavior (e.g., personality and self-perceptions), as well as situational factors such as the observational learning of motor skills, leadership behaviors, and motivational climate. The third part of the class will focus on psychological methods for enhancing personal development and performance in sport and exercise contexts.

Course Objectives
1. To gain an understanding of the history and current practice of sport and exercise psychology with regard to research, teaching, and consulting roles.
2. To gain an appreciation of the value of research and practical experience as a means of developing expertise in sport and exercise contexts (i.e., theory guiding practice).
3. To understand and explain the effects of social psychological factors (role of significant others, gender, race, personality) on behaviors (motivation, adherence, performance) within physical activity settings (exercise, fitness, physical education, rehabilitation, sport). Importantly, a multidimensional, interactional approach will be stressed.
4. To acquire the knowledge to apply social psychological principles successfully to practical situations in physical activity settings (i.e., coaching, teaching, injury rehabilitation).

Course Web Page
A web page containing the syllabus, notes, assignments, and other information can be found on COMPASS 2G. Although I will utilize C2G to send you announcements and reminders, please note that UNLESS I HAVE SPECIFIED, I do not accept homework assignments as e-mail attachments and
homework may not be submitted via COMPASS 2G. Hard copies of all assignments must be turned in by the required deadline at the beginning of class.

Lecture Notes

You are expected to come to class per the Student Code, section I-501. I will not provide skeletons, slides, or copies of the notes (all are posted online: http://seanmullen.com/teaching/kin-247-introduction-to-sport-psychology and Compass 2G). Should you have reason to miss a class, whatever it may be, it will be your responsibility to get additional notes. Make friends with your classmates, as this may be one of the easiest ways to obtain copies of the lecture notes that you’ve missed. If you cannot find anyone to share his or her notes from previously missed lectures, you may schedule an appointment with your TA to copy them by hand. You will not be allowed to photocopy or scan the TA’s notes.

Text Book

You are not required to purchase a textbook for this class. All exams and quizzes will be based on lecture content. In the event that you miss one of my lectures, you can also read the appropriate chapter from either Sport Psychology by R.H. Cox, or Foundations of Sport and Exercise Psychology by R. Weinberg & D. Gould. I have had all copies of these textbooks placed on reserve in the Applied Health Sciences Library. Supplemental readings are also available by request.

Course Requirements

I. Exams. There will be 3 exams equally spaced throughout the semester (each worth 25% of your final grade). The exams are not comprehensive, although topics build upon each other. Exam formats will be mixed (short answer questions and multiple choice questions), and be based on class lectures and supplemental readings (material from the readings will be covered in lecture). I will provide a brief review of key topics prior to each exam. You are responsible for coming to that session prepared to ask questions, seek clarification, etc. I will come prepared to answer your questions/concerns.

II. Assignments. There will be 3 graded assignments given over the course of the semester worth a total of 25% of your final grade. Assignment distribution and collection will be in class. These will be based on topics covered in class, and intended to bring material learned in class to life. NO late or electronic papers will be accepted without prior arrangement. Individual and group-based assignments will be based on a standardized rubric.

III. Unannounced Quizzes. There will be unannounced quizzes throughout the semester based upon the previous lectures and are worth a total of 15 points. These are targeted as “extra credit” opportunities. As such, there will be no opportunity for a “make up” quiz. Quizzes are conducted online and require that you are present in class on the day they are assigned to receive the password. Any distribution of passwords will be viewed as a violation of the student honor code (see below). All quiz point systems are not equivalent. This will be explained.

IV. Student Honor Code. I will strictly adhere to all guidelines of student code I-402 regarding academic integrity (cheating, plagiarism). On every written assignment, please pledge the following: “I have neither given, nor received help on this assignment,” and sign your name.

THERE WILL BE NO OPPORTUNITIES TO “MAKE-UP” ANY ASSESSMENTS!!
Evaluation

It is my contention that if you come to class, listen, ask questions, take notes, think, and complete the assignments, you should do very well in this class. Again, if you miss a class, you are responsible for making the proper arrangements to acquire the notes and materials relevant to the missed lecture. Below are some general guidelines for evaluating how you are doing in class. These are not cast in stone but, by and large, will approximate the distribution of grades. There will be no opportunity to “make-up” or improve a grade by doing extra work. Therefore, please do not request to do so.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Tentative Dates</th>
<th>% of Final Grade</th>
<th>Point Distribution</th>
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<tbody>
<tr>
<td>Exam I*</td>
<td>9/27</td>
<td>25</td>
<td>100</td>
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<tr>
<td>Exam II*</td>
<td>10/25</td>
<td>25</td>
<td>100</td>
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<tr>
<td>Exam III*</td>
<td>12/11</td>
<td>25</td>
<td>100</td>
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<tr>
<td>Assignment I</td>
<td>TBA</td>
<td>5</td>
<td>20</td>
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<tr>
<td>Assignment II</td>
<td>TBA</td>
<td>10</td>
<td>40</td>
</tr>
<tr>
<td>Assignment III</td>
<td>TBA</td>
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<td>40</td>
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</tbody>
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Letter Grade**  % Material Correct  Points Needed
A    90-100        ≥ 360
B    80-89         ≥ 320
C    70-79         ≥ 280
D    60-69         ≥ 240
F    ≤ 59          ≤ 239

Note. *Exams will not be curved, ** There will be no plus/minus grades

Important Notes

- The best ways to contact me: immediately before/after class (to ask a question, set up an appointment, etc.)
- To ensure that disability-related concerns are properly addressed from the get-go, students with disabilities who require reasonable accommodations to participate in this class are asked to contact me as soon as possible.
- Varsity athletes are asked to provide their athletic traveling schedules and are required to hand-in the appropriate paperwork if class lectures are to be missed for sporting events.
- Everyone is expected to uphold principles of academic integrity. Plagiarism and other forms of cheating will not be tolerated. If you are unsure if an act may be considered plagiarism, it is usually a good idea to err on the side of caution & ask.
- Please seek my assistance whenever you have a question about an assignment or other material in class. My TA assists with grading, but once a grade has been tabulated, questions about grades and concerns should be directed to me.
- Please make sure that you check your email regularly. All emails for this class will be made via Compass 2G and will contain “KIN 247:” in the subject line.
- The Emergency Dean can send a letter for extended absences due to an illness, accident or family crisis. However, the faculty has authority and responsibility for excusing students from class, accepting late assignments and giving make-up tests. The ED can be reached 24/7 by calling (217) 333-0050.