

Faculty Council on Academic Affairs Curricular Cleanup 2009
Form for Streamlining pre-2008 Courses Through Full Governance

Email completed form and most current syllabus to: Sabrina Guth <s-guth1@neu.edu>. Also print completed form, collect departmental signatures, and mail to Sabrina in the Faculty Senate Office. This form is only valid for use through 10/15 2009 and only may be used for pre-2008 courses that have not been reviewed through full governance.

Current Course:

PEMT 3426 Sports Psychology 3
dept prefix number course title credit hrs

Proposed Course (must be same level and have same credit hours):

Same
dept prefix number course title

Abbreviated Course Title (29 character limit if full title is longer):

How many times has course been taught in the last 5 years? #

Ave. weekly contact hrs: # 3 Is this course repeatable? YES NO Required for the major? YES NO

Is course restricted by student level, major, or counts for graduate credit, etc.? YES NO

If yes, explain:

Categories (check all that apply; default categories are checked for Academic Affairs purposes):

- Discussion Lab Practice Teaching Tutored Study
Field Experience Lecture Studio Video Conferen.
Hybrid Master's Project Self Study
Independ. Study Online Student Teaching
Internship Practicum Thesis Seminar

Course Description (to appear in the Academic Catalog; 100 word limit):

This course will introduce students to the theoretical and applied knowledge of teaching and coaching in sport and physical education. The purpose of the course is to examine and discuss the psychological aspects of teaching and learning in the physical education and sport setting. Principles of motivation, self-confidence, self-esteem, performance anxiety, and character development through sport will be integrated into lecture, discussion, and class projects.

Prerequisite(s):

Provide short paragraph narrative explanation of the origins of the course and its significance to the program:

This course is one of 10 pro seminars developed for the majors of both Health and Physical Education. This course supports the current standards based curriculum and NCATE accreditation requirements for the physical education teacher preparation program.

Signatures:

Chair, Coordinator date FCAA Chair date
2nd Departmental Faculty Member date Provost date

PEMT 342g
Sports Psychology
Northeastern Illinois University
Department of Health, Physical Education, Recreation, and Athletics

**College of Education Professional Practice:
Reflective, Collaborative, Transformative**

The College of Education conceptual framework is a statement of the fundamental principles that guide our work, programs, and initiatives. We expect our candidates and alumni to be committed to professional practice that is reflective, collaborative, and transformative. Our candidates think critically and creatively about their practice, and work together with school and community partners in ways that promote equity and justice. NEIU candidates and graduates are prepared to play an important role in transforming schools, organizations, communities, and individual lives.

The entire document can be accessed at:

http://www.neiu.edu/DOCUMENTS/Academics/College_of_Education%20-%20Docs/Main_Menu/COE_CF.pdf

1. PEMT 342G – Sports Psychology

2. COURSE DESCRIPTION:

Intensive studies in physical education with specific focus on the psycho-social aspects of teaching and coaching in physical education

3. REQUIRED TEXT/MATERIALS

Required text: Weinberg, R.S. & Gould, D, 5th edition. (2010) Foundations of Sport and Exercise Psychology. Champaign, IL: Human Kinetics.

4. FACULTY INFORMATION

Dr. Moira E. Stuart, chair

m-stuart@neiu.edu

773-442-5546

Office hours Tuesday/Thursday 9-10:30

5. STUDENT LEARNING OUTCOMES: *

- a) Identify the social and psychological predictors and consequences of sport and physical activity involvement; COE (standard 1);
- b) Identify and discuss the psycho-social issues and implications embedded in participation in sport and physical education; COE (standard 1, 3); Explain and discuss the social and psychological theories applied to sport and physical activity COE (standard 1,3);
- c) Develops methods of building confidence and motivation in sport and physical education and participants; NASPE ();
- d) Develop strategies that promote a positive and inclusive sport and physical activity involvement for all participants in physical education COE (1, 3, 4, 5);

6. SUBJECT CONTENT:

Intro to Sport Psychology in teaching and coaching

Motivation in sport

Motivation in the PE classroom

Self-perceptions

Anxiety & case study
 Feedback and reinforcement
 Group and team dynamics
 Group cohesion
 Leadership
 Communication
 Introduction to Psychological skills training
 Self-confidence
 Imagery
 Concentration
 Psychology of injury
 Addictive and unhealthy behaviors

7. REQUIREMENTS:

a. Course Activities/Assignments

- 1. Interview with a teacher/coach regarding motivational techniques.** Students will complete an interview with a coach of your choice. The interview questions will be provided to you. Students will be responsible for transcribing and analyzing the answers.
- 2. Observation research techniques in coaching and teaching project:** Students will use an established observation tool to conduct and code 1 observation of coaching or teaching behavior. The student will analyze the results and write a reflective paper on their observations.
- 3. Group Technology Project:** Students will conduct a project with one other person during the semester. The projects will be presented in class in the last two weeks of class. A project guideline sheet will be reviewed in week 8.
- 4. Exams:** There will be three exams for the course plus the final. The exams are not comprehensive; however, the final exam will include selected material from chapters.

b. Assessment:

<u>Course Grading</u>	<u>Possible points</u>	<u>Student points</u>
Exam 1	40 points	_____
Exam 2	40 points	_____
Exam 3	40 points	_____
Final Exam	50 points	_____
Group projects	40 points	_____
Coaching Observation	20 points	_____
Coach interview	20 points	_____
Total	240 points	_____

Grading: %.....Grade

c. Technology requirements:

Students in this course will use the following technology

1. Blackboard
 - a. Document retrieval – class notes and documents
 - b. Discussion board – class discussion threads
 - c. Digital dropbox – submission and review of assignments
 - d. Safe assign – review of work for originality

2. Podcasting - interviews
3. Excel – observation project

8. Class policies

Special needs: If there are any students in this class who have a disability that require special accommodations please see me as soon as possible.

Attendance: Two absences are allowed in the semester. I will determine what an excused absence is. Failure to communicate regarding an absence will automatically be considered unexcused. Doctor's notes are required for an extended absence due to illness. For each unexcused absence there will be a 5-point deduction for each missed absence. Additionally, three late arrivals (5 minutes or more) count as one absence. Please see me if you anticipate any problem arriving on time to class. Students are responsible for tracking their own attendance score to include reductions for absences. It is not the professor's responsibility to alert you of your status during the semester. Exceeding the allowed number of absences will have a negative impact on your final grade.

Late assignments: For each day an assignment is late it will be 1 point deduction. Assignments are to be submitted in the electronic drop-box of blackboard

Exam absentees: Students who are absent on the day of their exam or presentation will receive a zero. If you have an emergency, you must contact me ahead of the exam/presentation time so I determine a course of action. Make up exams are provided on *rare* exception and are not the same as the in-class test.

Blackboard: All handouts, readings, assignments and any other documents related to the class will be posted on Blackboard. It is your responsibility to make sure that you check BB before each class and print out the notes and or in-class readings. Everything will be accessible under the —Course Documents heading. If you are having trouble with BB, contact the Student Computing Services Department in the B-Building, Room B-107 or call (773) 442-4390.

The Writing Lab: The Writing Lab is a free service available to any student enrolled in a class at NEIU. Tutors are available to work with students by appointment. To make an appointment, stop by LWH 2046 or call the lab at 773-442-5480. Additionally, an appointment can be requested online by going to the following webpage: <http://www.neiu.edu/~ewlab/subPages/appointment.html> Students may request a verification of attendance from the tutor with whom they work.

Plagiarism: plagiarism is the undocumented use of someone else's work as your own. Plagiarism is considered a serious offence because it is, in fact, stealing. If your work contains any form of work produced by someone else and you didn't credit them as the source of the work, then you not only have stolen the other work for your own use, but you are lying as well. Using another person's ideas, opinions, theories, or any facts, statistics, graphs, drawings or any other pieces of information that are not