

THE UNIVERSITY OF BRITISH COLUMBIA  
School of Human Kinetics

**HUMAN KINETICS 231**  
**Sport and Exercise Psychology**  
Monday 5:00-8:00pm

Instructor: Dr Peter Crocker  
Office: War Memorial Gym, Rm. 220A  
Office Telephone: 604-822-5580  
Email: [pcrocker@interchange.ubc.ca](mailto:pcrocker@interchange.ubc.ca)  
Office Hours: Tuesdays and Thursdays 1:00-3:00pm  
Or by appointment

### **COURSE DESCRIPTION AND OBJECTIVES**

This course examines psychological theories and research related to sport and exercise behaviour. The course provides a broad overview of major topics in the area. The course objectives are:

1. To develop an understanding of relevant theories in sport and exercise behaviour.
2. To develop an understanding of how psychological factors influence participation and performance in sport, exercise, and physical education.
3. To develop an awareness of how sport and exercise psychology knowledge can be applied in physical activity settings.

### **TEXTS AND READING**

**Required Text:**

**Crocker, P.R.E. (2007). Sport Psychology: A Canadian Perspective. Toronto, ON: Pearson Education.**

### **CLASS PROCEDURES AND REQUIREMENTS**

The class will be a combination of lecture and seminar formats. Classes will include discussion, activities, and other supplementary material. It is strongly suggested that students read relevant chapter material prior to each class.

## Examinations

There will be two exams: one midterm and a final exam. The midterm exam will consist of both multiple choice and short answer questions. The midterm exam will be scheduled during class time (1-1/2 hours) and the final exam will be scheduled during the final exam period.

**The final exam is cumulative. The exams will be based on the text as well as the content delivered in class.**

The final exam is a combination of open and closed book. Students are required to have a text-book (no photocopied books due to copyright regulations). The closed book portion will be similar to the midterm in format. The open book portion will consist of case studies that will require integration across chapters.

## COURSE EVALUATION

	<b>% Total Grade</b>
Midterm	35%
Research Poster presentation	15%
Final Exam: TBA	50% (or 45% or 85% see below)
 Total	 100%

1. Missed midterm exam will be added to the final exam. There are no make-ups
2. **Students receiving a higher percentage on the final exam, compared to midterm exams, will receive the higher percentage for the exam portion of the course (85%).** For example, a student's mark after the midterm is 60%. The student receives 80% on the final. The student receives a exam mark of 80%. (80% of 85).
3. Please note that the final exam is typically more difficult compared to the midterm since it covers the entire course.
4. **The instructor reserves the right to scale the class' final mark up to achieve a 70% average.** The marks will not be scaled down.
5. **Research poster will be discussed in the class.** It is a group project, with individuals assigned to specific groups. The poster will be presented during class time. (Presentations will occur in the last three classes of term)

## Course sections

1. Basic foundations (6 weeks): Midterm 1 covers this section.

Topics covered	Required readings
	Chapters
Introduction	1
Personality	3
Motivation	4
Arousal/anxiety	5
Stress & coping	6
Aggression	8

2. Social and applied sport and exercise psychology ( 6 weeks)

Topics covered	Required readings
	Chapters
Introduction to psychological skills training	7
Group cohesion	9
Coaching psychology	10
Children's psychological development through sport	11
Aging & physical/activity	12
Gender issues.	13

**CLASS POLICIES:**

Full attendance is expected at all classes. Due to the quantity and depth of class material, students who are absent will disadvantage themselves with regards to integrating course content. It is the student's responsibility to obtain class notes from fellow students if absent.

Students whose attendance and/or performance may be severely affected by medical, emotional or other disabilities should consult with the instructor. At this time, the instructor and student can discuss any special accommodations that might be needed in order to complete the course requirements. Supportive documentation from either the Disability Resources Centre or a health care professional must be submitted to the Undergraduate Advising Office.

The University accommodates students with disabilities who have registered with the Disability Resource Centre. The University also accommodates students whose religious obligations conflict with attendance, submitting assignments, or completing scheduled tests and examinations. Please let the instructor know, ideally during the first week of classes, if you require accommodation on these grounds.

Regarding academic dishonesty, please review the UBC Calendar "Academic regulations" for the university policy on cheating, plagiarism, and other forms of academic dishonesty. The University regulations, in their entirety, apply to work required for this course.

Students should retain a copy of all submitted assignments (in case of loss) and should also retain their marked assignments in case they wish to apply for a review of assigned standing. Students have the right to view their marked examinations with the instructor, providing they do so within a month of receiving their final grades. This review is for pedagogic purposes. The examination remains the property of the university.