

**Montana State University**  
**College of Health and Human Development**

**Course Number and Title:** HDPE 445 Applied Sport Psychology  
(3 Credits) Spring 2008  
**Class Time/ Days/ Location:** Wed 2:10 - 4:40, 205 Herrick Hall  
**Instructor's Office Location:** E-Mail, [david.gantt@montana.edu](mailto:david.gantt@montana.edu)  
**Office Hours:** After Class  
**Office Contact Information:** 406-390-0189 Cell

<http://hdpe445.zutonet.com>

**Assumption:** This course is designed for upper division students who have either experience in or a strong interest in coaching athletes at any level.

**Students in this class will have.....**

1. *successfully completed*
  - a. **HDPE 267, Introduction to Coaching, and**
  - b. **HDPE 371, Research Methods, or consent of instructor.**
2. *the desire to improve their coaching ability*
3. *the motivation to work hard in this class (400 level) exhibited by*
  - a. *reading all of the assignments*
  - b. *coming to every class prepared to discuss the topic(s) of the day*
  - c. *a willingness to be a good team mate relative to group assignments*

**Readings and Assignments:**

1. Anshell, Mark H. Sport Psychology, From Theory to Practice, Benjamin Cummings, Fourth Edition
2. Additional readings throughout the semester (on line and via handouts in class)
3. **In Class Assignments:** Throughout the semester, the class will have assignments that are completed in class or relate to special guest presenters. These assignments will be, for the most part, unannounced and can only be completed by being in class. May substitute quizzes/exams for assignments.
4. **Out of Class Project** (In class group presentation)

**Educational Objectives:**

*The goal is to provide the students with knowledge and experience in the application of basic principles of psychology to the three populations directly involved with sports (athletes, coaches, and parents). The students will be exposed to the theoretical foundations of sport psychology via the text, assigned readings from professional journals and additional assignments. The culminating research assignment will be the application of one or more of those theories to a major research assignment. That assignment will involve the development of; 1) a problem statement; 2) a review of related literature; 3) the collection of basic quantitative and/or qualitative data and 4) a professional conclusion related to the practical application of sport psychological principles to a coaching environment.*

*This four-stage project will have basic timeline requirements through the semester and end with both a written report and an oral presentation via a small group format. The research project will be at least 30% of the final evaluation of the class with equal weight being placed upon the professionally written paper and an oral presentation.*

**Evaluation:**

Comprehensive* Final Exam	40%
Group Project (Paper & Presentation)	30%
Homework Assignments* (Electronically Submitted)	20%
In class assignments*	10%

\*Comprehensive = notes, assigned readings, lectures, discussions, assignments, presentations, previous exams, etc.

\*(May Sub Exams for Assign/All assign must be turned in)

**Course Policies:**

*Follows all departmental policies as written.*

*Guest Speakers. Occasionally, guest speakers from the community may be here. Utilize them as the valuable resources they are. Come prepared to ask questions. Conduct as pre-professionals is expected at all times, but especially when guests are present in class.*

*Responsible academic behavior is expected of all candidates involved in learning at higher institutions. Guidelines for academic integrity are included within the MSU Catalog. Breaches of integrity include cheating, fabrication, facilitating academic dishonesty, and plagiarism.*

***Tentative Course Schedule***

<b>Wednesday 2:10 – 4:40</b>	
1/16	Intro, Syllabus, Expectations, Presentation Format, Ch. 1 - The Science of Sport Psychology
1/23	Review, Ch. 2 - Characteristics of Successful Athletes
1/30	Review, Ch. 3 - Motivating Athletes – Do’s and Don’ts
2/6	Review, Ch. 4 - Attributions, Pettit Handout
2/13	Presentation – Successful Athletes, Ch. 5 - Regulating Stress, Anxiety and Arousal
2/20	Review, Ch. 6 - Aggression in Sport
2/27	Review, Ch. 7 - Team Cohesion and Group Dynamics, Mission Statement Handout
3/5	Presentation – Motivation, Ch. 8 - Effective Leadership, Parent Management
3/19	Review, Ch. 9 - Communication: Effective Coaching
3/26	Presentation – Characteristics of Coaches, Ch. 10 - Coaching Youth Sports
4/2	Ch. 11 – Applied Exercise Psychology
4/9	Presentation – Characteristics of Parents
4/16	Guest Speaker – TBD
4/23	Presentation – Youth Athletes
4/30	Insurance Day
?	Final Exam

## **University Behavioral Expectations**

Montana State University expects all students to conduct themselves as honest, responsible and law-abiding members of the academic community and to respect the rights of other students, members of the faculty and staff and the public to use, enjoy and participate in the University programs and facilities. For additional information reference see [http://www2.montana.edu/policy/student\\_conduct/student\\_conduct-code\\_2006-2007.htm](http://www2.montana.edu/policy/student_conduct/student_conduct-code_2006-2007.htm).

## **Collaboration**

University policy states that, unless otherwise specified, students may not collaborate on graded material. Any exceptions to this policy will be stated explicitly for individual assignments. If you have any questions about the limits of collaboration, you are expected to ask for clarification.

## **Plagiarism**

Paraphrasing or quoting another's work without citing the source is a form of academic misconduct. Even inadvertent or unintentional misuse or appropriation of another's work (such as relying heavily on source material that is not expressly acknowledged) is considered plagiarism. If you have any questions about using and citing sources, you are expected to ask for clarification.

## **Academic Misconduct**

Section 420 of the Student Conduct Code describes academic misconduct as including but not limited to plagiarism, cheating, multiple submissions, or facilitating others' misconduct. Possible sanctions for academic misconduct range from an oral reprimand to expulsion from the university.

*Section 430 of the Student Code allows the instructor to impose the following sanctions for academic misconduct: oral reprimand; written reprimand; an assignment to repeat the work or an alternate assignment; a lower or failing grade on the particular assignment or test; or a lower grade or failing grade in the course. More serious sanctions require a Conduct Board hearing. You may wish to make explicit the minimum sanction you will impose for willful acts of academic misconduct.*

## **Academic Expectations**

Section 310.00 in the MSU Conduct Guidelines states that students must:

- A. be prompt and regular in attending classes;
- B. be well prepared for classes;
- C. submit required assignments in a timely manner;
- D. take exams when scheduled;
- E. act in a respectful manner toward other students and the instructor and in a way that does not detract from the learning experience; and
- F. make and keep appointments when necessary to meet with the instructor.

In addition to the above items, students are expected to meet any additional course and behavioral standards as defined by the instructor.

### **Withdrawal Deadlines**

After November 16, 2007, I will only support requests to withdraw from this course with a "W" grade if extraordinary **personal** circumstances exist.

*University policy is explicit that the advisor and instructor must approve requests to withdraw from a course with a grade of "W." However, as general practice seems to favor supporting these requests until the last possible date, many students are unaware of this. We therefore recommend that, if you are going to have an earlier effective withdrawal date for your course, you state this explicitly.*

### **Students with Disabilities**

If you have a documented disability for which you are or may be requesting an accommodation(s), you are encouraged to contact your instructor and Disabled Student Services as soon as possible.

### **Email Policy**

I expect that you will check your email at least once over the weekend, as any information I need to communicate to you will come via that medium.

*From Students email policy: Faculty will determine how electronic forms of communication (e.g., email, MyMSU course announcements, chats and message boards) will be used in their classes, and will specify their requirements in the course syllabus. This official student electronic communications policy will ensure that all students are able to comply with electronic-based course requirements specified by faculty. Faculty can therefore make the assumption that students' official email and MyMSU accounts are being accessed and they can use email, MyMSU course announcements, chats and message boards for their classes accordingly.*

### **Student Educational Records**

All records related to this course are confidential and will not be shared with anyone, including parents, without a signed, written release. If you wish to have information from your records shared with others, you must provide written request/authorization to the office/department. Before giving such authorization, you should understand the purpose of the release and to whom and for how long the information is authorized for release.

*Students have the right to access their educational records by appointment. This information is protected by the Family Educational Rights and Privacy Act (FERPA). For more information contact the Dean of Students office at 994-2826.*