

PSYC 3336.001 Sports, Exercise, & Performance Psychology



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Office STEM 237C

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Office Mon & Wed: 11:00 – 12:30 PM

Class Lecture: MW 2:00 – 3:15 PM

Hours Thursday: 12:30-1:30 PM

in MADLA 236

By Appointment

Course Description:

Course Catalogue: This course will focus on the psychological factors related to participation and adherence in sport, exercise, and other performance domains. Students will explore how social and psychological variables influence participation and performance in sport, exercise, and other competitive activities and how such participation affects the psychological well-being of the individual. TSI Restriction(s): Math.

Objectives:

1. To better students' understanding of psychological factors impacting different aspects of athletics
2. To encourage critical thinking and analysis of research applications in sport psychology
3. To examine practical applications of theories/concepts/principles to real-world activities

Required Course Materials:

- Zenko, Z., & Jones, L. (Eds.). (2021). Essentials of exercise and sport psychology: An open access textbook. *Society for Transparency, Openness, and Replication in Kinesiology*.
- **To Access the Textbook:** <https://doi.org/10.51224/B1000>

Contact Guidelines

Email: Email will be the most effective way for us to communicate outside of lecture. Students are expected to check their email **daily** and they are expected **1) to only use their official university e-mail through Blackboard and 2) include course and section (e.g., PSYC 3305) and full name in subject line when sending emails to your professor.**

I will check his email regularly Monday – Friday and will generally respond within 24 hours. If you do not hear back from me, email again in the event your message went to my Junk email box or follow up with me during lecture/office hours.

On the weekends, I am generally not available by email but will reply on the subsequent Monday based on the order in which the emails were received.

Important Email Communication Guidelines: Each student is responsible for following the guidelines identified below and conducting themselves in a professional manner:

- Make sure you send a clearly written email with sufficient information provided.
- Using professional language and formatting is expected (i.e., avoid informal correspondence styles like text messaging, emojis, and/or texting slang).
- Maintain a courtesy and respectful tone throughout your discourse.

- **Note:** Any issues involving technology/excuses need to have corresponding documentation (i.e., screenshots, pictures, etc.) to help me identify the appropriate course of action.

I reserved the right to not respond to emails if your email is inappropriately written, the answer to your question is in the syllabus, I have sent out an email or Blackboard announcement with the answer, or your question is regarding your grade in the course.

Office: During the designated office hours (see above), I will be present in my office for students who wish to discuss aspects relating to course work, grades, etc. Virtual meetings are potentially possible pending advanced requests and confirmation from me. If you are not available during that time, a request for an alternative appointment time may be made, but such requests are subject to my availability.

Blackboard: Blackboard will serve as the location for pertinent materials for our course (i.e., lecture slides, assignment details, handouts, etc.). If you need a course document (syllabus copy, schedule, assignments), you will find it there. I will upload materials and links on Blackboard.

Grading and Assignments

Source of Points	Points (per assignment)	Total Points Possible per Assignment Type
Syllabus Quiz (Due by End of Day 2)	Up to 10 pts	10 pts
Think About It	Up to 15 pts	90 pts
To-Be-Determined Activities	Up to 15 pts	30 pts
Total Points from Miscellaneous Assignments		= 130 pts
Review Quizzes (12 total)	Up to 10 pts	= 120 pts
Exams (3 total)	Up to 100 pts	= 300 pts
Total Points from Quizzes & Exams		= 420 pts
Total Points from All Course Work		= 550 pts

Grades will be posted on Blackboard where you (and only you) can access your grade in order to protect your confidentiality and identity. ***Decimal points of .5 and greater will be rounded up. Decimal points below .5 will be rounded down. For the sake of fairness, there are no exceptions to this. No additional assignments or extra credit will be possible at the end of the semester.*** Please monitor your grades and come to me ***early*** with any concerns you may have so that I can help you achieve your goals.

Grade	Percentage	Point Range
A	90-100%	495 - 550 points
B	80-89%	440 – 494 points
C	70-79%	385 – 439 points
D	60-69%	330 - 384 points
F	<60%	Less than 330 points

Course Layout:

❖ Lectures

- Lecture will take place during the designated times (see schedule). Additionally, I may post some supplemental videos in Blackboard students are expected to review as part of the preparation.
- Any lecture content covered is subject to be quiz/exam material. Therefore, students are expected to know this information.
- **PowerPoint Slides:** These printable slides will have basic headers, but you may need to fill in the gaps with details provided under within individual units found in Blackboard.
- **Textbook Chapter:** There will be several assigned chapters from the textbook that you are expected to read. Content covered is subject to be assessed on the review quizzes, critical thinking reflection papers, etc..
 - **Word to the wise: Students should bookmark their eBook and plan on reading the textbook for this course.** There is a lot of material that will be covered, and additional examples and explanations provided in the book will help students better understand content.
- **Assigned Research Articles:** There will be several assigned research articles that students will be expected to read. Some of these articles will tie into Think About It assignments; others will be eligible for questions on review quizzes and/or Exams. All articles have been carefully selected and placed into the appropriate unit folders in Blackboard.

❖ Syllabus Quiz: A **10 point syllabus quiz** will be posted in Blackboard and **must be completed by the end of the day on August 31st**. STUDENTS MAY TAKE THE SYLLABUS QUIZ MULTIPLE TIMES TO EARN FULL CREDIT!

❖ Review Quizzes: Throughout the semester, there will be review quiz administer to assess students' knowledge. Each quiz will be comprised of 8-10 questions. Questions may be formatted at multiple-choice, true/false statements, and/or short answers. Students will have 25 minutes to complete these quizzes which may be administered in class and/or online via Blackboard.

❖ Exams: There will be **three 100-point exams** this semester (see calendar). Each exam will cover between 4-5 chapters of material and will be comprised of a random combination of multiple-choice, true/false statements, and short-answer questions related to content discussed in the textbook, recorded lectures, other YouTube videos, research articles, etc.

❖ Students **will not be allowed** to use the assistance of their notes, textbooks, classmates, or other online tools while taking exams or quizzes unless instructed otherwise.

❖ For exams, a study guide will be provided to help students better prepare.

❖ Other Assignments

- **Think About It (Write Ups):** On several occasions, you will be asked to write responses to a prompt/topic that will require you to apply what you have learned in class and integrate relevant

content from the textbook. Each response must be at least 1 full page in length Word document and be uploaded as an attachment under the Assignment link in Blackboard.

- ❖ **Make Up Policy:** When written documentation of an excused absence is provided ([review absence notification link here](#)), then a make-up for a missed exam/quiz/assignment (no including group discussions) can be completed within 2 days of the absence. These make-ups will require the students and instructor to determine an appropriate make-up window that fits each party's schedules.

- **Note: Any unexcused absence resulting in missed exam/quiz will result in an automatic grade of 0 for each graded assessment or assignment.**

Missed Exam and Late Homework Policy

Students may make up exams/quizzes only if they have an excused absence (emergency, illness, death, etc.) and communicate in advance of said absence (at least two hours prior to start of exam period). Failure to communicate timely and provide appropriate documentation will result in all missed assignments/exams/quizzes automatically be given a grade of 0.

Note #1: Work conflicts and/or difficulty finding parking are not excused absences.

Students are responsible for contacting and coordinating their make-up with me and provide proper documentation. Non-office hour appointments are contingent upon my availability.

Note #2: Any make up work must be completed within three days of the scheduled exam period and/or when students are cleared to return to school (medical excuses).

Course Schedule:

Tentative Schedule *** Note:** I reserve the right to make changes in this syllabus if necessary. Any changes made to the syllabus will be announced in class and/or via email.

Week	Day	Date	Lecture	Assignments
1	Monday	Aug 25	Syllabus & Introductions	
1	Wednesday	Aug 27	Ch 1: Introduction to Exercise Psychology	Read: pg. 1-14
2	Monday	Sept 1	NO CLASS (LABOR DAY)	
2	Wednesday	Sept 3	Ch. 19: An Introduction to the Field of Sport Psychology	Read: pg. 429-453
3	Monday	Sept 8	Ch. 19: An Introduction to the Field of Sport Psychology	
3	Wednesday	Sept 10	Ch 2: Theories of Physical Activity Motivation	Read: pg. 15-36
4	Monday	Sept 15	Ch 2: Theories of Physical Activity Motivation	Think About It #1: Pope & Pelletier (2021)
4	Wednesday	Sept 17	Ch 5: Predictors and Correlates of Physical Activity and Sedentary Behavior	Read: pg. 93-113
5	Monday	Sept 22	Ch 5: Predictors and Correlates of Physical Activity and Sedentary Behavior	
5	Wednesday	Sept 24	Ch. 6: Personality & Physical Activity	Read: pg. 114-149
6	Monday	Sept 29	Ch. 6: Personality & Physical Activity	Think About It #2: Roberts et al. (2018)
6	Wednesday	Oct 1	Exam 1: Ch. 1, 2, 5, 6, & 19	
7	Monday	Oct 6	Ch. 11: Strategies to Facilitate More Pleasant Exercise Experiences	Read: pg. 242-270
7	Wednesday	Oct 8	Ch. 11: Strategies to Facilitate More Pleasant Exercise Experiences	Think About It #3: Ruby et al. (2011)
8	Monday	Oct 13	Ch 12: Affective Responses to Exercise: Measurement Consideration for Practicing Professionals	Read: pg. 271-293
8	Wednesday	Oct 15	Ch 12: Affective Responses to Exercise: Measurement Consideration for Practicing Professionals	
9	Monday	Oct 20	Ch. 13: Perceived Effort & Exertion	Read: pg. 294-315
9	Wednesday	Oct 22	Ch. 13: Perceived Effort & Exertion	Think About It #4: Spink et al. (2013)
10	Monday	Oct 27	Ch. 14: Mindfulness in Physical Activity	Read: pg. 316-337
10	Wednesday	Oct 29	Ch. 14: Mindfulness in Physical Activity	
11	Monday	Nov 3	Exam 2: Ch 11, 12, 13, & 14	
11	Wednesday	Nov 5	Ch. 20: Get Your Head in the Game	Read: pg 454-478

12	Monday	Nov 10	Ch. 20: Get Your Head in the Game	Think About It #5: TedxTalk
12	Wednesday	Nov 12	Ch. 22: Self-Control in Sports	Read: pg. 509-529
13	Monday	Nov 17	Ch. 22: Self-Control in Sports	
13	Wednesday	Nov 19	Ch. 29: Psychological Stress & Performance	Read: pg. 683-709
14	Monday	Nov 24	Ch. 29: Psychological Stress & Performance	Think About It #6: Beilock & McConnell (2004)
14	Wednesday	Nov 26	NO CLASS (STUDY DAY)	
14	Thursday	Nov 27	NO CLASS (THANKSGIVING)	
15	Monday	Dec 1	Ch. 26: Group Dynamics in Sport	Read: pg. 613-642
15	Wednesday	Dec 3	Ch. 26: Group Dynamics in Sport	
15	Friday	Dec 5	NO CLASS (STUDY DAY)	
	Monday Dec 8	2:00 – 3:50 PM	FINAL EXAM (Exam 3: Ch 20, 22, 26, & 29)	

IMPORTANT POLICIES AND RESOURCES

Use of A.I. Policy:

No Use of Generative A.I. or A.I. Assistance Tools is Permitted

3336.001 Sports, Exercise, & Performance Psychology assumes that all work submitted by students will be created by the students themselves working individually. Students should not have another person/entity complete the writing of any portion of an assignment and/or attempts exams/quizzes for them, which includes hiring a person or a company to write assignments and/or using artificial intelligence (AI) tools like ChatGPT. This means that students who are enrolled in this course are expected to complete the work themselves...period.

Use of any AI-generated content or AI-tools to assist in completing graded work in this course qualifies as academic dishonesty and violates Texas A&M-San Antonio's standards of academic integrity. Violation of this policy will result in appropriate academic sanctions for any person(s) involved in said attempt to deceive and a [Misconduct Incident Form](#) will be submitted detailing said incident(s). **This report will then automatically be sent to the Office of Student Rights and Responsibilities, the Assistant Vice Provost for Academic Affairs, and the Dean of the College and Department Chair in which the alleged violation has occurred.**

Academic Accommodations for Individuals with Disabilities: Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation Act. If you experience barriers to your education due to a disability or think you may have a disability, Disability Support Services is located in the Central Academic Building, Suite 210. You can also contact us via phone at (210) 784-1335, visit us <https://www.tamusa.edu/Disability-Support-Services/index.html> or email us at dss@tamusa.edu. Disabilities may include, but are not limited to, attentional, learning, mental health, sensory, physical, or chronic health conditions. All students are encouraged to discuss their disability-related needs with Disability Support Services as soon as possible.

Academic Learning Center: The Academic Learning Center provides free course-based tutoring to all currently enrolled students at Texas A&M University-San Antonio. Students wishing to work with a tutor can make appointments through the Brainfuse online tutoring platform. Brainfuse can be accessed in the Tools section of Blackboard. You can contact the Academic Learning Center by emailing tutoring@tamusa.edu, calling (210) 784-1307, or visiting the Central Academic Building, room 202.

Counseling/Mental Health Resources: As a college student, there may be times when personal stressors interfere with your academic performance and negatively impact your daily functioning. If you are experiencing emotional difficulties or mental health concerns, support is available to you through the Student Counseling Center (SCC). To schedule an appointment, call 210-784-1331 or visit Madla 120.

All mental health services provided by the SCC are free and confidential (as the law allows). The Student Counseling Center provides brief individual and group therapy, crisis intervention, consultation, case management, and prevention services. For more information on SCC services visit <http://tamusa.edu/studentcounseling>

Crisis support is available 24/7 by calling the SCC at 210-784-1331.

Additionally, the TELUS Student Support App provides a variety of mental health resources to including support for in the moment distress, an anonymous peer-to-peer support network, mental health screenings, podcasts, and articles to improve your mental wellbeing.



Emergency Preparedness: JagE Alert is Texas A&M University-San Antonio’s mass notification. In the event of an emergency, such as inclement weather, students, staff and faculty, who are registered, will have the option to receive a text message, email with instructions and updates. To register or update your information visit: <https://tamusa.bbcportal.com>

More information about Emergency Operations Plan and the Emergency Action Plan can be found here: <https://www.tamusa.edu/about-us/emergency-management/>

Download the SafeZone App (<https://safezoneapp.com/>) for emergencies or call (210) 784-1911. Non Emergency (210) 784-1900.

Financial Aid and Verification of Attendance: According to the following federal regulation, 34 CFR 668.21: U.S. Department of Education (DoE) Title IV regulation, a student can only receive Title IV funds based on Title IV eligibility criteria which include class attendance. If Title IV funds are disbursed to ineligible students (including students who fail to begin attendance), the institution must return these funds to the U.S. DoE within 30 days of becoming aware that the student will not or has not begun attendance. Faculty will provide the Office of Financial Aid with an electronic notification if a student has not attended by the published Census Date (the first week of class). Any student receiving federal financial aid who does not attend prior to the published Census Date (the first week of class) will have their aid terminated and returned to the DoE. Please note that any student who stops attending at any time during the semester may also need to return a portion of their federal aid.

Writing, Language, and Digital Composing Center: The Writing, Language, and Digital Composing Center supports graduate and undergraduate students in all three colleges as well as faculty and staff. Tutors work with students to develop reading skills, prepare oral presentations, and plan, draft, and revise their written assignments. Our language tutors support students enrolled in Spanish courses and students composing in Spanish for any assignment. Our digital studio tutors support students working on digital projects such as eportfolios, class presentations, or other digital multimedia projects. Students can schedule appointments through JagWire under the Student Services tab. Click on “Writing, Language, and Digital Composing Center” to make your appointment. The Center offers face-to-face, synchronous online, and asynchronous digital appointments. More information about what services we offer, how to make an appointment, and how to access your appointment can be found on our website at <https://www.tamusa.edu/academics>.

Meeting Basic Needs: Any student who has difficulty affording groceries or accessing sufficient food to eat every day or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to submit a CARE referral ([https://www.tamusa.edu/university-policies/Student Rights-and-Responsibilities/file-a-report.html](https://www.tamusa.edu/university-policies/Student-Rights-and-Responsibilities/file-a-report.html)) for support. Furthermore, please notify the professor if

you are comfortable in doing so. This will enable them to direct you to available resources.

Office Hours: All faculty with teaching assignments should include regularly scheduled office hours on each syllabus in addition to "by appointment." Please review your appointment letter for the number of weekly office hours you are expected to set. Regularly scheduled office hours should also be posted outside your office door (where applicable).

Military Affairs: Veterans and active-duty military personnel are welcomed and encouraged to visit the Office of Military Affairs for any question involving federal or state VA Education Benefits. Visit the Patriots' Casa building, room 202, or to contact the Office of Military Affairs with any questions at military.va@tamusa.edu or (210)784-1397.

Religious Observances: Texas A&M University-San Antonio recognizes the diversity of faiths represented among the campus community and protects the rights of students, faculty, and staff to observe religious holidays according to their tradition. Under the policy, students are provided with an opportunity to make up any examination, study, or course work requirements that may be missed due to a religious observance provided they notify their instructors before the end of the second week of classes for regular session classes.

The Six-Drop Rule: Students are subject to the requirements of Senate Bill (SB) 1231 passed by the Texas Legislature in 2007. SB 1231 limits students to a maximum of six (6) non-punitive course drops (i.e., courses a student chooses to drop) during their undergraduate careers. A non-punitive drop does not affect the student's GPA. However, course drops that exceed the maximum allowed by SB 1231 will be treated as "F" grades and will impact the student's GPA.

Statement of Harassment and Discrimination: Texas A&M University-San Antonio is committed to the fundamental principles of academic freedom, equal opportunity, and human dignity. To fulfill its multiple missions as an institution of higher learning, A&M-San Antonio encourages a climate that values and nurtures collegiality and the uniqueness of the individual on our campus and within our state, nation, and world. All decisions and actions involving students and employees are to be based on applicable law and individual merit. Texas A&M University-San Antonio, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, or pregnancy/parenting status. Individuals who believe they have experienced harassment or discrimination prohibited by this statement are encouraged to contact the University's Civil Rights Officer at 210-784-2061 or titleix@tamusa.edu.

Texas A&M University-San Antonio faculty are committed to providing a safe learning environment for all students and for the university as a whole. If you have experienced any form of sex- or gender-based discrimination or harassment, including sexual assault, sexual harassment, domestic or dating violence, or stalking based on sex, know that help and support are available. A&M-San Antonio's Title IX Coordinator can support those impacted by such conduct in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The university strongly encourages all students to report any such incidents to the Title IX Coordinator. Please be aware that all A&M-San Antonio employees (other than those designated as confidential resources such as counselors and trained victim advocates) are required to report information about such discrimination and harassment to the university. This means that if you tell a faculty member about a situation of sexual harassment, sexual violence, or other related sex-based misconduct, the faculty member must share that information with the university's Title IX Coordinator (titleix@tamusa.edu).

210-784-2061, CAB 439K). If you wish to speak to a confidential employee who does not have this reporting requirement, you can contact the Student Counseling Center at (210) 784-1331 or visit them in Madla 120.

Pregnant/Parenting Students: Texas A&M-San Antonio does not require a pregnant or parenting student, solely because of that status or issues related to that status, to (1) take a leave of absence or withdraw from their degree or certificate program; (2) limit the student's studies; (3) participate in an alternative program; (4) change the student's major, degree, or certificate program; or (5) refrain from joining or cease participating in any course, activity, or program at the University. The university will provide such reasonable modifications to pregnant students as would be provided to a student with temporary medical conditions that are related to the health and safety of the student and the student's unborn child. These could include maintaining a safe distance from substances, areas, and activities known to be hazardous to pregnant individuals and their unborn child; excused absences because of illness or medical appointments; modified due dates for assignments; rescheduled tests/exams; taking a leave of absence; and being provided access to instructional materials and video recordings of lectures for excused absences, if these would be provided to any other student with an excused absence. Pregnant/parenting students are encouraged to contact the Title IX Coordinator with any questions or concerns related to their status (titleix@tamusa.edu; 210-784-2061; CAB 439K). Texas A&M-San Antonio has also designated the Title IX Coordinator as the liaison officer for current or incoming students who are the parent or guardian of a child younger than 18 years of age. The Title IX Coordinator can provide students with information regarding support services and other resources.

Young Jaguars: can support parenting students with daycare who meet these criteria: Must be enrolled in classes at TAMUSA in the current semester. Must be Pell eligible or a single parent. They serve children ages 3 to 12-years-old. Children must be enrolled in Pre-K-3 through 6th grade.
youngjaguars@tamusa.edu: (210) 784-2636

Students' Rights and Responsibilities: The following statement of students' rights and responsibilities is intended to reflect the philosophical base upon which University Student Rules are built. This philosophy acknowledges the existence of both rights and responsibilities, which is inherent to an individual not only as a student at Texas A&M University-San Antonio but also as a citizen of this country.

Students' Rights

- 1) A student shall have the right to participate in a free exchange of ideas, and there shall be no University rule or administrative rule that in any way abridges the rights of freedom of speech, expression, petition and peaceful assembly as set forth in the U.S. Constitution.
- 2) Each student shall have the right to participate in all areas and activities of the University, free from any form of discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, sexual orientation, gender identity, gender expression, and pregnancy/parenting or veteran status in accordance with applicable federal and state laws.
- 3) A student has the right to personal privacy except as otherwise provided by law, and this will be observed by students and University authorities alike.
- 4) Each student subject to disciplinary action arising from violations of university students' rules shall be assured a fundamentally fair process.

Students' Responsibilities

- 1) A student has the responsibility to respect the rights and property of others, including other

students, the faculty, and administration.

- 2) A student has the responsibility to be fully acquainted with the published University Student Rules found in the Student Handbook, Student Code of Conduct, on our website, and University Catalog, and to comply with them, as well as with federal, state, and local laws.
- 3) A student has the responsibility to recognize that student actions reflect upon the individuals involved and upon the entire University community.
- 4) A student has the responsibility to recognize the University's obligation to provide a safe environment for learning.
- 5) A student has the responsibility to check their university email for any updates or official university notifications.

We expect that students will behave in a manner that is dignified, respectful, and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation, or disability. Conduct that infringes on the rights of another individual will not be tolerated.

Students are expected to exhibit a high level of honesty and integrity in their pursuit of higher education. Students engaging in an act that violates the standards of academic integrity will find themselves facing academic and/or disciplinary sanctions. Academic misconduct is any act, or attempt, which gives an unfair advantage to the student. Additionally, any behavior specifically prohibited by a faculty member in the course syllabus or class discussion may be considered as academic misconduct. For more information on academic misconduct policies and procedures please review the Student Code of Conduct (<https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/documents/Student-Handbook-2022-23.pdf>) or visit the resources available in the OSRR website (<https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/academic-integrity.html>).

Important Dates: Fall 2025 Regular 16-Week Session

August 25	First day of class
September 1	Labor Day Holiday – No Classes
September 10	Census Date
November 14	Last day to drop with an automatic “W”
November 25	Last day to withdraw from the University
November 26	Study Day – No classes
November 27-29	Thanksgiving Holiday – No classes
December 4	Last day of classes
December 5	Study Day – No classes
December 6-12	Final exams
December 16	Commencement

The complete academic calendar is available online: <https://www.tamusa.edu/academics/academic-calendar/index.html>