

San Jose State University  
Department of Kinesiology  
KIN/PSYCH 167, Sport Psychology, Sec. 1 & 2  
2022 Spring

Course and Contact Information:

Instructor: Dr. Joan Steidinger, AASP Fellow  
Office Location: SJSU Rm. 171  
Telephone: (415) 288-4252  
Email: [joan.steidinger@sjsu.edu](mailto:joan.steidinger@sjsu.edu)  
Office Hours: Monday & Wednesday 8:00 – 9:00  
Classroom: Section 1: In person, Spartan Complex East 163  
Section 2: In person, Spartan Complex East 163  
Prerequisites: PSYCH 1

Course Description: The purpose of this course is to learn the psychological variables impacting the performance of physical activity and exercise. The class will discuss different theoretical perspectives and research findings in the fields of sport and exercise. The review of practical applications and special issues will also be presented. Topics addressed include, but are not limited to, an introduction of the definition of sports psychology, personality, motivation, goal setting, arousal & anxiety, group cohesion, and application of sport psychology techniques.

Required Text:

Cox, R. H. (2007) Sport Psychology: Concepts and Applications (7<sup>th</sup> ed.). New York: McGraw Hill.

**Course Objectives:**

1. Students will understand the basic concepts of sports psychology.
2. Students will learn about the theoretical perspectives and underlying principles of sports psychology, including personality, motivation, cognitive behavioral, arousal & anxiety, goal setting, group cohesion, and psychology of athletic injuries.
3. Students will receive an overview of different applied sport psychology techniques through explanations and actual examples of their application with athletes and teams.
4. Students will become familiarized with several notable special issues in sports, including gender, race, LGBTQ, and social justice concerns through the use of speakers and videos.

**Assignment Grading in Points**

10 Active Class Participation  
17 One 4 to 7 page paper  
39 Three -13 point quizzes  
16 Group Presentations  
18 FINAL EXAM

Total Points = 100

\*\*Extra Credit – 5 pts. (Choice of PPT/Video on Sports Psych. Topic or Climb Mission Peak with photos showing you at start, middle and atop the metal pole when you reach the summit)

**Grading:**

Grades	Points	Percentage
A+	96-100+	96-100+%
A	93-95	93-95%
A-	90-92	90-92%
B+	86-89	86-89%
B	83-85	83-85%
B-	80-82	80-82%
C+	76-79	76-79%
C	73-75	73-75%
C-	70-72	70-72%
D+	66-69	66-69%
D	63-65	63-65%
D-	60-62	60-62%

**Assignments:**

Due Dates

Wednesday, January 26 – Video: Course Introduction and Introduction to Sports Psychology

Monday, January 31 – Social Justice & Culture in Sports Discussion

Monday, , March 2 – **Quiz #1**

Wednesday, March 23 – **Quiz #2**

Monday, April 4 – Guest Speaker

Wednesday, April 6, – **Paper DUE** Individual Athlete’s Use of Sport Psychologists or Sports Team Application of Sports Psychology Principles, Social Justice Actions. and any Specific Causes

Wednesday, April 27 – **Quiz #3**

May 9, 11, & 16-- **GROUP PROJECTS**

Monday, May 16 – EXTRA CREDIT, No late projects or climbs accepted

**Choose One** of two choices:

1. Sports Psychology Topic
  - a. PPT
  - b. Short Video
2. Climbing to the top of Mission Peak in Fremont –  
Provide photos at the beginning, part way, and at the top (with you in the photos)

MAY **FINAL EXAM** Dates

Section 1 – Monday, May 23, 7:15 – 9:30 am

Section 2– Friday, May 20, 9:45 – 12:00 pm

## Course Rubrics

- **Active Participation** 1 criterion  
10 points possible
  - This criterion is linked to a Learning Outcome - Active Participation
  - Each student is expected to participate in the mostly live presentations at least 5-10 times or more during class by adding comments and/or questions.
  - We will be discussing the Winter Olympics as they are aired during February.
- One **Sports Psychology & Social Justice Paper** 3 criteria  
18 points
  - Definition of Social Justice: “**Social justice** is the view that everyone deserves equal economic, political and **social** rights and opportunities. In sports, support is provided by players, teams, and organizations for specific social causes.

### Paper

1. First provide **BRIEF** background on Olympic or pro athlete or team.
2. List specific ways the woman/man/pro or Olympic team has applied sport psychology techniques in their training schedules. Who did the training with the individual or team?
3. Include any social justice actions they have taken and any specific causes they support.

Please submit through turnitin submissions NOT text.

This criterion is linked to a Learning Outcome

**NO LESS** than 4 and **NO MORE** than 7 page typed, double-spaced with separate bibliography  
Bibliography needs a minimum of 4 references including 1 peer reviewed reference if possible (APA style).  
Grading on:  
Organization of material - 6  
Quality of Presentation - 3  
Providing new and unique information - 2  
Accuracy of Information - 3  
Beginning, middle & end - 3 (introduction, logical organization of information, & clear conclusion)  
Total = 17 points

- **Quiz #1** 1 criterion  
13 points
  - Quiz will cover social justice issues &
  - 11 Multiple Choice/True False (1pt. each)
  - 1 Short Answer (2 pts.)
  - Instructor will provide study sheet – prior week

Total = 13

- **Quiz #2** 1 criterion
- 13 points
  - Quiz will cover chapters
  - 11 Multiple Choice & True/False (1 pt. each)
  - 1 Short Answer (2 pts.)

- Study Sheet - week prior
- Total =13

### **Quiz #3**

13 points

- Quiz will cover chapters
- 11 Multiple Choice & True/False (1 pt. each)
- 1 Short Answer (2 pts.)
- Study Sheet - week prior
- Total = 13 points

### **Group Projects** 2 criteria

16 points possible

- You will be assigned a sport and group by the instructor at mid-semester.
- Your groups will meet up in small groups during class time.
- All students will have a chance to choose someone who they'd prefer to participate with in each team.
- Step-by-step Instructions:

#### **Description of an actual Sport Psychology Training Plan for each TEAM. \*\***

1. Choose a team that uses sport psychology in their training plans.
2. Choose a team member to play the role of the coach for the team you select.
3. Choose a team member to play the role of the sport psychologist who works with the team you choose.
4. Understand the particular type of sport that the team chooses from list provided by instructor.
5. Develop a psychological training strategy for the team.

This criterion is linked to a Learning Outcome - GROUP PRESENTATION

1. Organization 5
2. Quality of presentation – 5 (Speaking not reading, clarity of ideas)
3. Accuracy of Information - 3
4. Beginning, middle, & end -3

- The use of different media techniques to illustrate the build up to the team's use of sport psychologist (i.e. PPT, Utube, videos, et al).

Total Points = 16

- **Final Exam** 1 criterion

18 points possible

- Learning Outcome --Understand Sports Psychology Theory and Application
- The Final Exam will consist of information from psychological skills through substance abuse & eating disorders (chapters 11-13, 15, 16, 18-19. Information from lectures and power points will also be included. It will also include 2 (out of 5) short answer and 1 (out of 3) long essay. You will be given a study sheet to help you focus plus review time on the last day of class of December 3. It will be conducted online with a lockdown browser and during the allotted time.
- Final Exam Grading as follows:
- Sixteen multiple choice questions = 8 points (1/2 pt. each)

- Three Short Answer = 2 points each
  - One Long Essay = 4 points
  - Total = 18 points
  - Study Sheet - one week prior
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- **Extra Credit** 1 criterion\*  
5 points possible
  - This criterion is linked to a Learning Outcome Extra Credit Criterion  
This criterion is linked to a Learning Outcome

**Extra Credit – Either**

1. Explain **Sports Psychology Topic** Students' Choice of:  
Short PPT or Video

**\*Topic to be cleared by the instructor**

Grading on:

Organization - 2

Clearly conveys a message -2

Beginning, middle & end-1

Total = 5 points

**OR**

2. **Climb Mission Peak**, using photos to document your journey (Take photos of you at the start, middle, & top of the peak)

**Course Modules:**

**Wednesday, January 26** –Intro & Class Introductions

**Monday, January 31**– Social Justice in Sports

**Wednesday, February 2**– What is sports psychology?

**Monday, February 7** – Modern Personality theories

**Wednesday, February 14** – Motivation

**Monday, February 21**– Goal Setting – Review of class so far

**Wednesday, February 23** – Arousal, Stress, & Mood Relationships

**Monday, February 28**– Anxiety Theories

**\*\*\*Wednesday, March 2**– #1 QUIZ/Diversity/Inclusion

**Monday, March 7**– Team Dynamics & Cohesion

**Wednesday, March 9**– Leadership

**Monday, March 14** – Concentration, Focus, & Attention

**Wednesday, March 16** - Coping & Intervention Strategies

**Monday, March 21** – Discuss Group Projects –Meet in Small Groups

**\*\*\*Wednesday, March 23 - #2 Quiz**

**Monday, March 28- April 1 SPRING BREAK**

**Monday, April 4 – Guest Speaker**

**Wednesday, April 6 – Cognitive Behavioral Interventions**

**Monday, April 11 – Imagery/ Psychological Skills Training**

**Wednesday, April 13 – Self Confidence (Chapter 15)**

**Monday, April 18- Women in Sport (US Women in the '22 Winter Olympics)**

**Wednesday, April 20 – Athletic Injuries (Chapter 20)**

**Monday, April 25- LGBTQ Issues (Guest Speaker)**

**\*\*\*Wednesday, April 22 - #3 QUIZ/Youth Sport**

**Monday, April 24–Sexual Abuse - #Me Too Movement in Sports (Sexual Abuse -Dr. Joan's Excerpt from Taylor, J. Applied Sport Psychology, 2020).**

**Wednesday, April 26- Substance Abuse & Eating Disorders**

**Monday, May 2- Ethical Issues /Aggression vs. Good Woman/Man Sports Behavior, Chapter 24 & 25**

**Wednesday, May 4- Exercise Psychology**

**Monday, May 9 - Group Presentations**

**Wednesday, May 11- Group Presentations**

**Monday, May 16, - Group Presentations & Course Wrap Up**

**DECEMBER FINAL EXAM Dates – Online/Lockdown Browser**

**Section 1 – May 23 – 7:15 – 9:30 am**

**Section 2 – May 20 – 9:45 am – 12:00pm**