

George Mason University – Spring 2010
School of Recreation, Health and Tourism
EFHP 618 Exercise and Sport Psychology (3:3:0)

Day/ Time: W 4:30 – 7:10 pm Location: FX – RAC 2203
Professor: Cindy Waddell, Ph.D.
Office Location: PW- BRH 207 & FX- RAC 2109
Phone Number: (703) 993-4160 E-mail: cwaddell@gmu.edu
Office hours: M 3:00-4:00 pm

Prerequisites: None

Course Description:

This course will review major theoretical frameworks utilized in current sport and exercise psychology research. Personality, motivation, attention and anxiety are a few of the constructs that will be explored in relation to their impact on sport and exercise behavior. Social psychological factors of aggression, audience effects, cohesion, and leadership in sport will also be discussed. The practical application of these theoretical constructs will be emphasized through discussion of techniques used to maximize participation, skill acquisition, and performance.

Course Objectives

At the completion of this course the students should be able to:

1. Identify and explain major theoretical frameworks used in sport and exercise psychology research.
2. Understand the major antecedents and consequences of sport and exercise participation.
3. Critically evaluate current research in sport and exercise psychology.
4. Identify appropriate intervention strategies for performance enhancement.
5. Conduct an applied sport and exercise psychology research project utilizing a theoretical framework and a quasi-experimental design.

Required Readings:

1. Cox, R.H. (2007). Sports Psychology: Concepts and Applications(6th ed.). Boston, MA: WCB/McGraw-Hill.
2. Research articles will also be required to supplement each topic area of the course.

Evaluation:

Participation	5%
Article presentation	10%
Project	35%
Exams (2)	50%

Grading Scale:

A+ = 98-100, A = 94 - 97 A- = 90-93
B+ = 88-89, B = 84-87, B- = 80-83
C+ = 78-79, C = 70-77

Requirements:

1. Participation grades will be based on active, thoughtful participation in class discussions and exercises.
2. Article presentation grades will be based on a clear and thoughtful presentation of a current research article in a selected area of interest. A written review of the article (theoretical framework, hypothesis, methods, results, conclusions) will also be part of this grade.
3. The final project will consist of an administration and presentation (written and oral) of an experimental study that explores some social psychological aspect of sport or exercise behavior.
4. Exams will be administered at the midpoint and end of the semester.

Course Content:

<u>Date</u>	<u>Topic</u>	<u>Reading / Assignment Due</u>	<u>Article Presentation</u>
January 25	Introduction	Cox – Ch. 1	
February 1	Motivation	Cox - Part 2; Wise & Trunnell (2001); Allen (2003)	
8	"		
15	Arousal / Anxiety	Cox - Part 3; Beauchamp, Bray, Eys & Carron (2003)	
22	Exercise Psychology	Cox – Ch. 16; Anton, et. al.(2005); Kruisselbrink et. al.(2004)	
March 1	Exam		
15	IRB		
22	Intervention	Cox – Part 4; Thelwell, Greenless & Weston (2006); Gregg & Hall (2006); Van Raalte, Cornelius, Brewer & Hatten (2000)	
29	"	*Passover begins at sundown*	
April 5	Social Psychology	Cox – Part 5; Kavussanu & Roberts (2001); Eys, Hardy, Carron & Beauchamp (2003)	
12	"		
19			
26	Presentations		
May 3	Presentations	Take-home Exam distributed	

Other Information

- All students are held to the standards of the George Mason University Honor Code.
- Students with disabilities: students having documentation on file with the Disability Support Services Office should bring this to the attention of the professor.
- The departments website is: <http://www.rht.gmu.edu>