

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**

**EFHP 618—Exercise and Sport Psychology (3)**  
**Spring 2010**

DAY/TIME:	M 4:30 – 7:10 p.m.	LOCATION:	FX – RAC 2203
PROFESSOR:	Dr. Cindy Waddell	EMAIL ADDRESS:	<a href="mailto:cwaddell@gmu.edu">cwaddell@gmu.edu</a>
OFFICE LOCATION:	FX–RAC 2109 PW-BRH 207	PHONE NUMBER:	703-993-4160
OFFICE HOURS:	M 3:00–4:00 p.m	FAX NUMBER:	703-993-2025

**PREREQUISITES**

EFHP 618 - Graduate standing or permission of instructor.

**COURSE DESCRIPTION**

This course covers psychological and social-psychological antecedents and consequences of exercise, physical activity, and sports participation. Emphasizes theory and research on personality, motivation, arousal, cognition, attributions, attitudes, self-efficacy, leadership effectiveness, and group dynamics.

**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.

**COURSE OVERVIEW**

Students are held to the standards of the George Mason University Honor Code. You are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given**. This is an overview of the course assignments:

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.

**Academic Responsibility**

Although many students must work to meet living expenses, employment must not take priority over academic responsibilities. Students employed more than 20 hours a week are strongly urged not to attempt a full-time academic load. Students employed more than 40 hours a week should attempt no more than 6 credits per semester. Students who fail to observe these guidelines may expect no special consideration for academic problems arising

from the pressures of employment. Please see the GMU Academic Catalog ([http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration\\_attendance](http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration_attendance)) for further information.

### **REQUIRED READINGS**

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

### **EVALUATION**

<b>Criteria</b>	<b>Points</b>
Participation	5
Article Presentation	10
Project Presentation	10
Project Paper	25
Mid-term Exam	25
Final Exam	25
Total possible points	100

### **Course Grading Scale**

The student's final letter grade will be earned based on the following scale:

Grade	Percentage	Quality Points	Grade	Percentage	Quality Points
A+	93%	4.00	B	83%	3.00
A	93%	4.00	B-	80%	2.67*
A-	90%	3.67	C	73%	2.00
B+	87%	3.33	F	<73%	0.00

Note:\* Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program and present a 3.00 GPA on the courses listed on the graduation application.

## TENTATIVE COURSE SCHEDULE

DATE		TOPIC	READINGS/ASSIGNMENT DUE	ARTICLE PRESENTATION
Jan	24	Introduction	Cox – Ch. 1	
Jan	31	Motivation	Cox - Part 2; Wise & Trunnell (2001); Allen (2003)	
Feb	7	Motivation	IRB training	
Feb	14	Arousal / Anxiety	Cox - Part 3; Beauchamp, Bray, Eys & Carron (2003)	
Feb	21	Exercise Psychology	Cox – Ch. 16; Anton et. al.(2005); Kruisselbrink et. al.(2004)	
Feb	28	Exam		
Mar	7	Project meetings	10 abstracts for Literature Review	
Mar	21	Intervention	Cox – Part 4; Thelwell, Greenless & Weston (2006); Gregg & Hall (2006); V an Raalte, Cornelius, Brewer & Hatten (2000)	
Mar	28	Intervention		
April	4	Social Psychology	Cox – Part 5; Kavussanu & Roberts (2001); Eys, Hardy, Carron & Beauchamp (2003)	
April	11	Social Psychology		
April	18	Project meetings		
April	25	Presentations		
May	2	Presentations	Take home final distributed	

*Note: Faculty reserves the right to alter the schedule as necessary.*

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

