

**I. HPE 3100 BEHAVIORAL AND PSYCHOLOGICAL ASPECTS OF PHYSICAL EDUCATION AND COACHING
DEPARTMENT OF HEALTH PROMOTION AND PHYSICAL EDUCATION
FALL 2018**

II. FACULTY AND COURSE INFORMATION

INSTRUCTOR: Dr. Charity Bryan
INSTRUCTOR CONTACT INFORMATION: email: cbryan4@kennesaw.edu
470-578-4937
Office Hours: By appointment

CLASS LOCATION: Online
CLASS MEETING TIMES: Online

COURSE COMMUNICATIONS, EMAIL, AND CLASSROOM RESPONSE TIMES:

Email communications: The best way to communicate with me outside of class sessions is through email (cbryan4@kennesaw.edu). I usually check my email several times a day unless I am away at a conference, and you should expect a reply within 24 hours, during the week. Over the weekend (starting Friday at 4 p.m.) I will respond to all emails by the close of business on Monday. All assignments will be returned within 7 days, unless otherwise stated.

The University provides all KSU students with an “official” email account with the address “students.kennesaw.edu.” As a result of federal laws protecting educational information and other data, **this is the sole email account you should use to communicate with your instructor or other University officials and the account by which they will communicate with you. PLEASE EMAIL ME AT cbryan4@kennesaw.edu (do not email me through D2L as I will not be able to reply to you, and this will result in a delay in providing you feedback and answers).**

Office hours: Are available by appointment only. Please email me to schedule an appointment.

REQUIRED TEXTS OR TECHNOLOGY RESOURCES:

All required materials can be found in D2L. Some lecture and video content is from Weinberg, R. and Gould, D. (2015). Foundations of Sport and Exercise Psychology. Sixth edition, Champaign, IL: Human Kinetics.

THIS IS AN ONLINE COURSE. YOU ARE EXPECTED TO HAVE ACCESS TO THE NECESSARY TECHNOLOGY TO INTERACT IN AN ONLINE COURSE (internet capability, D2L access, email capability, video/audio capability, etc.). Students will need to be able to play audio files and view recorded sessions. Students will either need to provide their own technology (laptop or desktop computer) or make arrangements to have access to these devices. If necessary, students are welcome to come to the KSU campus and utilize one of many computer labs on campus.

ADDITIONAL RESOURCES:

Instructor will provide the additional reading materials throughout the semester.

REQUIRED MATERIAL:

Instructor will provide the additional reading materials throughout the semester.

III. COURSE DESCRIPTION, CREDIT HOURS, AND PREREQUISITES:

This course is an examination of behavioral and psychological factors affecting performance in physical education, physical activity, and sports. Emphasis on the impact on performance and the teaching/learning process. Topics will include leadership, motivation, group cohesion, social facilitation, arousal/anxiety, cognitive processes, competition, cooperation, and performance enhancement.

Course Goals/Objectives	Alignment of Course Goals/Objectives to Module Objectives	Activities	Assessment
<p>continuation of sport skills and related sports activities.</p> <p>d. Demonstrate and distinguish the relationship between cooperation and competition as it relates to the learning of sport skills and relate these situations to the factors in area A listed above.</p>	<p><u>Module 5:</u> Identify and apply appropriate psychological techniques to help students and athletes perform more effectively.</p>	<p>discussion board post, case study, quiz</p> <p>Assigned readings, recorded lectures, discussion board post, quizzes, research project</p>	<p>Chapter 4 Discussion Board Post</p> <p><u>Module 5:</u> Discussion Board Posts (chapters 11 & 16) Chapter 12, 13, 14, 16 quizzes Paper Outline/Final Paper</p>
<p>2. Examine the relationships of various topics to the overall performance of skill and performance within specific goals.</p> <p>a. Identify the relationship between personality and performance within a team setting.</p> <p>b. Define leadership styles and characteristics as they apply to performance in a group setting.</p> <p>c. Identify the stages of team formation and the basis of group dynamics.</p> <p>d. Explain the characteristics that are necessary for good team cohesion and</p>	<p><u>Module 3:</u> Illustrate and be able to explain the effect of competition and cooperation on a person's performance and how feedback and reinforcement affect learning and performance.</p> <p><u>Module 4:</u> Outline and be able to explain how group interaction, leadership, and communication affect performance in a physical activity setting.</p>	<p>Assigned readings, recorded lectures, quiz, research project</p> <p>Assigned readings, recorded lectures, case studies, quizzes, research project</p>	<p><u>Module 3:</u> Chapter 6 quiz Paper Topic Statement</p> <p><u>Module 4:</u> Chapter 7 quiz Chapter 8 case study Chapter 9 quiz Chapter 9 case study Chapter 10 case study Annotated Bibliography</p>

V. COURSE OUTLINE AND REQUIREMENTS:

Date	Readings/D2L Resources	Assignment Due
Module 1 August 13-24	View Module 1 lectures See "Module 1" in D2L	1. Introductions Forum ASSIGNMENTS DUE AUGUST 24TH AT 5:00 PM
Module 2 August 27-31	View Module 2 lectures See "Module 2" in D2L	1. Case Study Chapter 2 2. Case Study Chapter 3 ASSIGNMENTS DUE AUGUST 31ST AT 5:00 PM
September 3-7	View Module 2 lectures See "Module 2" in D2L	1. Quiz Chapter 3 2. Discussion Board Chapter 4 ASSIGNMENTS DUE SEPTEMBER 7TH AT 5:00 PM
Module 3 September 10-14	View Module 3 lectures See "Module 3" in D2L	1. Quiz Chapter 6 ASSIGNMENTS DUE SEPTEMBER 14TH AT 5:00 PM
September 17-21	See "Module 3" in D2L	1. Topic Statement Due ASSIGNMENTS DUE SEPTEMBER 21ST AT 5:00 PM
Module 4 September 24-28	View Module 4 lectures See "Module 4" in D2L	1. Quiz Chapter 7 2. Case Study Chapter 8 3. Quiz Chapter 9 ASSIGNMENTS DUE SEPTEMBER 28TH AT 5:00 PM

October 1-12	View Module 4 lectures See "Module 4" in D2L	<ol style="list-style-type: none"> 1. Annotated Bibliography Due 2. Case Study Chapter 9 3. Case Study Chapter 10 <p style="text-align: center;">ASSIGNMENTS DUE OCTOBER 12TH AT 5:00 PM</p>
Module 5 October 15-19	View Module 5 lectures See "Module 5" in D2L	<ol style="list-style-type: none"> 1. Discussion Board Chapter 11 2. Quiz Chapter 12 <p style="text-align: center;">ASSIGNMENTS DUE OCTOBER 19TH AT 5:00 PM</p>
October 22-26	View Module 5 lectures See "Module 5" in D2L	<ol style="list-style-type: none"> 1. Paper Outline Due 2. Quiz Chapter 13 3. Quiz Chapter 14 <p style="text-align: center;">ASSIGNMENTS DUE OCTOBER 26TH AT 5:00 PM</p>
October 29 – November 2	View Module 5 lectures See "Module 5" in D2L	<ol style="list-style-type: none"> 1. Discussion Board Chapter 16 2. Quiz Chapter 16 <p style="text-align: center;">ASSIGNMENTS DUE NOVEMBER 2ND AT 5:00 PM</p>
Module 6 November 5-9	View Module 6 lectures See "Module 6" in D2L	<ol style="list-style-type: none"> 1. Quiz Chapter 17 2. Quiz Chapter 18 <p style="text-align: center;">ASSIGNMENTS DUE NOVEMBER 9TH AT 5:00 PM</p>

November 12-16	View Module 6 lectures See "Module 6" in D2L	1. Discussion Board Chapter 19 ASSIGNMENTS DUE NOVEMBER 16TH AT 5:00 PM
Module 7 November 19-30	View Module 7 lectures See "Module 7" in D2L	1. Discussion Board Chapter 22 2. Final Paper Due ASSIGNMENTS DUE NOVEMBER 30TH AT 5:00 PM

FINAL EXAM: Exam schedule available from Registrar's office.

DISCLAIMER:

This syllabus is subject to change as the need arises, these changes should be expected, and will be clearly communicated.

OTHER REQUIREMENTS:

1. For taking this course, the students are required to do various assignments in order to better comprehend the course theories and concepts related to behavioral and social aspects of physical education and coaching. Also, the students' learning progress will be assessed in the contents of psychological/behavioral theories related to skillful movement, physical activity, sport and fitness. The specifically, the following teaching strategies and evaluation approaches will be used:
2. Teaching Strategies
 1. Lecture
 2. Discussion
 3. Lab activities – Students will experiment with different projects to develop a better understanding of sport psychology principles.
 4. In and out of classroom assignment – Students are responsible for completing numerous assignments related to basic classroom concepts.
 5. Project and presentation

3. **Homework Assignments:** Students must turn in homework on time. Most assignments may require hard copies but some will have a submission requirement in D2L. Late assignments may not be sent via e-mail and will not be accepted except in extreme circumstances. After a student turns in the homework, he/she must sign-off homework sheet on-site.
4. Assignments should be uploaded on D2L. Due dates can be found on the Daily Class Schedule (in syllabus and on D2L). **Submissions are due by 11:55 pm.**
5. Unless specified otherwise, assignments are to be typed and have consecutively numbered pages. Papers not typed will be given a zero. All assignments should include appropriate identifying information (your name, course, references if warranted).

VI. EVALUATION & GRADING SCALE:

EVALUATION SCALE:	500-450 = A
	449-400 = B
	399-350 = C
	349-300 = D
	Below 299 = F

VII. ASSIGNMENTS/REQUIREMENTS:

ASSIGNMENT	POINTS
Topic Statement Paper	15 points
Annotated Bibliography	50 points
Paper Outline	25 points
Final Paper Each student is expected to choose a topic from either the psychological or behavioral component and present a comprehensive research study. Detailed instructions will be provided in D2L.	200 points
Introductions Forum Discussion Board	10 points
Discussion Boards 5 @ 10 points each (Chapters: 4, 11, 16, 19, 22)	50 points
Case Studies 5 @ 10 points each (Chapters: 2,3, 8, 9, 10)	50 points
Quizzes 10 @ 10 points each (Chapters: 3,6,7,9,12,13,14,16,17,18)	100 points
TOTAL POINTS	500 points

VIII. COURSE POLICIES:

Course Participation:

Unlike a traditional, instructor-led course, you do not need to show up to class at a specific time every day to earn your class participation grade. Instead, you need to make a constant effort to complete the online course lectures, complete ungraded assignments, and participate in the class discussions. Although some of your activities may be

ungraded, your instructor will keep track of whether you have completed them and will assign you a course participation grade based on your completion of these assignments.

Students are expected to participate in all class activities. During any physical activities, you are expected to dress appropriately and safely (shorts/exercise pants, appropriate shirt, athletic/running shoes).

Online Etiquette (Netiquette):

The objective in an online discussion is to be collaborative, not combative. Please, proofread your responses carefully before you post them to make sure that they will not be offensive to others. Use discussions to develop your skills in collaboration and teamwork. Treat the discussion areas as a creative environment where you and your classmates can ask questions, express opinions, revise opinions, and take positions, just as you would in a more “traditional” classroom setting.

In any classroom setting there are communication rules in place that encourage students to respect others and their opinions. In an online environment the do's and don'ts of online communication are referred to as **Netiquette**. As a student in this course you should:

- Be sensitive and reflective to what others are saying.
- **Avoid typing in all capitals** because it is difficult to read and is considered the electronic version of 'shouting'.
- Don't flame - These are outbursts of extreme emotion or opinion.
- Think before you hit the post (enter/reply) button. You can't take it back!
- Don't use offensive language.
- Use clear subject lines.
- Don't use abbreviations or acronyms unless the entire class knows them.
- Be forgiving. Anyone can make a mistake.
- Keep the dialog collegial and professional, humor is difficult to convey in an online environment.
- Always **assume good intent** and **respond accordingly**. If you are unsure of or annoyed by a message, wait 24 hours before responding.

**** Liability**-Prior to professional laboratory experiences placement, students must provide evidence of having adequate tort liability insurance or waive such coverage in writing. As systems with which KSU has agreements for placing student require liability insurance, I have obtained coverage.

NOTE: Nonattendance in a course does not constitute a drop or withdrawal from the course. Students are responsible for withdrawing from the course.

Disruptive Behavior Policy: The University has a stringent policy and procedure for dealing with behavior that disrupts the learning environment. Consistent with the belief that your behavior can interrupt the learning of others, behavior fitting the University's definition of disruptive behavior will not be tolerated. Refer to the Kennesaw State University Undergraduate Catalog, 2015-2016, for further detail.

Student Responsibility

Distance learning requires more individual discipline than traditional classes, and requires that you have at least some control over your time and schedule. It is not easier or less time than face-to-face courses. During each week, students are expected to:

- Check D2L course website regularly;
- Follow the weekly study guide;
- Study the assigned material, such as; virtual lectures, PPT slides, etc.;
- Complete and submit assigned quizzes or homework on time.

Tips for Effective Online Learning

For an online class, students can really enjoy the benefits of learning at your own pace and in whatever environment that you choose. Below are some tips for effective online learning:

- **Check the D2L course website regularly.** Always be aware of the current status of the course. It might be helpful to subscribe to the RSS feeds within the News Tool, sign up for text message alerts, or subscribe to your posts within the Discussion Tool. By taking advantage of the tools within the environment and the posted learning material, you can maintain an enhanced learning experience.
- **Work closely with your instructor.** If you have any questions, please contact me immediately. The best way to contact me is via email or text, and you will be guaranteed to have a reply within 24 hours (except over weekends or if I am away at a conference).
- **Begin your work early.** If you can start a task early, don't start late. Assuming you spend the same amount of time completing the task, starting later will be much more stressful than starting early. Never wait until the last minute to begin an assignment! You'll have no turnaround time if you need help or something happens.

Make-up and Late Work Policy:

Assignments will not be accepted late, do not request an extension. Assignments that are turned in late will be given a score of zero.

For university related events, court obligations, religious observations, planned medical procedures, and other foreseeable events, **due dates remain the same and assignments should be uploaded to D2L early.**

Course Technology:

Chalk and Wire e-Portfolio Account –

Beginning Summer 2007, all newly admitted teacher education candidates will be required to purchase a Chalk and Wire e-Portfolio account. This web-based application will be used in multiple courses throughout your program, but you will only need to purchase your account ONE time since the accounts are good for five years. Accounts must be purchased through the KSU Bookstore. For additional information on how to purchase the account, the purpose of Chalk and Wire, and training opportunities please visit our website at www.kennesaw.edu/education/chalkandwire/

Technology Skills: In order to succeed in this course, you will need the following skills:

- Access to a reliable computer and high speed Internet
- Working understanding of navigating websites
- Familiarity with Microsoft Office Products (esp. Word and PowerPoint)
- Knowledge and experience using emails and attachments
- Ability to find files on your machine and upload them into D2L
- Knowledge and experience with setting the properties of your browser (e.g., enable/disable pop-up boxes)
- Familiarity with using online resources such as web instructional materials; online talks, presentations, and discussion boards

Technology Requirements:

- Regular access to a computer that is connected to the Internet (preferably high speed connection)
- Microsoft Office (or other program that can save in .doc or .docx format)

Help Resources

Technical Assistance: If you have problems with D2L, there are resources on campus for assistance. The facilitator (faculty) generally cannot assist with technical problems. Please utilize these resources to assist you with any problems with D2L.

- Visit this link for online assistance with D2L:
<https://kennesaw.view.usg.edu/shared/Documentation/9.4.1/Student/index.htm>
- For IT help for students and on campus lab hours: <http://uits.kennesaw.edu/>
- For technical problems: Email <mailto:studenthelpdesk@kennesaw.edu> or telephone 470.578.3555. Walk in help is available in Lab BB475

Contacts to get Help

Student Help Desk studenthelpdesk@kennesaw.edu or call 470.578.3555
D2L FAQ's [click here](#)
D2L Student User's Guide [click here](#)
UITS Student Training Workshop Schedule [click here](#)

Additional Resources

Remote access to Library Resources: <http://library.kennesaw.edu/>
Student Support:
http://learnonline.kennesaw.edu/resources/student_support_resources.php
Tutoring and Academic Support:
http://learnonline.kennesaw.edu/resources/tutoring_academic_support.php
Advising: <http://learnonline.kennesaw.edu/resources/advising.php>
Bookstore: <http://bookstore.kennesaw.edu/home.aspx>

HPE and University Policies

Other Policies:

One of the core goals of the HPE P-12 program at KSU is to graduate teacher candidates who demonstrate high levels of professional and ethical behavior. Without these traits, regardless of subject matter expertise and pedagogical skills, candidates are unlikely to develop into quality HPE teachers who enhance the lives of their students. Thus, a disposition assessment rubric is administered in all required teacher education courses. Candidates who are assessed as L1 (unacceptable) or L2 (marginal) are required to undergo remediation. Dispositions can be used to remove a teacher candidate from a field placement or the HPE P-12 program.

Feedback/Replies in a Timely Manner:

In most cases, emails will be returned within 24-48 hours. Assignments/exams are, in most cases, graded within one week. Exceptions to this may include the final paper.

Course Withdrawal:

Last day to withdraw without academic penalty can be found at:

<http://registrar.kennesaw.edu/datesanddeadlines/academic-calendar.php>.

ACADEMIC INTEGRITY:

Every KSU student is responsible for upholding all provisions of the Student Code of Conduct, as published in the Undergraduate and Graduate Catalogs. The Code of Conduct includes the following:

- Section II of the Student Code of Conduct addresses the University's policy on academic honesty, including provisions regarding plagiarism and cheating, unauthorized access to University materials, misrepresentation/falsification of University records or academic work, malicious removal, retention, or destruction of library materials, malicious/intentional misuse of computer facilities and/or services, and misuse of student identification cards. Incidents of alleged academic misconduct will be handled through the established procedures of the University Judiciary Program, which includes either an "informal" resolution by a faculty member, resulting in a grade adjustment, or a formal hearing procedure, which may subject a student to the Code of Conduct's minimum one semester suspension requirement.
- Students involved in off-campus activities shall not act in a disorderly or disruptive fashion, nor shall they conduct any dangerous activity.
- Students involved in off-campus activities shall not take, damage or destroy or attempt to take, damage or destroy property of another.

Accessibility:

Kennesaw State University provides program accessibility and accommodations for persons defined as disabled under Section 504 of the Rehabilitation Act of 1973 or the Americans with Disabilities Act of 1990. A number of services are available to support students with disabilities within their academic program. In order to make arrangements for special services, students must visit the Office of Disabled Student Support Services (ext. 6443) and develop an individual assistance plan. In some cases, certification of disability is required.

Please be aware there are other support/mentor groups on the campus of Kennesaw State University that address each of the multicultural variables outlined above.

ADA Position Statement

Kennesaw State University, a member of the University System of Georgia, does not discriminate on the basis of race, color, religion, age, sex, national origin or disability in employment or provision of services. Kennesaw State University does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities.

The Americans with Disabilities Act (ADA), Public Law 101-336, gives civil rights protections to individuals with disabilities. This statute guarantees equal opportunity for this protected group in the areas of public accommodations, employment, transportation, state and local government services and telecommunications.

The following individuals have been designated by the President of the University to provide assistance and ensure compliance with the ADA. Should you require assistance or have further questions about the ADA, please contact:

- ADA Compliance Officer for Students
470-578-6443
- ADA Compliance Officer for Facilities
470-578-6224
- ADA Compliance Officer for Employees
470-578-6030

For more information, go to: http://www.kennesaw.edu/stu_dev/dsss.