



Document # _____
Date Received _____

CATALOG YEAR 2008
(Please use separate form for each add/change)

COLLEGE/SCHOOL/SECTION:

Current Catalog Page(s) Affected: pp.

Course: Add: _____ Delete: _____ Change: Number _____ Title X
(check all that apply) SCH _____ Description _____ Prerequisite _____

If new, provide Course Prefix, Number, Title, SCH Value, Description, prerequisite, and lecture/lab hours if applicable. If in current catalog, provide change and attach page with changes in red and provide a brief justification.

Change EDFS 5313 Applied Sports Psychology

To:

EDKN 5313 Applied Sports Psychology

Rationale for Change: **The course prefix will be amended to reflect the graduate coursework for the Master of Science in Kinesiology degree.**

Program: Add: _____ Change: _____ Attach new/changed Program of Study description and 4-year plan. If in current catalog, provide change and attach page with changes in red.

Minor: Add: _____ Delete: _____ Change: _____ Attach new/changed minor. If in current catalog, provide change and attach page with changes in red.

Faculty: Add: _____ Delete: _____ Change: _____ Attach new/changed faculty entry. If in current catalog, provide change and attach page with changes in red.

College Introductory Pages: Add information: _____ Change information: _____ Attach new/changed information. If in current catalog, provide change and attach page with changes in red.

Other: Add information: _____ Change information: _____ Attach new/changed information. If in current catalog, provide change and attach page with changes in red.

Approvals:

Signature

Date

Chair

Department Curriculum Committee

Chair

Department

Chair

College Curriculum Committee

Dean

EDKN 5313

**Applied Sport Psychology
Physical Education**

College of Education

Instructor : Rafael Romo
Office : KL 416 C
Office hours :
Phone : 956-326-2695
E- mail : rromo@tamiu.edu (Best way to contact)
Class time :

Course Description: This course will take the theoretical concepts learned in PSY5304 and demonstrate their practical application to the field of sport psychology. The focus of this course is on how the sport psychologist interacts with individuals within a sport context. How to provide effective professional guidance in the areas of learning, motivation, and social interaction will be examined as will mental training for performance enhancement. Issues such as referrals, drug abuse, burnout, injury, and termination from athletics will be explored.

Course Objectives: Upon completing this course students will have a great knowledge regarding the theories learned in Principles of Sport Psychology and demonstrate the application to the field of sport psychology. Also, students will be able to focus on how sport psychologist interacts with the individuals that compete within sports arena and help provide effective professional guidance for performance enhancement.

Required Text: Murphy, S.M. (1995). Sport Psychology Interventions. Champaign, IL. Human Kinetics.

Copper, A. (1998). Playing in the Zone. Exploring the Spiritual Dimensions of Sports. Boston, MA: Shambhala Publication, Inc.

Recommended Texts: Csikszentmihaly, M. (1990). Flow. The Psychology of Optimal Experience. Steps Towards Enhancing the Quality of Life. New York, NY: Harper & Row Publishers, Inc.

Video(DVD): Ravizza, K., Giges, B., Murphy, S. (2000). Three Approaches to Sport Psychology Consulting. Virtual Sport Psychology.

Attendance : Attendance will be taken randomly during the semester and used to give up to 5 extra credit points at the end of the semester. Also, it will be used to determine the grade. 5 points will be deducted from final grade for each unexcused absence. 2 points for each tardy.

Important Schedule

Quiz : TBA

Class writing (given topic): TBA

Midterm : TBA

Final exam : TBA

The tests (exams) will consist of multiple choices, fill in blank and short essay questions.

Research Paper & Presentation

Student will pick any topic related to the information given during the class.

Research Paper Due Date: TBA.

Double space A4, follow APA manual. Maximum 15 pages including title, references.

Presentation Date: TBA.

Each student will present his/her study to the class using **Power Point** (10 mins)

Grading Policy

Quiz = 10

Research Paper = 15

Presentation = 10

Class writing evaluation = 5

Mid-tern exam = 25

Final exam = 35

Extra credit (from attendance) = 5 **Total : 105 points.**

There will be no additional make-up exams or quizzes

(Exceptions: if you are absent because of school-sponsored activity (you need to notify me at least **one week** in advance) or illness with doctor's excuse. In which case, you need to take the exam on specific date & time that I will assign).

The professor has the right to include or take away any materials that help to improve quality of class.

Grading Scale (No Curve !)

90 or higher : A, 80 – 89 : B, 70 – 79 : C, 60 – 69 : D, Below 60 : F

Approved Research Paper Format

Points will be deducted for style deviations. The research paper **MUST** include the following sections:

- Title page
- Abstract (new page)
- Introduction (new page)
- Literature Review (new page)
- Methods (new page)
- Results (new page)
- Discussion (new page)
- Practical Applications (new page)
- References (new page)

All papers **MUST** be word-processed, spell checked (12pt font) and double-spaced on 8½ x 11-in paper with 1-in margins. Pages must be numbered in the upper right hand corner starting on the title page.

Title Page: **MUST** include title, laboratory where the research was conducted, authors full name, department, institution, telephone number, and e-mail address.

Abstract and Key Words: **MUST** be 100-150 words, followed by 3 to 6 key words not used in the title.

Text Body: **MUST** be divided into literature review, methods, results, and discussion. The methods section should begin with an overview that explains how the study design will address the questions and hypotheses presented in the Introduction.

Practical Applications: **MUST** end with a 1-or-2 paragraph practical applications section describing how the information can be used in a practical situation. It should be consistent with the limitations of the study and show how the study might contribute to better application for the practitioner.

References: **MUST** be alphabetized by surname of first author, and numbered. All references listed must be cited in the paper and referred to by number therein (1,2 7-9). Below are three examples of references (1. journal articles; 2. books; 3. chapters in edited books):

1. Hartung, G.H., R.J. Blancq, D.A. Lally, and L.P. Krock. Estimation of aerobic capacity from submaximal cycle ergometry in women. Med. Sci. Sports Exerc. 27:452-457. 1995.
2. Lohman, T.G. Advances in Body Composition Assessment. Champaign, IL: Human Kinetics, 1992.
3. Yahara, M.L. The shoulder. In: Clinical Orthopaedic Physical Therapy. J.K. Richardson and Z.A. Iglarsh, eds. Philadelphia: Saunders, 1994. pp. 159-199.