Southern Illinois University Carbondale  
Department of Kinesiology  
KIN 345 – Psychological & Social Aspects of Sport & Physical Activity

Instructor: Doug Sanders  
Email: dsanders@siu.edu  
Office: Davies 214 (go in SW doors by parking lot, up the stairs around the corner from the vending machines)  
Classroom: Davies 137  
Office Phone: 453-2449  
Office Hours: Mon/Wed 8-8:30; 12:30-1:00; Mon 4-5; Tues/Thurs 12:30-1:30; Fri 10-11 or by appointment  
Class Time: Tuesday/Thursday 2-3:15

Required Readings:
All readings will be posted on SIU Online or on the Morris Library’s Course Reserves. To access the library website, visit [www.lib.siu.edu](http://www.lib.siu.edu). Scroll over Find on left side of page and click on Course reserves from the menu that pops up. Click on the drop down arrow for course and choose KIN 345 - hit the letter K & our class should be 2nd or 3rd. Articles are alphabetized by title. Click on the article title. On the page with the author, title, and periodical, you will see E-Item: Click here. Click on the hyperlink, type in your id and password and the article will download. You can save the pdf***The first page is just a copyright warning; you do not need to print this page.

Course Description:
This course is designed to expose students to social and psychological concepts that influence or are influenced by involvement in sport, physical activity, and physical education context. The course is geared toward future physical education teachers, coaches, & sport administrators as it fosters an understanding of how social/psychological principles relate to motor skill acquisition/performance and the overall quality of the sport or physical education experience of the participants (fans/coaches/athletes/administrators).

Course Objectives:
At the conclusion of this course, students will be able to:
• To develop an appreciation for the contribution of sport psychology and sociology to the understanding of sport and physical activity involvement;
• To address current issues in sport and physical activity from a sociological perspective;
• To enhance leadership effectiveness, group dynamics, and social interaction in physical activity setting through the application of sociological principles;
• To develop scientific writing, presentation, and communication skills;
• To enhance the capacity to interpret and critically evaluate scientific research;
• To develop an appreciation of social research methods.
• Recognize socio-cultural benefits of participation in a variety of activities – IL CAS.PE.5.B

Course Evaluation:  685 points
Exams (45pts each x best 7) 315 pts 1______ 2______ 3____ 4____ 5____ 6____ 7____ 8____
Project 70 pts _______
Assignments 50 pts 1_____/25  2_____/25
Class Engagement 250 pts________ 5 points for 8 days; 10 points for 21 days

Method of Instruction
You will be expected to have read the provided materials and any handouts PRIOR to class. PowerPoint slides will be available on SIU Online or will be emailed to you. The slides may be missing vital information which
you will fill in during discussion/lecture. Students are expected to be active contributors to the class. You should utilize the office hours of the instructor when necessary. For the quizzes, you will be responsible for materials presented in class and the readings—sometimes the two may be mutually exclusive

Engagement – 10 points on non-quiz days (22) & 5 points on quiz & guest speaker days (8). Your presence is expected, as is your ability to be an active participant in the learning process (discussions of readings & note topics, presentation audience, review of previous class info, etc.). Each class period, you are type up a summary of the reading(s)’s main points and any critical thinking questions you have (This should be thorough enough to be your study guide), along with printing out the notes for the day (which will be posted on SIU Online & may be printed in handout format to save paper). A part of this daily point total will also include your verbal input to expand the academic discussion on the topic. You have control over these points, reflect & self-evaluate daily to ensure that you’ve met all components. These points will be updated after each class on SIU Online. This is your daily responsibility, if you have any concerns about the ability to complete this, please see instructor immediately. A breakdown of the typed portion of this grade will be provided on SIU Online

KIN 345 Exam Details
The first 35 minutes of every Thursday of even numbered weeks (9/1; 9/15; 9/29; 10/13; 10/27; 11/10; 11/22; 12/13 during the final exam time. These exams will cover all the material for those weeks: notes up to the end of the Tuesday’s class & that Thursday's reading material. Questions will be asked in both multiple choice (2 pts each) & essay format (5 pts each).

KIN 345 Project Details = You will need to choose one of these two
A) Sport Sociology Interview – 70 points: This assignment is to bring to light some of the issues that an individual in your future profession will have to consider in relation to the topics from a sociological perspective. It will be your responsibility to contact and set up an interview (no Saluki Athletic employees or email Q/A). Technology should allow you to speak with an individual & allow for follow up questions should an in-person interview not be available. Topics covered can include any of the sociology topics that the individual is influenced by in their profession in dealing with students, student-athletes, parents, coaches, employees, etc: socialization in/through/out of sport; youth sport; violence in sport; deviance in sport; the relationship between & role of sport in education; media in sport; racial/ethnic dynamics in sport; & gender dynamics in sport. The topics needs to be based on what the individual is directly connected to with their job – if you interview someone in marketing from a pro sports team they may connect with marketing to different populations (e.g. age, gender identity, race, sexual orientation) & your themes that you develop & research will come from their responses. Your responsibilities will then be to integrate material from your research on those areas to develop & expand upon their main themes. A rubric & sample questions (which means also create ones of your own & follow up with other questions) will be provided. Minimum of 8 academic journal sources, all cited in APA both in-text & in the reference page. Minimum length= 7 pages. WILL BE DUE OCTOBER 18th

B) Sport Psychology Interview - 70 points: This assignment is to bring to light some of the issues that an individual in your future profession will have to consider in relation to the topics from a psychological perspective. It will be your responsibility to contact and set up an interview (no Saluki Athletic employees or email Q/A). Technology should allow you to speak with an individual & allow for follow up questions should an in-person interview not be available. Topics covered can include any of the psychology topics that the individual is influenced by in their profession in dealing with students, student-athletes, parents, coaches, employees, etc: goal setting, imagery, personality, motivation, leadership, group dynamics, addictive & unhealthy behaviors, injury, anxiety & stress. Repeating: The topics needs to be based on what the individual is directly connected to with their job – if you interview someone in coaching from a college team they may connect with motivating student-athletes as well as themselves, stress & anxiety of the position, personality & group dynamics among others, & your themes that you develop & research will come from their responses & the topics. Your responsibilities will then be to integrate material from your research on those areas to develop & expand upon their
main themes. A rubric & sample questions (which means also create ones of your own & follow up with other questions) will be provided. Minimum of 8 academic journal sources, all cited in APA both in-text & in the reference page. Minimum length = 7 pages. WILL BE DUE DECEMBER 6th

KIN 345 Assignments

Media project – 25 points: Connecting with the article & framework used by Kane & Maxwell, students will investigate the representation of men & women (of all identities – gender, race, ethnicity, (dis)ability, sexual orientation, age, etc) who appear in the media that they pay attention to. In their writing, students should include the media outlets in which they get their sporting information, then expand upon the relationship to academic literature (beyond the assigned class material). Minimum 2 page report – Due SEPTEMBER 22nd

Psychological skills program – 25 points: The purpose of this assignment will be to allow you to practice a week long psychological skill program (goal setting, imagery or anxiety management) to be able to apply it to your personal & professional career. Through this process, you will have hands on experience to introduce you to arousal reduction and performance enhancing techniques. DUE NOVEMBER 8th

Class Procedures
1. We will be a technology free classroom (meaning no laptops, tablets, phones) unless working on an in-class activity where there are asked to be used. Research has been conducted at Ivy League & Military Academy Universities to show that while technology can help student engagement, laptops/tablets not only are distracting to the user as well as to those that are near them, but can result in lower exam scores.
2. Attendance will be taken. Excused absences will be granted for participation in a university sponsored activities (if documented before missing class). Written documentation must be provided before an excused absence will be considered. This means do not come the day/class after you have been absent a day and want to know if you can turn in material late. A note from health services does not mean an excused absence. Students who are late for class or who leave class early will be lose engagement points. Life happens and unexpected things will occur. It is up to you to contact me immediately to discuss anything missed due to such an occurrence.
3. Students are expected to actively participate in class discussions and exercises. A student cannot receive engagement points involving in-class discussions or activities unless they have read the material (see below for details).
4. Late assignments will not be accepted (unless prior arrangements are made with the instructor). If you are going to miss a class, turn in any assignments to my office or mailbox in the main office (Davies 107) before the class to get credit.
5. All assignments must be typed. Be prepared for your printer or computer lab to be down at some point. Have a back-up plan to be able to have the materials.
6. Food and drink are not allowed in the classroom (except for water). Eat, sleep, and get hydrated before class. We will be here during the afternoon hours, make sure you have enough calories to burn to create the energy to be engaged in class.
7. Please turn off all technology during class. See #1 Each time I see one, you will lose 5 points. Not 5 points per day, 5 points each time. I see you texting or reading texts 2 times in a class, you lose 10 points. If something is going on in your life which requires you to use your phone, please discretely step out & do so.
8. Indications of sharing/copying work from other students or sources will lead to expulsion from the class. You will be writing with sources in this class. If you do not know how to cite references, please meet with me, research the APA folder on SIU Online, visit the writing center, or investigate APA style (Purdue’s Online Writing Lab is very helpful) online to learn how. Do not expect Word, Easy bib, or other sources to get it correct. It is your responsibility to make it correct.
9. Think of this course as part of your undergraduate job interview. Appearance should be considered. Come to class looking like you want to be a professional. No flip-flops, t-shirts w/questionable verbiage, and remove all caps or hats in class. The temperature in Davies varies, so have a jacket/sweater prepared as you may need it throughout the semester.

**Student Conduct Code**

Under no circumstance will this class be a place of close mindedness. No student shall be made to feel uncomfortable based on their gender, class, sexuality, disability or any other characteristic. This class may bring about discussions that make you feel ‘uncomfortable’, but that discomfort will be based on ideas and opinions that you have, not about you as an individual. This classroom will also not be a site of harassment, physical, sexual, or otherwise. If you have an issue with any of the above, see the instructor. If you need further details, please look up the following: [http://www.siuc.edu/~policies/policies/conduct.html](http://www.siuc.edu/~policies/policies/conduct.html)

**IMPORTANT DATES**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester Class Begins</td>
<td>08/22/2016</td>
</tr>
<tr>
<td>Last day to add a class (without Dean’s signature)</td>
<td>08/28/2016</td>
</tr>
<tr>
<td>Last day to withdraw from University with full refund</td>
<td>09/02/2016</td>
</tr>
<tr>
<td>Last day to drop a full term course for a credit/refund</td>
<td>09/04/2016</td>
</tr>
<tr>
<td>Deadline to apply to graduate at the end of the term</td>
<td>09/16/2016</td>
</tr>
<tr>
<td>Last day to drop a full term course (W grade, no refund)</td>
<td>10/30/2016</td>
</tr>
<tr>
<td>Final examinations:</td>
<td>12/12–12/16/2016</td>
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Note: For outreach, internet, and short course drop/add dates, visit Registrar’s Academic webpage [http://registrar.siu.edu/](http://registrar.siu.edu/)

**FALL SEMESTER HOLIDAYS**

- Labor Day 09/05/2016
- Fall Break 10/08—10/11/2016
- Veterans Day 11/11/2016

**WITHDRAWAL POLICY** ~ Undergraduate only

Students who officially register for a session may not withdraw merely by the stopping of attendance. An official withdrawal form needs to be initiated by the student and processed by the University. For the proper procedures to follow when dropping courses and when withdrawing from the University, please visit [http://registrar.siu.edu/students/withdraw.html](http://registrar.siu.edu/students/withdraw.html)

**INCOMPLETE POLICY** ~ Undergraduate only

An INC is assigned when, for reasons beyond their control, students engaged in passing work are unable to complete all class assignments. An INC must be changed to a completed grade within one semester following the term in which the course was taken, or graduation, whichever occurs first. Should the student fail to complete the course within the time period designated, that is, by no later than the end of the semester following the term in which the course was taken, or graduation, whichever occurs first, the incomplete will be converted to a grade of F and the grade will be computed in the student's grade point average. For more information please visit: [http://registrar.siu.edu/grades/incomplete.html](http://registrar.siu.edu/grades/incomplete.html)

**REPEAT POLICY**

An undergraduate student may, for the purpose of raising a grade, enroll in a course for credit no more than two times (two total enrollments) unless otherwise noted in the course description. For students receiving a letter grade
of A, B, C, D, or F, the course repetition must occur at Southern Illinois University Carbondale. Only the most recent (last) grade will be calculated in the overall GPA and count toward hours earned. See full policy at http://registrar.siu.edu/students/repeatclasses.html

**STUDENT CONDUCT CODE**
Under no circumstance will this class be a place of close mindedness. No student shall be made to feel uncomfortable based on their gender, class, sexuality, disability or any other characteristic. This class may bring about discussions that make you feel ‘uncomfortable’, but that discomfort will be based on ideas and opinions that you have, not about you as an individual. This classroom will also not be a site of harassment, physical, sexual, or otherwise. If you have an issue with any of the above, see the instructor. If you need further details, please look up the following: http://www.siuc.edu/~policies/policies/conduct.html

**DISABILITY POLICY**
Disability Support Services provides the required academic and programmatic support services to students with permanent and temporary disabilities. DSS provides centralized coordination and referral services. To utilize DSS services, students must come to the DSS to open cases. The process involves interviews, reviews of student-supplied documentation, and completion of Disability Accommodation Agreements. http://disabilityservices.siu.edu/

**PLAGIARISM CODE**

**SAFETY AWARENESS FACTS AND EDUCATION**
Title IX makes it clear that violence and harassment based on sex and gender is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, etc. If you or someone you know has been har-assed or assaulted, you can find the appropriate resources here: http://safe.siu.edu

**EMERGENCY PROCEDURES**
Southern Illinois University Carbondale is committed to providing a safe and healthy environment for study and work. We ask that you become familiar with the SIU Emergency Response Plan and Building Emergency Response Team (BERT) programs. Emergency response information is available on posters in buildings on campus, available on BERT’s website at www.bert.siu.edu, Department of Safety’s website at www.dps.siu.edu (disaster drop down) and the Emergency Response Guideline pamphlet. Our safety location for Davies is the women’s locker room in the east hallway. It is important that you follow these instructions and stay with your instructor during an evacuation or sheltering emergency.

**SALUKI CARES**
The purpose of Saluki Cares is to develop, facilitate and coordinate a university-wide program of care and support for students in any type of distress—physical, emotional, financial, or personal. By working closely with faculty, staff, students and their families, SIU will continue to display a culture of care and demonstrate to our students and their families that they are an important part of the community. For Information on Saluki Cares: call (618) 453-1492, or siucares@siu.edu, http://salukicares.siu.edu/index.html

**SIU's EARLY WARNING INTERVENTION PROGRAM (EWIP)**
Students enrolled in courses participating in SIU’s Early Warning Interven-tion Program might be contacted by University staff during a semester. More information can be found at the Core Curriculum’s Overview webpage: http://corecurriculum.siu.edu/program-overview/

**INCLUSIVE EXCELLENCE**
SIU contains people from all walks of life, from many different cultures and sub-cultures, and representing all strata of society, nationalities, ethnicities, lifestyles, and affiliations. Learning from and working with people who differ is an
important part of education as well an essential preparation for any career. *For more information please visit:* http://www.inclusiveexcellence.siu.edu/

**MORRIS LIBRARY HOURS** -http://www.lib.siu.edu/about

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**LEARNING AND SUPPORT SERVICES**
Help is within reach. Learning support services offers free tutoring on campus and math labs. To find more information please visit the Center for Learning and Support Services website:
* Tutoring :* http://tutoring.siu.edu/

**WRITING CENTER**
The Writing Center offers free tutoring services to all SIU students and faculty. To find a Center or Schedule an appointment please visit http://write.siu.edu/

**AFFIRMATIVE ACTION & EQUAL OPPORTUNITY**
Our office's main focus is to ensure that the university complies with federal and state equity policies and handles reporting and investigating of discrimination cases. *For more information visit:* http://diversity.siu.edu/

**MILITARY COMMUNITY**
There are complexities of being a member of the military community and also a student. Drill schedules, calls to active duty, complications with GI Bill disbursement, and other unforeseen military and veteran related developments can complicate academic life. If you are a member of the military community and in need of accommodations please visit Veterans Services at http://veterans.siu.edu/

**SALUKINET:** https://salukinet.siu.edu/cp/home/displaylogin

**ADVISEMENT:** http://advisement.siu.edu/

**SIU ONLINE:** http://online.siu.edu/