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 120  Office Phone: 453-2449
Office Hours: Mon 3:30-4:30; Mon/Wed 10-11a; Tues/Thurs 12:30-1:30 or by appointment

**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 will be one of the handful of Kinesiology classes listed. 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 address current issues in sport and physical activity from a sociological perspective, including but not limited to youth sports, the role of sport in education, violence & deviance in sport, along with the connection of sport to cultural groups (e.g. gender & race)
- To address current issues in sport and physical activity from psychological perspective, including but not limited to leadership, motivation, anxiety, addictive behaviors, exercise & injury
- To enhance leadership effectiveness, group dynamics, and social interaction in physical activity setting through the application of sociological & psychological principles
- To develop academic writing, presentation, and communication skills
- To enhance the capacity to interpret and critically evaluate academic writing
- Recognize socio-cultural benefits of participation in a variety of activities – IL CAS.PE.5.B

**Course Evaluation: 468 points**

| Quizzes (25pts each x best 7) | 175 pts 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ |
| Projects (50pts each x 2)     | 100 pts 1 _____ 2 _____ |
| Assignments                  | 40pts 1 _____/20 2 _____/20 |
| Class Engagement             | 153pts 3.5 points for 6 quiz days; 6 points for 22 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** – 6 points on non-quiz days & 3.5 points on quiz days (except #4). Your presence is expected, as is your ability to be an active participant in the learning process (discussions of readings, presentation audience, review of previous class info, etc.). Each class period, you are type up a summary of the reading(s) for the day and any critical thinking questions you have. These can reflect a topic you want to discuss further, a question you had to further your own
understanding about the topic, etc., & will be worth up to 4 points, 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 (up to 2 points). 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.

Class Policies:

1. 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 to me the day after you have been absent a week and want to know if you can turn in material late. A note from health services is not an excused absence. Students who are late for class or who leave class early will be counted as absent (3 minute window). You know when the class is scheduled, do not make appointments during this class time. Life happens and unexpected things will occur. It is up to you to contact me immediately (prior to class) to discuss an issue that requires you to miss class that is not excused via the underlined definition above. Make sure we have a face to face meeting if something is to occur that impacts your status.

2. 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.

3. The penalty for academic dishonesty (cheating, allowing another student to cheat off of you, and/or plagiarism) on any assignment or examination will result in an automatic score of zero for the course. No ifs ands or butts about this policy. Just don’t do it.

4. If you have questions, concerns, etc., please come and talk to me or email me as soon as possible. Otherwise, I will assume that everything is going well for everyone.

5. All assignments are to be typed & are due at the end of the designated class period. 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 Room 107) before the class to get credit. Have a back-up plan for printer issues, either your own or in a computer lab on campus. Class begins at 2p, do not wait until 1:30 to attempt to print materials for class.

6. Unless asked to use as part of the class, please turn off all cell phones. Do not text message, do the word search or sudoku in the DE or you will be asked to leave. Stay home if you would prefer to do that. There are to be no cell phones to be visible in this class. If a life event is occurring & you are expecting a call/text, please step outside to take care of it. Otherwise, each time I see a phone, 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.

7. Food and drink are not allowed in the classroom (except for water). The course starts after lunch, make sure you have sustenance to last through the afternoon. Eat, sleep, and get hydrated before class.

8. If you use your laptop or tablet in class to download the notes, it is your responsibility to use it for academic purposes (e.g. filling in power point slide info, researching a topic as instructed (see #6 above).)

KIN 345 Quiz Details

The first 40 minutes of every Thursday of even numbered weeks (1/28; 2/11; 2/25; 3/10; 3/31; 4/14; 4/28; & final exam time - Tuesday, 5/10 @ 2:45p). These quizzes will cover all the material for those weeks: notes up to the end of the Tuesday’s class & that Thursday’s reading material. Quiz questions will be asked in both multiple choice & essay format. Part of quiz 8’s score will consist of presenting one of your two projects to the class in a 2:30-3:00 minute verbal summary highlighting the key findings & connected research

KIN 345 Project Details

A) Sport Sociology interview – 50 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 covered in the first part of the course. It will be your responsibility to contact and set up an interview (no Saluki Athletic employees or email Q/A). Topics covered can include socialization in/through/out of 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. Integrate material from your research into the paper. Rubric & sample questions will be provided. Minimum of 5 academic sources cited in APA. Minimum length= 5 pages. WILL BE DUE MARCH 16TH

B) Athlete Psychology Interview –This assignment is designed to provide you with an opportunity to interview an athlete regarding (1) psychological strategies/skills related to the athlete’s performance (e.g. motivation, anxiety/arousal regulation, goal setting, imagery) or (2) coping strategies in dealing with an injury (e.g. precursors & responses). I will provide a list of questions that will be helpful in encouraging the interviewee to discuss topics that are relevant to class. Upon completion of this interview, you will be asked to discuss your interview covering various issues of psychology in sport. You should identify 2-3 major concepts that this athlete seems to be focusing on (as mentioned in #1 & #2 above) and connect their responses to the relevant academic literature. It is recommended that you use a pseudonym for your interviewee so that he/she remains anonymous. The development of this paper should not contain a question & answer format, and paraphrases and direct quotes from your interviewee (cited in text as First Initial. Last name, personal communication, date of interview) should only be used to cement your point on a topic. Four or more quality source minimum (journal articles) – you may use official organizational websites, newspaper & magazine articles as well, but will not count towards the 4 sources previously mentioned. Minimum 5 pages DUE MAY 3rd

KIN 345 Assignments

Media project – 20 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 FEBRUARY 16TH

Psychological skills program – 20 points: The purpose of this assignment will be to allow you to practice a week long psychological skill program (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 APRIL 7TH

Day 1 – 1/19 – class intro, APA, research focus & source integration for both projects

Day 2 – 1/21 – Sociological intro & Socialization in sport

Day 3 – 1/26 – Con’t of Socialization & beginning of Youth sport

Day 4 – 1/28: Con’t of Youth sport

QUIZ 1
Day 5 – 2/2 – Sport in education – high school

Day 6 – 2/4 Con’t of Sport in education – college

Day 7 – 2/9 Con’t of Sport in education – college; Media & sport MEDIA PROJECT ASSIGNED

Day 8 – 2/11 Con’t of Media & sport -

Quiz 2

Day 9 – 2/16 – Violence and sport –

MEDIA PROJECT DUE

Day 10 2/18 – Con’t of Violence

Day 11 2/23 - Deviance and sport

Day 12 – 2/25 - Con’t of Deviance

Quiz 3

Day 13- 3/1 – Gender and sport
Day 14 – 3/3 - Con’t of Gender

Day 15 – 3/8 – Race and sport

Day 16 – 3/10
SOCIOLOGY PROJECTS DUE
Quiz 4

Day 17 – 3/22- PST – Intro to psychology

Day 18 – 3/24 – PST – Intro to PST – INTRODUCE PSYCHOLOGICAL SKILLS ASSIGNMENT

Day 19 3/29 – PST - goal setting – COACH MIHELICH COMING TO CLASS

Day 20 – 3/31 – PST - imagery -
Quiz 5

Day 21 – 4/5 – Personality

Day 22 – 4/7 - Motivation –

PSYCHOLOGICAL SKILLS ASSIGNMENT DUE

Day 23 – 4/12 - Injury
Ryan, J. (2000). Excerpts from If it isn’t bleeding, don’t worry about it. In Little girls in pretty boxes: The making and breaking of elite gymnasts and figure skaters. (pp. 17-54). Will have excerpts & not the entire piece
Day 24 – 4/14 – Con't of Injury
Ryan, J. (2000). Excerpts from If it isn’t bleeding, don’t worry about it. In Little girls in pretty boxes: The making and breaking of elite gymnasts and figure skaters. (pp. 17-54). Will have excerpts & not the entire piece

Quiz 6

Day 25 – 4/19 – Group dynamics

Day 26 – 4/21 - Leadership -

Day 27 – 4/26– Addictive and unhealthy behaviors

Day 28 – 4/28 - Exercise

Quiz 7

Day 29 – 5/3 – Anxiety/stress

ATHLETE INTERVIEW DUE

Day 30 – 5/5 – Con't Anxiety/stress

Quiz 8 Tuesday 5/10 2:45-4:45p and presentations

IMPORTANT DATES *
Semester Class Begins ...............................................................01/19/2016
Last day to add a class (without Dean’s permission): ............01/24/2016
Last day to withdraw completely and receive a refund: ..........01/29/2016
Last day to drop a full term course (no refund) .....................04/03/2016
Final examinations: ...............................................................05/09–05/13/2016
Note: For outreach, internet, and short course drop/add dates, visit Registrar’s Academic webpage http://registrar.siu.edu/

SPRING SEMESTER HOLIDAYS
Spring Break 03/12—03/20/2016

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/pdf/ugradcatalog1516.pdf

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
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/pdf/ugradcatalog1516.pdf

STUDENT CONDUCT CODE http://srr.siu.edu/student_conduct_code/

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/


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 this class is the women’s locker room in Davies. If there happens to be a fire in Davies, we will head to Shryock Auditorium. 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: (618) 453-5714, or siucares@siu.edu, http://salukicares.siu.edu/index.html

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

Safety AWARENESS FACTS & EDUCATION
Title IX makes it clear that violence & harassment based on sex & gender is a Civil Rights offense subject to the same kinds of accountability & 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 harassed or assaulted, you can find the appropriate resources here: http://safe.siu.edu

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:
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/#

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

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

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