

ESS 744 Applied Sport (& Exercise) Psychology Course Overview and Evaluation

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Office Hours:	Wednesdays 3-4 PM Other times by appt.	Mon-Tues-Wed-Thurs 8-9 a.m. Other times by appt.

COURSE DESCRIPTION:

From Graduate Bulletin – Current research in applied sport psychology; sport-specific individual differences, motivational approaches, and interventions (3:2:2).

Working description - ESS 744: **Applied Sport & Exercise Psychology** is an advanced seminar focused on applying knowledge towards the practice of sport and exercise psychology with diverse populations in varied settings. Students are expected to begin with a basic understanding of sport and exercise psychology (as gained in ESS 644 and other prior coursework), to participate in all classes and complete all outside lab projects, and to be active contributors to the course. We have a syllabus and schedule, but the course is a work-in-progress. We hope each of you will help shape the course content and activities.

COURSE TEXTS

Van Raalte, J.L. & Brewer, B.W. (2002). *Exploring sport & exercise psychology* (2nd ed.). Washington, D.C.: American Psychological Association.

Murphy, S. (2005). *The sport psych handbook*. Champaign, IL: Human Kinetics.

EVALUATION:

Students will be evaluated on: two major presentations (both including self-evaluations and peer-evaluations), five case study write-ups, and two PST generalization papers. No quizzes or exams are scheduled in this class. Each of the course requirements is described below (further details will follow).

Presentations & Evaluations

Students will make two presentations (in pairs) and be individually responsible for providing evaluations of themselves and peers.

Presentation & Evaluation I: In-class – For the first presentation you (in pairs) will have approximately 30 minutes to cover a specific mental skill topic (i.e., goal setting, team building/communication, intensity regulation, imagery, or attention control). Written outlines and copies of presentation materials are due to instructors the day of the scheduled presentation. In addition, each presentation will be videotaped and evaluated by two sources (presenters themselves, and two peers).

Presentation & Evaluation II: Workshop – The second presentation will be approximately 45 minutes in duration and cover the same topic as the first. However, student pairs will be conducting this

presentation as an educational PST workshop to a UNCG Varsity Sport Team. This workshop will be supervised and evaluated by Dr Newcomer, and evaluations will be completed by both presenters and participants of the workshop.

*NOTE: Completed peer-evaluations are due by the following Friday (2 days after presentation), and completed self-evaluations are due in-class the following week. Evaluations are to be typed, double-spaced, and 1-2 pages in length. Guidelines for evaluations will be discussed further in class.

Case Studies

Students will receive five case studies on various clinical topics (e.g., PST, psychopathology, working with special populations). Case studies are to be typed, double-spaced, and approximately 2-3 pages in length. Students will have each case at least 1 week prior to the due date, generally the class in which that case will be reviewed. Specific guidelines for case studies will be discussed further in class.

Generalization Papers

In addition to enhancing applied sport psychology competencies, this course will also cover generalization of applied consulting skills beyond sport settings (e.g., performing arts, business, rehab/medical, health/fitness). Students will write two generalization papers (approx 3-5 pages in length) on applications in 2 specific non-sport settings of their choice. Guidelines for these papers will be discussed further in class.

Computation of Final Grade:

30%	Presentation and Evaluation I
30%	Presentation and Evaluation II
25%	Case Studies (approx 5% each)
+ 15%	<u>Generalization Papers (approx 7.5% each)</u>
	100% Total Grade

ADDITIONAL RESOURCES:

Blackboard

Supplemental Reading and Resource List, External Links

Effective Communication Skills

As you can imagine, effective verbal and nonverbal communication skills are ESSENTIAL for providing quality applied consultations. Your competency in these areas will serve as the foundation for your success in this class. In addition to peer and instructor feedback received throughout the semester, students may also take advantage of on-campus resources in these areas. The University Speaking and Writing Centers provide guidance on developing, performing, and evaluating presentations as well as the preparation and development of written work.

The University Speaking Center
Room 22 Mclver Building
256-1346

<http://www.uncg.edu/cst/speakingcenter/main.html>

The University Writing Center
Room 101 Mclver Building
334-3125

<http://www.uncg.edu/eng/writcenter>