

ESS 746: Practicum in Applied Sport & Exercise Psychology

Renee Newcomer Appaneal, EdD, NCC
Office: 237M HHP Building
Phone: (336)256-0280
Email: rrnewcom@uncg.edu

11:30-1:30PM Alt. Thursdays
SEP Lab (247 HHP)

Course Information:

This course can be repeated each semester (Fall & Spring) for up to a maximum of 6 credit hours, where students may enroll for a minimum of 1CR to a maximum of 3CR hours during any single term.

Course Objective:

To begin (or continue) applying your knowledge of sport and exercise psychology (SEP) to tangible experiences as a consultant in a sport and/or exercise setting.

In this class, you will be expected to:

- Integrate yourself into an existing system (i.e., team, group, etc.),
- Develop contextual intelligence to work effectively within a system,
- Obtain sufficient information to identify *role(s)* and *goal(s)*,
- Teach mental skills and facilitate use of those skills,
- Monitor and track consultation progress towards goals,
- Evaluate your effectiveness as a consultant,
- Work through ethical issues that may present, and
- Utilize supervision resources.

Course load will vary depending on the credit hours enrolled, and this is represented in the chart below. Note: ALL students enrolled are REQUIRED to attend bi-weekly group supervision (GSV).

	1 CR	2 CR	3 CR
Attend bi-weekly GSV.....	X	X	X
Complete assignments.....	X	X	X
Consult (or shadow) in a SEP setting.....		X	X
Attend individual supervision (ISV).....			X

The Fall '05 schedule is as follows:

Aug 25 th	Oct 6 th	Nov 17 th
Sept 8 th	Oct 20 th	Dec 1 st
Sept 22 nd	Nov 3 rd	

Course Evaluation

You will be evaluated by the quality of effort (process) and work (outcome) towards completing the following tasks:

Consultation/Shadow: _____ required – 0%

1. Organize, develop and provide regular sessions with groups or individuals.
2. Maintain open and regular communications with the client's coach(es), parent(s), or group leader(s).
3. Shadowing: This is an organized experience and mutual relationship where expertise and mentoring is provided by a more experienced consultant to a less/inexperienced consultant in exchange for assistance with consultation-related tasks and duties.

Supervision: _____ 50%

4. Regular attendance at bi-weekly GSV meetings. There are only 8 meetings scheduled during the semester, so please plan accordingly to attend class.

NOTE: If something, either planned or unexpected, prevents you from attending GSV, please notify me as soon as possible. It is your responsibility to obtain information missed (i.e., announcements, notes, assignments, etc) from me and/or other classmates.

5. Active involvement in GSV discussions, in-class assignments, etc.
6. Regular attendance to individual supervision (ISV) meetings (min 2/mo).

Deliverables (DUE at GSV) _____ 30%

- | | |
|--|------------|
| 7. Consultant / Shadow SOAP Notes (each session)
<i>"Tips" handout on Blackboard, See me for examples</i> | 20% |
| 8. Practicum Log Form (excel spreadsheet)
<i>use AAASP-CC template</i> | 5% |
| 9. Case presentation and discussion | 5% |
| 10. <u>Practicum Summary Notebook (DUE MON 12/5 by 12PM)</u> | <u>20%</u> |

Includes the following items (please place in order)

- | | |
|--|-----|
| a. Practicum Log Form (total hrs to date) | N/A |
| b. Self-reflection of learning (aka, process) | 5% |
| c. Self AND others' evaluation (aka, outcome) | 5% |
| d. Disclosure Statement (boundaries of competency) | 5% |
| e. Professional Philosophy Statement (see HO) | 5% |