

# Exercise/Sport Psychology - Syllabus

Exercise Sport Psychology, EXSS 451, Spring 2026

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<b>Instructor</b>	Tim Kent, DHSC, ATC, LAT	<b>Phone</b>	TBA
<b>Office Location</b>	TBA	<b>Email</b>	tkent@tlu.edu
<b>Course Meeting Days and Time</b>	Monday, Wednesday: 4:00 – 5:15 pm	<b>Student Drop-In Office Hours</b>	TBA
<b>Course Mode</b>	In-person		

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## Course Information

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### Catalog Description:

Provides an overview of the rapidly developing fields of exercise and sport psychology, including psychological aspects of sport performance and psychometric characteristics of sport participants. Topics in this class include the relationship of exercise to mental health. Special emphasis on theoretical and research issues important in the field of sport psychology is given. Prerequisites: Junior or senior standing or permission of instructor; Psychology 121.

### Credit Hour Policy Statement:

This class meets the federal credit hour policy of 1 hour of class with an expected 2 hours of additional student work outside of class each week for approximately 15 weeks for each hour of credit, or a total of 45-75 total hours for each credit.

### Course Learning Outcomes:

By the end of this course, students will be able to:

- Describe exercise and sport psychology literature and research
- Explain about participants through personality, motivation, arousal, and anxiety
- Describe environments such as competition, cooperation, and feedback
- Explain group dynamics and cohesion
- Demonstrate how to improve performance with imagery, self-confidence, goal setting, and concentration
- Apply strategies of enhancing well being (i.e. adherence, injuries, addiction, burnout, overtraining)
- Explain psychological growth and development (i.e. children, aggression, character, behavior)

### Required Materials:

Foundations of Sport and Exercise Psychology 8th Ed., Weinberg, Gould

### Methods of Instructions:

Instruction will be multi-faceted, to include: interactive lecture, independent study, student presentation, and group work

**Withdrawal and Attendance policies:**

Daily attendance is expected and in conjunction with participation will account for 10% of the student's grade.

**Grading Criteria:**

Assignment	Percentage
Weekly Quizzes	40%
Exams	40%
Attendance	10%
Participation	10%

**Honor Code:**

All students at the University of Evansville agree to the University honor code: *I will neither give nor receive unauthorized aid, nor will I tolerate an environment that condones the use of unauthorized aid.*

**Course AI Policy:**

In this course, submission of any work that is not entirely your own is considered academic dishonesty. The use of generative AI tools such as ChatGPT are prohibited and constitute a violation of academic integrity as examples of unauthorized aid.

**Course Schedule:****Week Topic**

- 1 Introduction to Sport and Exercise Psychology
- 2 Personality and Sport
- 3 Motivation
- 4 Stress and Anxiety
- 5 Competition and Cooperation
- 6 Feedback, Reinforcement, and Intrinsic Motivation
- 7 Team Dynamics and Cohesion
- 8 Leadership and Communication
- 9 Introduction to Psychological Skills Training
- 10 Arousal Regulation and Imagery
- 11 Self Confidence and Concentration
- 12 Exercise and Psychological Well Being
- 13 Exercise Behavior and Adherence
- 14 Psychological Aspects of Injury and Aggression

## University Policy Statements

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### Disability Policy:

The University of Evansville is committed to providing an accessible and supportive environment for students with disabilities. It is the policy and practice of the University of Evansville to make reasonable accommodations for students with properly documented disabilities. Students should contact Disability Services at 812-488-2663 to seek services or accommodations for disabilities. Written notification to faculty from Disability Services is required for academic accommodations.

### Institutional Equity and Title IX

UE is committed to fostering an atmosphere free from harassment and creating an inclusive campus for all members of the University community regardless of their sex, sexual orientation, gender identity, race, religion, ethnicity, country of origin, ability, or veteran status. All Faculty members are considered Responsible Employees and required to report instances of discrimination, harassment, or sexual violence to the Office of Institutional Equity

You may also choose to speak to a Confidential Resource about your experience. Confidential Resources at the University include:

Counseling Services: 812-488-2663, [counselingservices@evansville.edu](mailto:counselingservices@evansville.edu)

Crayton E. and Ellen Mann Health Center: 812-488-2033, [healthcenter@evansville.edu](mailto:healthcenter@evansville.edu)

Spiritual Formation Coordinator: 812- 488-5265, [spiritualformation@evansville.edu](mailto:spiritualformation@evansville.edu)

If you or someone you know has been harassed, assaulted, or discriminated against you can find the appropriate resources by contacting the Assistant Director of Institutional Equity and Title IX Coordinator: email [titleix@evansville.edu](mailto:titleix@evansville.edu) ; phone (812) 488-5261. For more information visit <https://www.evansville.edu/offices/titleix/policy.cfm> .

### Non-discrimination Statement

The University of Evansville expects all members of its community to treat each other with respect and civility. Harassing behaviors directed towards any member of our community will not be tolerated. As part of its commitment to non-discrimination, the University specifically prohibits harassment based on any other characteristics set forth in its nondiscrimination statement as follows: including race, color, gender, gender identity and expression, sexual orientation, creed or religion, national origin, age, disability, veteran status and all federally protected groups/classes. Any form of harassment undermines the mission of the University and negatively impacts the University community as a whole. For more information contact the [Center for Inclusive Excellence](#).

### Campus Safety

All members of the UE community are automatically enrolled in the Ace Alerts Emergency Alert System. When the system is activated, emergency notification information is sent in the following manner: calls to campus IP phones, text messages, emails, campus housing speaker system, active threat sirens (non-weather related), digital signage, and AlertUS desktop on campus-owned computers.

**To contact the Office of Public Safety:**

**Emergencies:** 812-488-6911

**Non-emergencies:** 812-488-2051

### Complaints, Grievances, and Appeals

The University of Evansville seeks to resolve all student concerns in a timely and effective manner through policies and processes documented in the University [Course Catalog](#) and [Student Handbook](#).

## Student Resources

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Access the links below to connect with departments and resources that are here to support all UE students.

**Academic Services:** Contact the Center for Academic Advising to connect with academic support services including supplemental instruction, tutoring, and time management and study skills help.

**Blackboard Guides:** Blackboard is the University of Evansville's course management system for online courses. Guides on using Blackboard can be found within [MyUE](#).

**Writing Center** : The Writing Center provides access to writing resources, appointments for one-on-one writing help, and assistance with any stage of the writing process.

**Counseling Services:** Counseling Services provides general, short-term counseling that assists students in identifying barriers and setting goals while improving coping strategies to achieve personal and academic goals.

**University Libraries:** Conduct research, access resources, and contact librarians for any research related help.