

Western HealthSciences

School of Kinesiology, Faculty of Health Sciences

KIN 3388A 650 (The Psychology of Sport) Summer, 2026

Campus Supports



Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your course coordinator can also **guide you** to available campus resources and/or services.

Technical Requirements

-  Stable internet connection
-  Laptop computer

Important Dates


Table 1 Important Dates

Classes Begin	Reading Week	Classes End	Study day(s)	Exam Period
May 4	N/A	July 24	N/A	July 27-30

July 14, 2026: Last day to withdraw from a first-term half course without academic penalty

Contact Information

Table 2: Course coordinator/instructor information

Course Coordinator/instructor	Contact Information	Office Hours
 <p>Cole Giffin, PhD (he/him) Please call me Cole.</p>	cgiffin3@uwo.ca	<p>Wednesday, 10:00-12:00pm by request.</p> <p>I respond to emails between 9:00-5:00pm, Monday-Friday.</p>

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](#). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top toolbar. Check the website regularly for course announcements. If you need assistance, visit [OWL Brightspace Help](#) or contact the [Western Technology Services Helpdesk](#). They can be

contacted by phone at 519-661-3800 or ext. 83800.

Calendar Course Description (including prerequisites/anti-requisites):

The central purpose of this course is to explore individual human behavior in a physical activity and sports context. Emphasis will be placed on understanding psychological concepts which are pertinent to the field of sport and physical activity.

Prerequisite(s): [Kinesiology 1070A/B](#).

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

Delivery Mode: [Online, Asynchronous]

Table 3: Date and times of course components

Component	Date(s)	Time
Pre-recorded videos released weekly. These will include: a) a video outlining weekly expectations, b) key aspects to focus on in the readings, c) explanations of important theories (if pertinent), and d) a video answer to course-related questions (uploaded on Thursdays).	Monday / Thursday	View at your own pace

My Course Description

This course examines psychological theories, research, and techniques (called psychological skills) related to sport and exercise behaviour. The course is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area. The course further explores the psychological demands on athletes, physical activity participants, coaches, and teams. Topics include personality, motivation, arousal, anxiety, group interactions, and leadership.

Learning Outcomes

Upon successful completion of this course, you will be able to:

1. Describe the importance of psychology and psychological intervention to sports performance, a basic history of the discipline, scope of practice, science and practice ethics and relevant careers;
2. Critically discuss and evaluate psychological traits, states and motivational tendencies that predict athletic performance over the short- and long-term;
3. Through case study and empirical research, apply short- and long-term strategies to

- modify and maintain a positive psychological state for performance;
4. Through case study, evaluate the characteristics of the sport environment (i.e., team dynamics, cohesion and coaching methods) and apply evidence-based methods to promote a positive motivational climate in a sport setting;
 5. Discuss psychological factors involved in athletic injury, return to play and withdrawal from sport because of injury and identify how practitioners can support athletes through the injury and rehabilitation process; and
 6. Through group work, reflective participation, written submissions, and oral presentations, students will demonstrate effective self-management, research, written and verbal communication skills towards timely completion of high-quality course deliverables.

Course Content and Schedule

Table 4: Course content and schedule

Week/Date	Topic	Study material	Things due
1 / May 4th	Introductions	Introduction to course, professor, and Sports Psychology. Welcome to Sport and Exercise Psychology (Ch 1) Science and Professional Practice of Sport and Exercise Psychology (Ch 2)	
2 / May 11 th	Goal Setting Learning About Participants	Goal Setting (Ch 16) Personality and Sport (Ch 3)	
3 / May 18 th	Learning About Participants	Motivation (Ch 4) Arousal, Stress, and Anxiety (Ch 5)	
4 / May 25 th	Sport Environments	Competition and Cooperation (Ch 6) Feedback, Reinforcement, and Intrinsic Motivation (Ch 7)	
5 / June 1 st	Sport Environments Group Processes	Diversity, Equity, and Inclusion (Ch 8) Team Dynamics and Cohesion (Ch 9)	Group Outline
6 / June 8 th	Group Processes	Leadership (Ch 10) Communication (Ch 11)	Midterm
7 / June 15 th	Improving Performance	Introduction to Psychological Skills Training (Ch 12) Arousal Regulation (Ch 13)	
8 / June 22 nd	Improving Performance	Imagery (Ch 14) Self-Confidence (Ch 15)	

Week/Date	Topic	Study material	Things due
9 / June 29 th	Enhancing Health and Well-being	Concentration (Ch 17) Exercise and Psychological Well Being (Ch 18)	
10 / July 6 th	Enhancing Health and Well-being	Exercise and Behavior Adherence (Ch 19) Athletic Injuries and Psychology (Ch 20)	Group Presentations
11 / July 13 th	Enhancing Health and Well-being Facilitating Growth and Development	Addictive and Unhealthy Behaviours (Ch 21) Children and Sports Psychology (Ch 23)	
12 / July 20 th	Facilitating Growth and Development	Aggression (Ch24) and Maltreatment in Sport (Kerr et al., 2019) Character Development and Good Sporting Behaviour (Ch 25)	Reflective Logbook Group Final Paper
13	Exam Period		

Course Materials You Must Acquire and Their Costs

Weinberg, R. S., & Gould, D. (2024). *Foundations of Sport and Exercise Psychology* (8th Ed.). Human Kinetics. <https://canada.humankinetics.com/products/foundations-of-sport-and-exercise-psychology-8th-edition-ebook-with-hkpropel-access?srsId=AfmBOorAIMCqFfaHesyscjYT5LOcCU6ZmzgSz24IPcWnyuUO1aEQwrIK>

Ebook with Online Resource: \$156.95 <- recommended version for ease of access
Loose-Leaf with Online: \$135.95

Assessments and Evaluation

Below is the evaluation breakdown for the course. Any deviations will be communicated.

Table 5: Assessments' details

Assessment	Format	Weight	Due Date	Flexibility	Learning Outcome
Participation	Written, Reflective Logbook	10%	July 20 th	Two weekly entries can be missed.	All
Midterm Test	Mixed format, online	25%	June 8 th	Not applicable	1,2
Group Project ¹	Project Outline and Group Agreement	5%	June 1 st	Not applicable Designated Assessment ²	All
	Group Presentation	10%	July 6 th		
	Written Paper and Self-Evaluation.	20%	July 20 th		
Final Exam ³	Mixed format, online	30%	Final Exam Period – scheduled by the office of the registrar	Not applicable	3, 4, 5

Notes:

1. You are expected to submit this assignment by the deadline listed. Should extenuating circumstances arise, you are permitted to submit your assignment up to 72 hours past the deadline without a late penalty. After these three days, the assignment will be marked as a zero. No Academic Consideration is required for this extension. Academic Consideration requests may be granted only for extenuating circumstances that began before the deadline and lasted longer than the extension. Students must not provide medical or compassionate documentation to the instructor.
2. Designated Assessment: This assessment has been designated as being central to the evaluation of learning outcomes in this course. Accordingly, you must provide documentation for any absence from this evaluation. If you miss this evaluation, you must complete the makeup assessment as follows: a written essay on an athlete or team in which sports psychology would benefit. The case will be provided to the student. Please note that there is only one makeup assessment for this project. Students with approved considerations will be accommodated on a case-by-case basis. Students must not provide medical or compassionate documentation to the instructor.
3. You cannot use undocumented absences for final exams.

Assignment Instructions

**all evaluation criteria and detailed assignments descriptions are found in Brightspace

Participation: Throughout this course, students will maintain a reflective logbook to document their learning journeys, insights, and experiences with theories and concepts

pertinent to sports psychology. This logbook serves as a tool for personal and professional growth, critical thinking development, and a record of your evolving understanding of complex theories and applied practice. Guiding questions and probes will be shared weekly. **These reflective questions will be presented within the weekly slideshows.** Please maintain the logs within a Microsoft word document and submit it as a PDF on July 20th.

2. Group Project: The general overview of the project consists of students choosing an athlete or group of athletes (i.e., sport team) as a “case study”. The athlete(s) will serve as potential client(s) in need of sport psychology services. The case chosen can be any athlete or sport team – elite, professional, sport celebrity, amateur – from any point in time or history. Students are free to be creative and pick a sport and athlete(s) that interests them. Students should, however, choose the case thoughtfully and wisely. Rich cases will allow students to clearly and creatively communicate/demonstrate to the professor and the class why the case needs sport psychology services and what the exact sport psychology needs are of the athlete or team.

Students will work in group (5-6 depending on class size) on this project to give them the opportunity to understand and apply sport psychology concepts discussed in the course. These groups will be pre-determined by the professor. This group will be created by the professor. Additionally, students will gain experience locating and synthesizing sport psychology research from appropriate journals.

The Group Project will consist of three parts. The first is to provide an outline of a case you wish to study, due June 1st. Feedback will be provided on this initial outline. The second part includes recording a group presentation on how your group would address this case. This presentation is to be completed and recorded on a virtual platform, such as Zoom, Microsoft Teams, or Google Meet. This presentation should be no more than 10 minutes in length, due July 6th. Feedback will be provided on this presentation. The final part is a written paper that summarizes the athlete’s/team’s needs, the group’s interpretation of the case informed by psychological theories, and applied recommendations. The paper will be a minimum of **FIVE** double spaced pages, 12-point Times New Roman font, and a maximum of **SEVEN** pages, excluding title page, appendices and references. Please use APA formatting. This paper is due on July 20th.

* Like any sports team, a seminal part of this project involves group members working together to complete a common goal. The following tasks will support group members in creating a space for group work. First, group members should create a group agreement (see Brightspace, titled “group agreement video”) that outlines how a successful group operates. This is to be handed in with the group outline. Second, each group member will be required to complete a self-and-collective evaluation, handed in at the same time as their final paper. This self-evaluation should include:

- a 350-word reflection on:
 - Their contributions to the group (ideas, research, writing, collaboration).
 - Their learning from the project, especially connections to theories explored in course.
 - Strengths and challenges in their participation.
 - The collective evaluation should include requires the group to collectively submit a short statement recommending whether all members should receive the same grade, or explaining why differences are warranted.
3. Examinations: There will be two scheduled exams as part of the course, one midterm and one final exam. The exams will test you on course content and the general topics discussed

cumulatively to that point in the term. The mid-term exam is worth 25% of your final term mark. It will consist of multiple choice and short answer questions. This will take place on June 8th. With approved academic considerations, a student who misses the midterm will write a make-up midterm on June 15th. Should students also miss the make-up exam, the weight will be re-weighted on the final exam. Without approved considerations, the student will receive a mark of zero on the missed midterm.

The final exam will be worth 30% of the final course grade and will be based all material covered since the first midterms (i.e., the final is not cumulative). The final exam will be online and consist of multiple choice and short answer questions. The final exam will be scheduled during the final exam period. If you miss the final exam with documented, approved considerations, you will be granted to write a Special Make Up exam, no more than 30 days after the original scheduled exam.

General information about assessments

- All assignments are due at 23:59 EST unless otherwise specified
- You are responsible for ensuring that the correct file version is uploaded; incorrect submissions including corrupt files could be subject to late penalties (see below) or a 0
- Written assignments will be submitted to Turnitin (statement in policies below)
- You might not receive the same grade as your group members if it is determined that the distribution of work was not equal. Each group member will be required to communicate if all members should receive equal grades (see assignment instructions).
- After an assessment is returned, you should wait 24 hours to digest feedback before contacting their evaluator; to ensure a timely response, reach out within 7 days
- Prior to the filing of a written request for relief, you must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If you are dissatisfied with the decision of the instructor or you do not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.

The table below outlines University-wide grade descriptors.

Table 6: University-wide grade descriptors

Letter grade	Number grade	Description
A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which is clearly above average
B	70-79	Good work, meeting all requirements, and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable
F	below 50	Fail

Rounding of Grades (for example, bumping a 79 to 80%)

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or ‘giving away’ of marks. Please don’t ask me to do this for you; the response will be “please review the course outline where this is presented”.

Information about late or missed assessments:

- Late assessments following the three-day grace period will be subject to a zero.

- ☑ With proper documentation and approval through the Student Absence Portal (see Absence from Course Commitments section), students can write a make-up midterm examination if missed due to extenuating circumstances.

INC (Incomplete Standing): If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work is scheduled.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup exam. If the class doesn't have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred as outlined in Types of Examinations policy.

Academic Policies and Statements

Support Services

There are various support services around campus and these include, but are not limited to:

1. Academic Support and Engagement - <http://academicsupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

The websites for Registrarial Services (<http://www.registrar.uwo.ca>), and the same for affiliated university colleges when appropriate, and any appropriate Student Support Services (including the services provided by the USC listed here: <http://westernusc.ca/services/>) and the Student Development Services, should be provided for easy access.

Students who are in emotional/mental distress should refer to Mental Health@Western (<https://www.uwo.ca/health/>) for a complete list of options about how to obtain help.

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at:

https://www.uwo.ca/health/student_support/survivor_support/get-help.html.

Statement on Harassment and Discrimination

Western is committed to providing a learning and working environment that is free of harassment and discrimination. All students, staff, and faculty have a role in this commitment and have a responsibility to ensure and promote a safe and respectful learning and working environment. Relevant policies include Western's Non-Discrimination/Harassment Policy (M.A.P.P. 1.35) and Non-Discrimination/Harassment Policy – Administrative Procedures (M.A.P.P. 1.35). Any student, staff, or faculty member who experiences or witnesses' behaviour that may be harassment or discrimination **must report the behaviour** to the Western's Human Rights Office. Harassment and discrimination can be human rights-based, which is also known as EDI-based, (sexism, racism, transphobia, homophobia, islamophobia, xenophobia, antisemitism, and ableism) or non-human rights-based (personal harassment or workplace harassment).

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

Absence from Course Commitments

Students must familiarize themselves with the Policy on Academic Consideration – Undergraduate Students in First Entry Programs

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the central academic consideration portal. Students are permitted one academic consideration request per course per term **without**

supporting documentation. Note that supporting documentation is **always** required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may **designate** one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start – and finish – the assessment).

Please note that academic considerations in this course are granted by the academic advisors in your home unit and implemented by the instructor of this course in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the Student Medical Certificate or, where that is not possible, equivalent documentation by a health care practitioner. If your absence relates to accommodations that are already supported by Accessible Education, please work with your accessible education counsellor regarding your missed course work.

Accommodation for Religious Holidays

Students should review the policy for Accommodation for Religious Holidays. Where a student will be unable to write examinations and term tests due to a conflicting religious holiday, they should inform their instructors as soon as possible but not later than two weeks prior to writing the examination/term test. In the case of conflict with a midterm test, students should inform their instructor as soon as possible but not later than one week prior to the midterm.

Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the policy on Scholastic Discipline for Undergraduate Students.

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to

the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (www.turnitin.com).

Use of Artificial Intelligence for the Completion of Course Work

Within this course, you may only use artificial intelligence tools (e.g., “ChatGPT”) in ways that are specifically authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work.

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review The policy on Accommodation for Students with Disabilities. If you think you may qualify for ongoing accommodation (e.g. separate room to write exams, flexibility with deadlines, etc.) that will be recognized in all your courses, we encourage you to visit Accessible Education for more information.

Correspondence Statement

The centrally administered e-mail account provided to students will be considered the individual’s official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

Use of Electronic Devices

During Exams

Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. **These devices MUST either be left at home or with your belongings at the front of the room. They MUST NOT be at your test/exam desk or in your pocket. Any student found with a prohibited device will be referred for investigation of a Scholastic Offence, per the policy listed above. The typical first-offence penalty for possession of a prohibited device is zero on the test or exam.**

During Lectures and Tutorials

Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

Copyright and Audio/Video Recording Statement

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on Brightspace for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Academic Appeals and Scholastic Offences

Students can file a **request for relief from academic decisions** if the request is based on one or more grounds listed in the policy. Students can read more about the policy here and a link to the procedures is listed in the Support Services sections of this document.

Students may **appeal** some academic and scholastic disciplinary decisions by a Dean or their designate, to the Senate Review Board Academic (SRBA). Students can read more about the policy here and a link to the procedures is listed in the Support Services section of this document.