



PSY 289 Psychology of Sport and Leisure Activity

Summer 2024

Course Credits: 4

Contact Hours: 56 hours

Instructor: TBA

Email: TBA

COURSE OBJECTIVES

This course surveys fundamental concepts of sports psychology. It takes a close look at how exercise and human mental health conditions interact positively and negatively. Additionally, five typical psychological theories are covered in this course. It emphasizes the psychosocial influences and consequences of exercise as well as leisure activities. All the practical knowledge can be applied in daily exercise to maintain mental health.

Upon completion of this course, students will be able to:

1. Describe the basic concepts of sports psychology.
2. Explain the interconnections between exercise and human mental health conditions, and how they closely interact.
3. Have a systematic knowledge of five typical theories of exercise psychology.
4. Develop an understanding of how theories are applied in sports and leisure activities.
5. Apply their knowledge in daily practice to maintain healthy mental conditions.

PREREQUISITES

None

GRADING

Grades will be determined by accumulating points, with 100 points being the maximum, as follows:



| ITEM | POINTS |
|--------------|------------|
| Quizzes | 20 Points |
| Assignments | 20 Points |
| Midterm Exam | 30 Points |
| Final Exam | 30 Points |
| Total | 100 Points |

Late submissions will be graded at the end of the course. Grades will be assigned according to the following rule:

$A \geq 90 > B \geq 80 > C \geq 70 > D \geq 60 > F$.

We reserve the right to make adjustments to the overall grading policy.

COURSE MATERIALS

Required Texts:

Curt L. Lox, Kathleen A. Martin Ginis, Heather L. Gainforth, Steven J. Petruzzello, *The Psychology of Exercise: Integrating Theory and Practice*, 5th Edition, Routledge, 2017.

Recommended (Optional) Texts or Other Materials:

None

COURSE TOPICS

| MODULE | TASKS |
|----------|---|
| Module 1 | Topics: Topic 1: Introduction to Exercise Psychology Topic 2: Physical Activity Epidemiology Topic 3: Sedentary Behavior in Children, Youth, and Adults Topic 4: Consequences of Physical Activity and Sedentary Behavior Assessments: Quiz#1 |
| Module 2 | Topics: Topic 5: Stimulus–Response Theory Topic 6: Social Cognitive Theories Topic 7: Self-Efficacy Theory Topic 8: Theory of Planned Behavior and Self-Determination Theory Assessments: |



| | |
|----------|---|
| | Quiz#2 Assignment#1 |
| Module 3 | Topics: Topic 9: Interpersonal Environment, Individual and Group Influences on Exercise Topic 10: Physical Environment and Policy Environment Topic 11: Physical Activity Interventions Topic 12: Developing Exercise Interventions Assessments: Midterm Exam |
| Module 4 | Topics: Topic 13: Personality and Exercise Topic 14: Self-Perceptions and Exercise Topic 15: Stress, Stress Reactivity, and Exercise Topic 16: Anxiety and Exercise Assessments: Assignment#2 |
| Module 5 | Topics: Topic 17: Depression and Exercise Topic 18: Emotional Well-Being and Exercise Topic 19: Cognitive Function and Exercise Topic 20: Health-Related Quality of Life and Exercise Assessments: Final Exam |

ATTENDANCE

1) Class attendance is required. Missing classes without permission will lead to decrease in overall grade.

Missing less than two classes: no penalty.

Missing more than two classes: 7% will be taken off from the overall grade.

If the instructor reports a student's frequent missing of class to the Soochow University Academic Administration Office, the student might get a written warning and might be prohibited from attending final exam.

2) Participants in this course are expected to arrive in class promptly and adequately prepared. The primary objective of this course is to critically engage with the readings and the subject matter. Therefore, course participants are expected to have completed the reading prior to class and prepare thoughtful reflections/commentaries to share



with fellow colleagues.

LEARNING REQUIREMENTS

- 1) Late assignments are not acceptable and are subjected to grade deductions.
- 2) Assignments submitted in the wrong format will be counted as not submitted.
- 3) Failure to submit or fulfill any required course component results in failure of the class.
- 4) Make-up for midterm and final exams only with valid excuses, as defined by the University.
- 5) In order to earn a Certificate of Completion, participants must thoughtfully complete all assignments by stated deadlines and earn an average quiz score of 50% or greater.

TECHNOLOGY POLICY

The use of electronic devices in class is distracting, both for the user and for the rest of the class. Only non-programmable calculators can be used in the tests and exam. Any attempts to use cell phones and other electronic communication devices will be seemed as cheating. Laptops are discouraged, unless you use them for activities DIRECTLY related to the course (eg., note taking, reading course documents).

ACADEMIC INTEGRITY POLICY

Soochow University highly values the academic integrity and aims to promote the academic fairness, honesty and responsibility. Any academic dishonesty behaviors and any attempts to cheats and plagiarism will be reported to the university administration office. A written warning and the relevant penalties will be imposed. The record might be shown on the official university transcript.

DISABILITY ACCOMMODATION

Soochow University is committed to maintaining a barrier-free environment so that students with disabilities can fully access programs, courses, services, and activities at Soochow University. Students with disabilities who require accommodations for access to and/or participation in this course are welcome.



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Note:

Please contact the University Administrative Office immediately if you have a learning disability, a medical issue, or any other type of problem that prevents professors from seeing you have learned the course material.