

California State University, Northridge  
Department of Kinesiology

KIN 306      Spring 08      Instructor: M. Arrington

Week	Date	Chapter	Topics
1	January 28	1 & 2	Introduction, course overview, Welcome to Sport & Exercise Psychology; Personality and Sport
2	February 4	3 & 6	Motivation; Feedback, Reinforcement and Intrinsic Motivation
3	February 11	1, 2, 3, 6	Review for EXAM 1
4	February 18	XXXXXX	EXAM 1
5	February 25	9 & 10	Leadership; Communication
6	March 3	7 & 8	Group and Team Dynamics; Group Cohesion
7	March 10	4 & 11 (7,8,9,10)	Intro to Psychological Skills; Arousal, Stress and Anxiety. REVIEW for EXAM 2
8	March 24	XXXXXX	EXAM 2
9	April 7	12 & 13	Arousal Regulation; Imagery
10	April 14	14 & 15	Self-Confidence; Goal Setting
11	April 21	16, goal sheet	Concentration; criteria for goal sheet
12	April 28	XXXXXX	REVIEW FOR FINAL; Goal Sheet due
13	April 5	XXXXXX	FINAL EXAM
14	April 12	XXXXXX	FINALS WEEK

Required text: Weinberg & Gould; 4<sup>th</sup> Edition; Foundations of Exercise and Sport Psychology.

Attendance is not mandatory but students are responsible for any missed material.

THE CLASS IS WORTH A TOTAL OF **100 POINTS**; GRADES ARE NOT GIVEN ON EXAMS.

EXAM 1= **30**  
EXAM 2= **30**  
EXAM 3= **30**  
GOAL SHEET= **10**

**There will be NO MAKE-UP EXAMS and there is NO EXTRA CREDIT.**

GRADING SCALE:

100-90 = A  
89-80 = B  
79-70 = C  
69-60 = D  
59-00 = F

