

Contact Information

Instructor	Dr. Michael Kernodle
Office	027 Holmes Convocation Center
Email	kernodlemw@appstate.edu
Day	Tuesday
Time	2 to 4:40 p.m.
Classroom	018 Holmes Convocation Center
Office Hours	By Appointment

Course Description

This course examines psychological theories and research related to sport and exercise behavior. 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 objectives are as follows:

- To increase your understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education settings
- To increase your understanding of how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved
- To help you acquire skills and knowledge about sport and exercise psychology that you can apply as a coach, teacher, athletic trainer, or exercise leader

COURSE REQUIREMENTS

ANCILARY
QUIZZES: 10%

EACH CHAPTER IN THE BOOK HAS A QUIZ AVAILABLE ON LINE. YOU WILL BE RESPONSIBLE FOR TAKING ALL ASSIGNED QUIZZES AND GET A PERFECT SCORE ON EACH QUIZ. YOU WILL THEN USE THE EMAIL FUNCTION TO EMAIL ME THE RESULTS. YOU MUST COMPLETE ALL QUIZZES BY THE REQUIRED DATE TO GET THE 10%. THIS IS AN ALL OR NOTHING GRADE. LATE QUIZZES WILL NOT BE ACCEPTED AND YOU WILL NOT BE GIVEN PARTIAL CREDIT.

IN CLASS
PARTICIPATION:
10%

THIS GRADE WILL BE BASED UPON ATTENDANCE, YOUR LEVEL OF ENGAGEMENT IN CLASS AND YOUR PARTICIPATION IN GROUP ACTIVITIES.

TEST #1: 10%
 TEST #2: 15%
 TEST #3: 20%
 TEST #4: 20%

In Class Activities:
 15%

DURING EACH CLASS PERIOD STUDENTS WILL BE REQUIRED TO COMPLETE ACTIVITIES, MANY OF WHICH ALLOW THE EMAILING OF RESULTS TO THE PROFESSOR. AS WITH THE ANCILLARY QUIZZES THIS IS AN ALL OR NOTHING GRADE. ALL ACTIVITIES MUST BE COMPLETED AND EMAILED DURING THE REQUIRED CLASS PERIOD.

Cell Phones

1) IF YOUR CELL PHONE RINGS DURING CLASS YOU WILL BE ASKED TO LEAVE CLASS AND RETURN THE NEXT CLASS PERIOD.

2) IF YOU ANSWER YOUR CELL PHONE DURING CLASS OR USE IT TO PLAY VIDEO GAMES ETC. YOU WILL BE DROPPED FROM THE CLASS FOR THE REST OF THE SEMESTER.

1) MORE THAN 2 ABSENCES WILL RESULT IN A GRADE OF F

Absence Policy

2) I WILL TAKE ROLL EVERY DAY AND IF YOU ARE LATE TWO TIMES IT WILL RESULT IN AN ABSENCE. MORE THAN 2 ABSENCES WILL RESULT IN A GRADE OF F.

GRADING SCALE

A	94-100
A-	92-93
B+	89-91
B	86-88
B-	82-85
C+	78-81
C	75-77
C-	72-74
D+	69-71
D	66-68
D-	64-65
F	63 & UNDER

DAILY SCHEDULE

1-12-10	Go over syllabus & work on Chapter 1
1-19-10	Chapter Two & Three &
1-26-10	Chapter Four
2-2-10	Test #1
2-9-10	Chapter 5 & Chapter 6
2-16-10	Chapters 7-10
2-23-10	Test #2
3-2-10	Chapter 11 & Chapter 12
3-9-10	NO CLASS: SPRING BREAK
3-16-10	Chapters 13-15
3-23-10	Test #3
3-30-10	Chapter 17 & Chapter 18
4-6-10	NO CLASS: EASTER
4-13-10	Chapter 19 & Chapter 20
4-20-10	Chapter 21
4-27-1	Last Day of Class: TEST #4

CODE OF ACADEMIC INTEGRITY

It is the responsibility of every student to abide by the ASU Code of Academic Integrity. All acts of dishonesty violate standards essential to the existence of an academic community. Violations of the Code of Academic Integrity may include but are not limited to cheating, fabrication and falsification, multiple submissions, plagiarism, abuse of academic materials, and complicity in academic dishonesty. A zero tolerance policy for academic dishonesty is in effect for this course. For more information on ASU's code of Academic Integrity please visit the following link:

http://www.academicaffairs.appstate.edu/academic_integrity_index.htm

STUDENTS WITH DISABILITIES

"Appalachian State University is committed to making reasonable accommodations for individuals with documented qualifying disabilities in accordance with the Americans with Disabilities Act of 1990, and Section 504 of the Rehabilitation Act of 1973. Those seeking accommodations based on a substantially limiting disability must contact and register with The Office of Disability Services (ODS) at www.ods.appstate.edu or 828-262-3056. Once registration is complete, individuals will meet with ODS staff to discuss eligibility and appropriate accommodations."