

Sport & Performance Psychology

“Excellence will not come and find you, you have to come and find it”

—Rick McGuire

Contact Information

Please do NOT call my work phone.

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Classroom: 3400 Off: 4th (3000 office) & 7th (3400) Access: 3400

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Purpose of Course

This course investigates the complex dynamics of individual and group performances. Students will gain an intimate understanding of the science of sport and performance psychology. By doing this, our goal is to become stronger performers, leaders, team members, and more importantly better people than we currently are. (It is about growing and developing.) It is important to note that performance is not unique to athletics alone. Thus, the lessons learned in this course are directly transferable to every aspect of your life.

Some areas that this course plans to explore (topics are subject to change):

- Success
- Practice
- Goal Setting
- Confidence
- Composure
- Concentration
- Peak Performance
- Flow
- Mental Routine
- Mastery
- Mindfulness
- Culture of Sport

Five things that I care immensely about and always focus on:

1. Respect yourself, others, others' belongings, and the school
2. Accountability for one's self and one's actions
3. Critical Thinking
4. Ask the important questions
5. Student advocacy vs. guardian advocacy

Course Expectations

Absences: When you are absent, and it is possible, you are expected to complete the assignment during your absence. Anytime you have an excused absence, you will have one school day for each day you are absent to make up the work and hand it in. It is YOUR RESPONSIBILITY to not only pick up the missed assignments but also to get them handed in on time. No credit will be given for late work or work missed due to an unexcused absence.

Tardies: Refer to the Rock Canyon tardy policy.

Behavioral Expectations: You are all at an age where you understand proper behavior and should be able to act in a mature manner. You must take responsibility to follow the Douglas County Behavioral Expectations, be accountable for ones self, and self-advocate.

1. You will be expected to partake in class and take an active role. *In all honesty, you will get as much out of this class as you put into it.* Thus, if you do not understand something, please ask. It is preferable that you speak up and are wrong than for you not to speak at all. Since so much of what we learn in here will be done through group discussion and other such cooperative learning activities, this is the year to come out of your shell! (There will be a class participation grades factored into your grade.)

2. Late Work: I will ONLY allow two days (not class days and a weekend counts as one day) to make-up late work. The highest grade that you can earn on the first day that is late is 75%, and for the second day is a 50%. After this, the grade will be marked as missing (counts a 0% in the grade book) and canNOT be made-up.

3. Make-up work is your responsibility. When you return from an excused absence copy a classmate's agenda or my agenda (available online weekly) for the days you missed. Then speak to me about making up the work. If you do not speak to me, I will simply assume you want a 0 for any assignments we did the day you were absent. I will not remind you if you need to make-up an assignment. You need to get your make-up work into me in a reasonable amount of time (2 days for for most assignments/quizzes). For example, if you were absent on Monday, get your make-up assignment on Tuesday, and turn it in on Wednesday. Or, if you were absent on Monday for a quiz, you should have completed the quiz by Wednesday.)

4. If you know ahead of time that you will be absent on a day when an assignment is due (for example, a pre-arranged absence or field trip), it is your responsibility to turn in the assignment prior to the due date, or send the assignment to me with another student, guardian, or via email. However, this arraignment should be agreed upon me before submitting the assignment.

If you miss class the day an assignment is due but are on campus at any time during that day (for example, missing part of the day due to a half-day field trip), it is your responsibility to bring the assignment to me or somehow get it to me by the end of the school day. Failure to do so will result in a grade of 0.

5. You are allowed to eat and drink in the class. However, this is a privilege vs. a right. If this becomes distracting to others and/or me, or you make a mess, then this privilege will be revoked.

6. Cell phones used in class (improperly) will be confiscated and given to the administration.

7. Required materials :

- An open mind that is willing to take chances and go to new realms
- Pen/pencil and paper.
 - I will NOT supply these items for you.
- Something to collect handouts— stay organized (ideally a 3 ring binder with subject dividers for different things we will be doing in class)
- Composition notebook (a book without the metal spiral binder)

Academic Integrity & Cheating (Don't do it. Yes, it's that simple.)

- Academic integrity includes: cheating, copying, providing answers, plagiarism, forgery, libel, slander, and/or lying or giving false information to a school official. You will be held accountable for violations of academic integrity through lack of credit, loss of privileges, and/or disciplinary actions. If you are guilty of an infraction, you may be referred to your administrator. Clear guidelines with regards to policy are outlined in the student handbook.
- If you are caught cheating on any assignment (including plagiarizing), you will receive a zero. This fact is true if it is just one line in a paper. Any cheated/plagiarized work will not be allowed to be made up for any sort of credit, which includes extra credit.

Grading

- I understand grades are not always a complete indicator of a student's performance, growth, and comprehension. However, as your teacher, I must evaluate by using grades.
- Grading Scale--I round up your final grade.
 - 90-100% = A, 80-89% = B, 70-79% = C, 60-69% = D, 59% and below = F
- Weights
 - Homework/Classwork = 45%
 - Quizzes = 40%
 - Exam = 15%
- There might be extra credit opportunities...