

University of Southern California
Department of Biological Sciences/Human and Evolutionary Biology
HBIO-310: Sociopsychological Aspects of Sport and Physical Activity (4 Units)
Fall 2016

Instructor: John Callaghan, Ph.D.

Office Hours: M/W 1:00 p.m. - 2:00 p.m.; Th 11:00 a.m. – 12:00 p.m. or by appointment

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Lecture: T/Th 9:30 a.m. – 10:50 a.m., THH 116

Final Exam: Thursday, December 8, 2016, 11:00 a.m. – 1:00 p.m.

Required Texts:

- 1) **Sport in Society.** Coakley, Jay. McGraw-Hill Companies, New York, NY, 2006.
- 2) **Sports Psychology.** Cox, R.H. McGraw-Hill Companies, New York, NY, 2007

Course Description:

The course consists of a study of the place and context of sport in the American culture. Further, it investigates both individual and group behavior in sport, together with an analysis and evaluation of performance.

In pursuing these objectives, the course will cover the study of certain selected topics, attempting to understand the range of the psychological aspects, which in a diversity of ways affect the performance.

During the semester, we will examine and discuss the more important current issues in sport both in the USA and in other nations, emphasizing the behavior of sports people.

Major Objectives:

1. To fully understand the role of sport and the interface with society in which it exists.
2. To identify and analyze the differing aspects of human behavior, along with the factors affecting such, both in sport and physical activity settings.
3. To examine the concept of the viability of the learning of psychological skills, strategies, and interventions, for performance enhancement.
4. To recognize and analyze group dynamics, especially team relationships, cohesion and leadership.

Course Outline:

The course will essentially follow and be a study of the prescribed texts, with other areas and materials added as appropriate. It is most important for students to read the chapters in advance before the material is studied and discussed in class.

The schedule will be followed as closely as possible but changes may be necessary regarding the timing of certain topics.

Course Policy on Make-up Work:

Make-up work/exam will be determined through consultation with Dr. Callaghan.

Course Requirements and Examinations:

Reading, Attendance, and Short Papers	20%
First Midterm Examination	25%
Second Midterm Examination	25%
Final Examination	30%

SCHEDULE OF CHAPTERS AND TOPICS

Week 1	Introduction. Sociology and Psychology
Week 2	National/International Sport
	The Olympic Games. World Events

THE SOCIOLOGY OF SPORT

Week 3	Chapter 1	Sociology
	Chapter 2	Social Theories
Week 4	Chapter 3	History of Sport
Week 5	Chapter 4	Sports Socialization
	Chapter 5	Sports and Children

Week 6 Chapter 6 Deviance in Sport

First Midterm Examination (October 4th)

Chapter 7 Violence in Sport

Week 7 Chapter 8 Gender in Sport

Week 8 Chapter 9 Race and Sport

THE PSYCHOLOGY OF SPORT

Week 9 Chapter 1 Foundations of Sport Psychology

Week 10 Chapter 2 Psychology of the Athlete

Week 11 Chapter 3 Leadership/Communication

Week 12 Chapter 4 Attribution

Chapter 5 Self confidence

Second Midterm Examination (November 8th)

Week 13 Chapter 7 Arousal

Chapter 8 Anxiety. Stress

Week 14 Chapter 9 Goal Setting and Motivation

Week 15 Chapter 16 Audience Effects/Team Cohesion

Chapter 17 Burnout/Psychology of Injuries

Chapter 19 Drug Abuse

Review

Week 16 Final Examination: December 8, 2016; 11:00 a.m.

Statement on Academic Conduct and Support Systems

Academic Conduct

Plagiarism - presenting someone else's ideas as your own, either verbatim or recast in your own words - is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards* <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions>. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/departments/departments-public-safety/online-forms/contact-us>. This is important for the safety of the whole USC community. Another member of the university community - such as a friend, classmate, advisor, or faculty member - can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm> provides 24/7 confidential support, and the sexual assault resource center webpage <http://sarc.usc.edu/> describes reporting options and other resources.

Support Systems

A number of USC's schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services and Programs* http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.