



15800 Calvary Rd
Kansas City, MO 64147

Syllabus

Course: SM 201 D and ND Sport Psychology
Credit: 3 credit hours
Semester: Spring 2026
Time: Tuesday, Thursday 1:00 – 2:20 pm
Instructor: Tressa Barnes

This course is offered in two formats: in-person and online. Students registered for in-person attend the classes in person, online students attend the classes via the online classroom. For both in-person and online students, assignments and interaction outside of the class period are done in the learning management system.

I. DESCRIPTION

This course is designed to study the mental process of the athlete under competitive conditions, as well as the non-competitive training individuals. This course will review the mental concepts in relationship to a biblical model of understanding and proper motivational techniques. (Prerequisite: BU200)

II. OBJECTIVES

A. General competencies to be achieved. You will:

1. Develop an understanding of how psychological factors influence involvement and performance in sport and physical activity settings. (PLO: 1 and 5)
(Assignment: 1,2,3,4, 6,7, 9,10)
2. Develop an understanding of how participation in sport and physical activity may impact the psychological outcomes of those who chose to participate in competition and how it relates to a biblical worldview. (PLO: 2 and 3)
(Assignment: 1,2, 5, 6,7)
3. Acquire skills and knowledge about sport psychology theory and research that you can apply as a participant, coach, teacher, athletic trainer, sport administrator, or parent within relevant sport and physical activity settings. (PLO 1, 4, 5) (Assignment: 1,2,3,4,5,6,7,9,10)
4. Develop the ability to think critically about ethical issues in sport and psychology and how it is best practiced within the competitive world. (PLO: 1,2,3,4,5) (Assignment: 4,8,9,10)

B. Specific competencies to be achieved. You will:

Our Mission: "...to prepare Christians to live and serve in the church and in the world according to the Biblical worldview."

1. List and describe definitions, distinctions, and study human behavior in the context of sport. This includes theories in the areas of personality, anxiety, motivation, burnout, goal setting, leadership, group dynamics and team cohesion, among others, as listed in the schedule. Its direct relationship in how it applies biblically to the world we live in. (PLO: 1,2,3) (Assignment:1,2,5,8)
2. Analyze, distinguish, and apply the theoretical knowledge to respond to challenges commonly encountered in the arenas of sport and physical activity. (PLO: 4,5) (Assignment: 2,3,7, 9,10)
3. Engage in discovery, independent critical thinking, and communication of ideas as it relates to problem solving for athletes within the christian and secular organizations. (PLO: 3,4,5) (Assignment: 1,2,3,5,6,7,8)
4. Demonstrate an understanding of the interdisciplinary nature of the study of sport and physical activity and the biblical model of counseling. (PLO 1,2,3) (Assignment: 1,2, 3, 6,7,8)

III. MATERIALS

- A. BIBLE** - The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

B. Textbooks

Weinberg, R.S. & Gould, D. *Foundations of Sport and Exercise Psychology (5th ed.)*, 2011. Human Kinetics.
ISBN-10: 0-7360-8323-5. 40.67 (Amazon)

Mack, Gary. *Mind Gym: An Athletes Guide to Inner Excellence*, 2001. McGraw – Hill.
ISBN – 13: 978-0071395977. 11.98 (Amazon)

IV. REQUIREMENTS

A. Discussion Questions

1. The student will answer discussion every other week depending on the topic. They will comment on two other classmates' views concerning the questions.
2. There will be 4 role play scenarios that will be researched beforehand and then applied as solutions towards issues that athletes face. This will go in the biblical step approach to counseling an athlete. These

four scenarios will happen in the last 4 weeks of class.

Assessment and Labs

3. Daily labs and assessments will be given in class. Each student will complete each lab and assessment. Copies of each assessment and lab maybe handed out for the students own collection.

B. Reading and Response

4. The student will read the assigned chapters for Foundations of Sport and Exercise Psychology. They will answer the discussion questions for the assigned chapters.
5. The student will read the book Mind Gym and write two pages for each section (4 sections) of the book. Directions concerning this assignment are given below and in Canvas.

C. Writing

6. The student will write practical application papers on all four sections of the book called Mind Gym. There will be several questions that will need to be answered on this particular book. Those questions can be found on Canvas under the assignments section.
7. The student will write a 5 page paper on an issue that they faced as an athlete. Using the models from class, the student will come up with 5 strategies to help someone overcome this particular issue they experienced. The student will research 8 to 10 scripture passages that could be applied to the focused issue.
8. The student will write a 5 page paper on a topic from the list in class. This paper will focus on a popular issue concerning student-athletes. This section will primarily target the issue and how to overcome the issue using good research and bible based foundations.

All class papers must follow the APA style according to the Publication Manual of the American Psychological Association, 7th edition.

The Clark Academic Center (learning@calvary.edu), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.

Plagiarism is defined as copying any content without identifying the source. This also includes taking another person's or AI entity's ideas or constructs and presenting them as your own. The use of AI generated content in student work is prohibited (even if cited) as it does not represent original work created by the student and is an unreliable aggregate of ideas from other sources. Plagiarism of any kind will not be tolerated.

D. Quizzes

9. Four quizzes will be given for the duration of the 8 week class. Quizzes will be over the reading and the notes in class.

E. Exams

10. One comprehensive final exam will be given at the end of the 8 week course.

V. METHODS

A. Lectures, Textbook Reading, Additional Required Reading or Research, etc.

B. Grading

Book Abstract	50pts
Assessment Labs	10pts each (80pts)
Reflection paper	50pts
Quizzes	10pts each (40pts)
Reading Chapters	10pts each (60pts)
Chapter Questions	10pts each (60pts)
Discussion Question	10pts each (40pts)
Exam	50pts
Total	550pts

- VI. Students with disabilities have the responsibility of informing the Accommodations Support Coordinator (aso@calvary.edu) of any disabling condition that may require support.**