

Course Number and Title: XD310SX Sports Psychology	<i>Subject Area: Elective</i>
Credits: 0.5 This course earns graduation credit in the following content area: Electives	
Graduation Requirements: Meets graduation requirements in Elective. The course will address Career Related and Psychology learning Standards	
Course overview: Sports Psychology is a one-semester course that is designed to cultivate and produce student-athletes possessing strong character-based leadership qualities, as well as proactively unite our school, community, and athletic program with Royal Scot pride. Students will also study the psychology behind athletics and competition. There will be an emphasis on the following standards: <ul style="list-style-type: none"> • PSYCH 2.3 (PSYCHOLOGICAL SCIENCE) Identify the important role psychology plays in benefiting society and improving people’s lives. • PSYCH 6.2 (DEVELOPMENT) Reasoning, Morality, Identity Formation – Adolescent Development. • PSYCH 1.1 (HEALTH) Understands stress as a psychophysiological reaction, the biological and cognitive components of emotion, and cognitive processes. • PSYCH 2.4 (SOCIAL INTERACTIONS) Discuss how an individual influences group behavior – understands role of leader. • SLS 4.1 (CITIZENSHIP) Student demonstrates an understanding of taking responsibility for personal actions and acting ethically (honesty, integrity). • SLS 5.2 (GROUP PROCESS) Student understands how individual differences affect group processes (leadership styles; personality types). • C-RLS (TEAMWORK) Demonstrate knowledge of roles within a team, and skills that improve team effectiveness. • SLS 5.3 (GROUP PROCESS) Student understands and utilizes strategies for problem solving and conflict resolution. • SLS 1.1 (COMMUNICATION) Student communicates effectively in large and small groups (verbal and nonverbal). Additional Standards: <ul style="list-style-type: none"> • HS 59 Demonstrate the skills and dispositions needed to be a critical consumer of information. (Notebook) • HS 63 Engage in informed and respectful deliberation and discussion of issues, events, and ideas. (Participation) 	
Schedule of topics/units covered: Unit One: “Leading by Example” Unit Two: “Vocal Leadership” Unit Three: “Team Captains-7 Ways to Lead Your Team”	
Textbooks and Supplemental resources: <i>Team Captain’s Leadership Manual, The Sports Psych Handbook, Team Captains: 7 Ways to Lead Your Team, NFHSLearn Captain’s Clinic (online)</i>	
Supplies: You will be required to maintain an organized notebook, making sure that all work is done in your notebook.	
Classwork & Homework (Learning Opportunities) Policy: Homework may be assigned regularly. Late work will be accepted, but with a deduction.	
Expectations: <ol style="list-style-type: none"> 1. We Will Be On Time. <ul style="list-style-type: none"> ○ ...better yet, be EARLY. Punctuality is vital to your success in class this semester. (<i>see 10/10 and tardy policy</i>) 2. We Will Be Prepared. <ul style="list-style-type: none"> ○ Be ready to learn the MOMENT you walk through the door <ul style="list-style-type: none"> ▪ Be prepared...that means Pencil/Pen and Paper is a vital necessity. ▪ You will have an assignment to work on <u>the instant</u> you enter the classroom every single day. ○ Put the toys away 	

- Anything that looks like a toy or resembles a toy (iPhone, headphones, cell phone, etc...) is not to be used in our classroom. Refer to the McKay High School Handbook regarding this policy.
 - Drinks with lid are ok – Ask about food – Gum is ok. Be responsible and treat this space with respect.
- 3. We Will Be Nice.**
 - Be respectful.
Be honest.
 - Take ownership and accountability for your actions. Don't blame others for your actions or grade!
 - Plagiarism...not good. Don't be lazy, don't procrastinate, do your own work, cite your sources.
 - Leave a positive legacy with how you treat each other, your teachers, and your school.
 - Instances requiring discipline will be handled as per the McKay High School Handbook.
- 4. We Will Work Hard.**
 - Give your best effort.
 - I EXPECT your best effort every day. Make the best use of your time. Be intentional!
 - Be an active participant.
 - Ask questions, offer answers, take an interest in the day's discussion. Why waste the experience?
 - YOU WILL GET OUT OF THIS CLASS WHAT YOU PUT INTO IT!
- 5. No personnel electronic equipment can be used in class (i.e. cell phones, etc.) unless at teacher's discretion.**

***Discipline issues will be handled as per Salem-Keizer Policy and McKay HS Student Handbook.**

Assessment/evaluation/grading policy:

Final Grades will be calculated using the following 4.0 scale:

- 4.0: Exceeds Standard (A)**
- 3.0: Above Average understanding (B)**
- 2.0: Meets Standard (C)**
- 1.0: Developing toward standard**
- 0.0: No Effort (F)**

**** In order to pass the class, you MUST receive at least a 2.0 on EVERY standard. Failure to do so will result in an F for the class.****

Breakdown of percentages:

- A- 100% - 83.25%**
- B- 83.24% - 66.50%**
- C- 66.49% - 50%**
- F- 49.9% and below**

Meeting the standards through taking assessments: 100% of overall grade

Other Requirements:

Requirements: In order to succeed in this class, students must accept responsibility for mastering this material and for completing all class requirements. All students are required to: complete class assignments, turn in written assignments, take all quizzes and tests, participate in class activities, complete a final project, *keep an organized class notebook containing notes, worksheets, assignment sheets and any other materials that are handed out (will be provided).*

***Work cannot be made-up for an unexcused absence.**

***See your teacher to schedule make-up quizzes and tests. These must be made up before or after school.**

I have read the aforementioned class description and guidelines, and I understand what Mr. Parker expects from students in terms of effort, participation, student preparation, grading, attendance, and tardies. I understand that this class is a credit requirement and that the student ALONE is accountable for his/her attendance, participation, effort, and final grade.

Student Name (print)_____

Student Signature_____Date_____

Parent/Guardian Name (print)_____

Parent Guardian Email: _____

Parent/Guardian Signature_____Date_____

DUE DATE: Monday, September 11, 2017