



School: Integrated Health Sciences
Department: Kinesiology and Nutrition Sciences
Course Title: KIN 350 (1001, 1002, 1003) – Psychology of Exercise and Sport
Term: Fall 2025
Course Time: Asynchronous Remote Online
Location: Web-Based
Instructors: Christian Haugen, MS (1001,1002), Dr. Ric Rosenkranz (1003); supported by Sooji Hwang
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Webcampus: <https://webcampus.unlv.edu>

Note: The instructors reserve the right to change the syllabus as it relates to how the course is administered.

Course Description

Study of diverse applications of sport and exercise psychology in promoting physical activity and exercise participation, improving mental health and well-being, and enhancing athletic performance, across various populations and contexts.

Course Prerequisites

Prerequisites: Minimum grade of C in each of the following courses: [KIN 200](#) or [NURS 200](#) or [PSY 210](#); and [SOC 101](#) or [PSY 101](#).

Notes: Fulfills the UNLV General Education Milestone Experience Requirement.

Course Rationale

KIN 350 examines and applies evidence from psychology to the activity-related behaviors of individuals, groups, and populations. Students will be introduced to critical thinking, research, and writing/communication skills in both scholarly and popular domains.

KIN 350 is a milestone course. The milestone experience orients students to the expected learning outcomes of their major field(s) of study and reinforces the University Undergraduate Learning Outcomes (UULOs). The UULOs are the five learning outcomes that are used to define expectations for all UNLV undergraduates. They are 1) intellectual breadth and lifelong learning, 2) inquiry and critical thinking, 3) communication, 4) global/multicultural, and 5) citizenship and ethics. Every curricular and co-curricular activity at UNLV incorporates one or more of these UULOs to engage students and help them be successful during and after college.

University Undergraduate Learning Outcomes (UULOs): Inquiry and Critical Thinking; Communication - <https://www.unlv.edu/provost/gen-ed/uulo>

Text (Required): Essentials of Exercise and Sport Psychology: An Open Access Textbook

Zenko, Z., & Jones, L. (Eds.). (2021). Essentials of exercise and sport psychology: An open access textbook. Society for Transparency, Openness, and Replication in Kinesiology. This content is open access and can be accessed at <https://doi.org/10.51224/B1000>.

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Published by the **Society for Transparency, Openness, and Replication in Kinesiology**

Learning Outcomes (Course Objectives)

1. Define key terms and concepts in sport and exercise psychology, such as motivation, anxiety, arousal, flow state, and self-efficacy.
2. Compare varying rates of physical activity, exercise, and sport participation across the lifespan. Explain underlying reasons for observed differences.
3. Determine appropriate methods for measurement of psychosocial aspects of sport and exercise for use in research and practice.
4. Identify the major psychological theories applied in sport and exercise settings (e.g., goal-setting theory, cognitive-behavioral theory, social learning theory).
5. Describe the different branches of sport and exercise psychology (e.g., performance enhancement, exercise adherence, mental health in athletes)
6. Explain how psychological, social, and cultural factors influence motivation and participation in sport and exercise.
7. Develop a plan to address pre-competition or pre-performance anxiety in a client.
8. Identify the underlying psychological mechanisms behind exercise adherence behaviors.
9. Describe the role of physical activity, exercise, and sport in mental health.

Class Policies

- Course materials developed by the instructor are the intellectual property of the instructor/university and are not to be shared publicly in any matter or form without approval.
- Your work schedule/personal life is not an acceptable excuse for any missed class activities/assignments. Please plan accordingly.
- Material of any kind is your responsibility to print it out if necessary. Any missed material is your responsibility to attain through a classmate. Late assignments will not be accepted and count as zero.
- There is no extra credit offered. Take the opportunity to own your grade.
- Please allow a 24-hour response time to individual questions during the week. On weekends/holidays, it will be the next school day.
- Academic Integrity is always the expectation!

Student Information and General Policy

- No late work will be accepted. There is no extra credit. Students are encouraged to own their grade. A documented emergency consists of the following -
 - 1) A UNLV-sanctioned excused, documented absence AND obtain prior instructor permission OR 2) experience a legitimate verifiable emergency. Emergency indicates a serious and incapacitating incident such as hospitalization, legal arrest, natural disaster, or death of an immediate family member. Family emergencies consist of parents/grandparents/siblings/children/significant others/documentated guardians.
- Attendance and participation on Web Campus provides an opportunity to complete assignments and activities for credit.
- The textbook (E-Book), power points, video information, and any content provided for this course are acceptable for testing. This includes any guest lecturers or providers of information for the benefit of this course.
- Students are responsible for obtaining any/all missed information.
- Please check the announcements periodically to stay up to date on relevant information for class.

It is recommended that you set up Announcement Notifications in Canvas. This is a great way to stay up to date with course information.
- Asking for a grade that you did not earn is unprofessional at an institution of higher learning and will not be considered.
- We will not respond to emails or in person inquiries regarding:
 - Calculating a grade, including any adjustments.
 - Re-scheduling exams or quizzes without documentation that is excused by the instructor.
 - Answers to quiz/test questions or any missed information.
 - If you are concerned about your grade, you must discuss it with the instructor **PRIOR** to study week.
 - Anything specifically covered in the syllabus. You will not be allowed to make up an exam unless you obtain permission from the instructor prior to the exam. If the instructor is not notified prior to the exam, a make-up exam will not be allowed, and the student will receive a "zero" for that exam. A 10% deduction per day will be assessed for excused, late examinations.

Course Policy on Generative AI

Students are not permitted to use artificial intelligence tools (e.g., Chat GPT or other similar technologies) for generating content for graded assignments such as homework, discussions, quizzes, tests, and research papers unless explicitly allowed by the instructor. Any student submissions found to contain AI-generated content without prior approval will be subject to UNLV academic policies and potential disciplinary actions.

UNLV Generative AI Policy

UNLV recognizes that generative artificial intelligence is a rapidly changing technology that is creating both new opportunities and challenges. Transparency and accountability are expected with the use of generative AI. Just as UNLV requires appropriate citations and references for any sources used in classroom work, research, or academic writing, acknowledgement when using generative AI is expected. If using AI, you are generally expected to check any information generated by an AI platform for inaccuracies as generative AI can produce incorrect information. You should contact your instructor for clarification and policies on how you may or may not use generative AI in coursework. Improper use of generative AI as described by the university Student Academic Misconduct Policy or outlined by your instructor is a form of academic misconduct <https://www.unlv.edu/policies/students>.

Course Evaluation Procedures and Grading Policy - Weighted grades will be determined according to the following criteria:

Comprehensive Report: Interview/with an Aging Adult and Meaningful Movement (15%):

- Students will conduct an interview with an aging adult (45+) and prepare a comprehensive report that includes:
 - 1) An introduction that outlines the significance of understanding physical activity and its meaning throughout various life stages
 - 2) Detailed summaries and analyses of the responses, tied back to course content. You can do this separately by interview questions or breaking it up in other ways.
 - 3) A conclusion that encapsulates the overall findings and their implications for the broader understanding of movement as a meaningful part of life.
 - 4) Adherence to APA Format referencing style for all citations and the reference list.
 - 5) Interview Transcription: Convert the audio from your interview into a written transcript. This transcription will be crucial for accurate analysis and reporting. Your transcription will be turned in along with the report (beginning on the next page after references).
- * Note: Instructions/scoring rubric are provided in the WebCampus Course Shell in the Comprehensive Report Module

Activities, Discussions, Homework, Quizzes (35%)

- Students will have class activities, discussions, homework assignments, and quizzes to assess learning. Late work will not be accepted. In the case of a documented and verifiable, extreme emergency and the approval of the instructor, a make-up opportunity may be granted. Students are expected to be responsible and turn in assignments on time.

Tests (50%)

- Test 1 10% Test 3 10%
Test 2 10% Test 4 10% Final Exam 10% (Cumulative Final Exam)
- Exams will be scheduled according to the syllabus timeline (subject to change). You will not be able to make up an exam unless you obtain permission from the instructor **prior** to the exam due to a documented, excused emergency by the instructor. If the instructor is not notified prior to the original exam date, a make-up exam will not be allowed, and the student will receive a “zero” for that exam. A 10% deduction per day will be assessed for excused, late examinations.

Online Quiz/Test Policy

- Students are responsible for ensuring that all computer operations and/or internet connections are stable and dependable if you attempt online assignments on a computer or internet server other than those provided at UNLV. We cannot verify the legitimacy of any technical issues that occur.
- The reopening of quizzes/tests or makeup will not occur if this happens.
- For issues on the school network, you can call UNLV OIT (702-895-0777) and ask them to verify the issue. OIT can send me an email to confirm the situation. I can work with you on this; however, this is not always the case. It will depend on what OIT says.

- Any other individual's or institution's documentation or explanation will not be accepted.
- All due dates and times for the assignments are in reference to the UNLV computer system and academic calendar.
- Make sure you open the proper assignment and submit within the time limit designated.

Grading Scale

A	90–100%
B	80–89.99%
C	70–79.99%
D	60–69.99%
F	< 60%

Course Timeline (Tentative Schedule and Subject to Change)

Date	Week	Chapter	Topic
8/25-8/29	1	1	Introduction to Exercise Psychology (Ch. 1 HW due 9/3),
9/01-9/05	2	2	Theories of Physical Activity Motivation (Ch. 2 HW) Syllabus Quiz due 9/3
9/08-9/12	3	5	Predictors and Correlates of Physical Activity and Sedentary Behavior (Ch. 5 HW), IPAQ-SF Questionnaire
9/15-9/19	4	Test # 1	Test # 1 (Modules 1-3/Chapters 1,2,5)
		6	Personality and Physical Activity (Ch.6 HW)
9/22-9/26	5	7	Body Image and Physical Activity (Ch. 7 HW), Body App. Scale
9/29-10/3	6	8	Youth Physical Activity and Considerations for Interventions (Ch. 8 HW)
10/6-10/10	7	Test # 2	Test # 2 (Modules 4-6/Chapters 6-8)
		13	Perceived Effort and Exertion (Ch. 13 HW)
10/13-10/17	8	14	Mindfulness in Physical Activity (Ch. 14 HW)
10/20-10/24	9	15	Exercise & Physical Activity for Depression (Ch. 15 HW), POMS
10/27-10/31	10	Test # 3	Test # 3 (Modules 7-9/Chapters 13-15)
			Physical Activity and Exercise for the Prevention and Management of Anxiety (Ch. 16 HW)
11/3-11/7	11	19	Taking the Field: An Introduction to the Field of Sport Psychology (Ch. 19 HW)
11/10-11/14	12	20	Get Your Head in the Game: Examining the use of Psychological Skills of Sport (Ch. 20 HW)
11/17-11/21	13	26	Group Dynamics in Sport (Ch. 26)
11/24-11/28	14	Test # 4	Test # 4 (Modules 10-13/Chapters 16,19,20,26)
		29	Psychological Stress and Performance (Ch. 29 HW)
12/1-12/5	15	31	Rehabilitation from Sport Injury: A Social Support Perspective
			Comprehensive Interview Report (due 12/3)
12/08-12/10	16	All Above	(Ch. 31 HW), Evidence-Based Infographic Assignment due 12/5 Final Exam (Comprehensive – All Content)

*HW – Denotes Homework

University Policies

Academic Policies for Students Link: <https://www.unlv.edu/policies/students>

Academic Policies for Students- Printed Syllabus: <https://www.unlv.edu/policies/students>

