

KES – 5315
Group Dynamics in Sport and Exercise
Summer/Fall 2016 - Online

Instructor: Stefanie A. Latham, Ph.D. **Class location:** Blackboard online

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**You may call (leave me a voicemail) or text anytime from 9am – 7pm. Texting will get the fastest response. Always tell me who you are when you text as I don't always save student phone numbers.

Required Text: Beauchamp, M.R., & Eys, M.A. (2014). *Group Dynamics in Exercise and Sport Psychology (2nd Ed)*. Routledge. New York: New York.

http://www.amazon.com/Group-Dynamics-Exercise-Sport-Psychology/dp/0415835771/ref=dp_ob_image_bk

If you do not have the book by the time the first assignments are due you can use the amazon link to click on “LOOK INSIDE” and read the forward and Chapter 1. Have your book by WEEK 2 if at all possible!!!!!!

Course Description: This course looks at group dynamics in team sports and coaching relationships. Topics include the use of self in groups, leadership styles in the team setting, features of a successful group or team environment, and the role of motivation in team sports.

Student Learning Outcomes: Masters of Science in Health and Human Performance

1. Students in the M.S. program in Health and Human Performance program will demonstrate content knowledge in physiology, nutrition, sports law, tests and measurements, motor learning, group dynamics and health and human behavior necessary for successful performance in their field.
2. Students in the M.S. Health and Human Performance program will be able to conduct research using appropriate methods, analysis, and dissemination of results.
3. Degree candidates in M.S. Health and Human Performance program will promote authentic learning, social and emotional development, and a commitment to social justice in their field.

Course Learning Outcomes:

- Describe current psychological theories on group dynamics in team sports and coaching relationships.
- Identify and describe current theories on the self and self-esteem in group dynamics.
- Discuss the role of leadership and leadership styles in team sports.
- Discuss the characteristics of a successful group or team environment.

- Discuss the role of motivation in team sports
- Identify current trends in psychological research in group dynamics and sport psychology as it relates to team sports.

Instructional Process:

All online via Blackboard. Please ONLY use Firefox or Chrome browsers.

Internet Explorer is not compatible.

For Blackboard Technical Help Contact:

techassist.sulross.edu

432-837-8888

For Blackboard Instructions to help you navigate this online course please see Appendix A at the end of the Syllabus

Methods of Evaluation:

Grading is based on cumulative points of all assignments.

Process Group Meetings and Paper	350 pts
Task Group Project	175 pts
5 Discussions @ 60 pts ea	300 pts
5 Assignments @ 90 pts ea.	450 pts
Total Points	1275 pts

Explanation of Assignments:

Discussion questions: Each week there will be a discussion question posted under the discussion tab for you to respond to by **Midnight Friday night**. To respond to the discussion you click on the hyperlink to the discussion and then click on create new thread. Put your last name and the week in the subject line (eg. LathamWeek1). You can respond directly in the message area, however, I suggest you type your response in a word document, spell check, then copy and paste it into the message area. You can upload your response as an attachment, but please **ALSO** copy and paste it into the message area so we do not have to open an attachment to read your post. Each discussion post is worth 40 points. 10 points will be deducted for each day it is late. 10 points will be deducted for not following the instructions above, do follow all instructions in the directions of the discussion.

Responses to others: Under each discussion post you must respond to another classmate’s original discussion post. The response is worth 20 points (so a total of 60 points for class discussion is available for you to earn each week) and is due by **Sunday Midnight** each week. The response must be more than “good job”, “I like what you said”, etc., it must be a substantial response that would be as if you were having a discussion on the topic in class. A substantial response would include, but not limited to: adding to the discussion with further information you find (cite your source), asking relevant questions, as well as critiquing in a positive way the post. **ALWAYS** spell check and edit your responses. These should be academic responses and not chat room or informal language. Do be respectful of others, do use proper language – do NOT hurt

others feelings. To respond to another's post, click on their post and reply. Title the subject of your response with your last name and "response to _____ week 1 post" (eg. Latham's response to Henderson's Week 1 post).

Homework Assignments: Click on the hyperlink (title of the assignment) in the assignment tab, read the directions completely, you will do the assignment in a Word (MUST BE MICROSOFT WORD...no other format is accepted) document and attach the file in the assignment submission section, then click submit. Follow all instructions and mind the due dates. Due dates will be listed in the assignment (Usually Weds by Midnight)

Process Group Meetings & Paper: During the first week you will be assigned to a process & task group. Process groups will meet in an unstructured group meeting once a week for at least 45 minutes for 5 weeks. You can skype, facetime, or simply conference call everyone in (must figure out how to conference or three-way calling on your own). There are also many free screen sharing meeting things you can use like <https://www.join.me/>. It will be up to your group to decide on how you will meet (making decisions like "how" to meet is part of the process of doing these meetings). Each meeting is worth 35 points so if you do not show up you will be deducted those points.

The first 30 minutes of each group meeting is the informal "process" group. I describe these process groups as 'unstructured' because there is no concrete task for the group to accomplish or a topic you should be discussing. **You should discuss topics related to the textbook and course topics during these group meetings.** I will NOT be telling you what to do during your group meetings (which might get on your nerves, lol). The main idea of these group meetings are for you to analyze (after the meetings) the "processes" the group goes through. While you are a member contributing to the group-- in the back of your mind you should always be analyzing the structure of the group, how it develops overtime, changes overtime, etc., etc. **The last 15 minutes of each group meeting should change over to a "task group" focusing on planning for your task group project.**

Try to think not only WHAT is happening in the group, but also **HOW and WHY** those things are happening. Essentially, this means learning about the way the group members interact with each other in the group, and about the changes in the interpersonal interactions within and across the meetings that you have. These groups will stay the same the entire 8-weeks; do not ask me to change them (even if you have personality conflicts or "problem" members in the group). You may find yourselves working with people you do not care for, etc, etc., but such is life. You will be turning in a paper the last week of class as a final analysis of your group (paper worth 175 points – so 175 points for group meetings and 175 for paper = 350 total pts).

As you read the text book you will see terms and such to incorporate into your final paper. You will be responsible for analyzing the group processes during these group process meetings. After each meeting, I HIGHLY recommend that you write a summary of your observations (i.e. keep a journal for your meetings). Writing down your critical analysis RIGHT AFTTER the meetings is IMPORTANT, but don't take notes during the meetings so you can be fully engaged. The purpose of writing in a journal right after is to

analyze the process of events that occur in each group meeting. In other words, describe not only WHAT happened, but **HOW AND WHY** those things happened. To get at the 'process' underlying what occurs, you need to 'read between the lines.' Consider the following after each meeting:

- What sequence of events occurred? What does this reveal?
- How were discussion topics decided?
- How did people communicate? What did they communicate?
- How much did each person participate?
- Who were the leaders? What alliances were present?
- How does this session compare to previous ones?
- Was the group productive? Stuck? Why?
- What direction is the group taking?
- What stage(s) of group development is the group in?
- What terms/concepts from the textbook(s) am I seeing in action being a part of this group?

No one will be graded for anything they do **IN THE MEETINGS** (except for showing up). You could, theoretically, not talk at all and this would not detract from your grade. You will get on your groups nerves if you do this though. You will also get on your groups nerves for dominating the discussions. As you read the text, try to apply those concepts. **You WILL LEARN MORE and get a lot more personally out of the group IF YOU PARTICIPATE.** People who participate tend to get higher grades as well because when they are engaged in the process they write better final analyses paper than ones that do not.☺ This kind of group is a good testing ground for those interested in being in any professional or business setting who will be working with groups of people. And last, but not least, being in this group will help you understand how you react to people and how they react to you; as well as enhance communication skills.

Once you finish the group meetings, look over the textbook and all of your notes/journals from the meetings to come up with a **final analysis paper**. Your paper will cover how the group developed. Apply important concepts and theories from the textbook in the final paper citing the text or other outside sources as needed (Must cite the textbook as well as 2-3 additional sources. These sources do not have to be journals and can be websites or other books you have read that apply to your analysis. This paper will be in APA format & style, but **YOU CAN WRITE IN** first person. The only APA that I am concerned with is the format, citations, and reference page (for this class only). Describe what people said and did, but also describe the group (and its process) as a whole. Pay attention to how the group changes over time (use those notes/journal after each meeting. **BE SURE TO DESCRIBE THE THOUGHTS AND FEELINGS YOU HAD** about the group. What role did you play in the group? The final analysis of the process group should not be a just a summary of your observations in the process notes from your binder, but also a **critical analysis of the processes**. It is

a summary of your overall conclusions about the group dynamics that occurred while being a member of this group. Consider:

- How did the group change over time ("developmental changes")?
- What were critical events in its history?
- What are your thoughts and feelings about the group?
- What role did you play in it?
- How did the group change when you switched from process group to task group? i.e. did roles change or did the dynamics change when you had a task to complete v. just discussion group?
- Include a synthesis of the process notes for the Process group from your binder/spiral/journal

7-10 typed double-spaced pages using APA form and style: Be sure to apply concepts that were discussed in class and in the textbook.

Task Group Detailed Instructions:

Spend at least 15 minutes at the end of all of your group meetings discussing your Task Group Project. Task group = The group has a task to complete! That task is for your group to create a PowerPoint presentation or Video (mov files or utube video links) TOGETHER that demonstrates & applies one or more of the topics covered in the textbook. APPLYING the material is the key -- not a book report or chapter review. Use your creativity here! Post the presentation (PPT or Video) into the discussion forum Under the Discussion that is entitled TASK GROUP PROJECT PRESENTATIONS. Your PowerPoint MUST be 15-20 slides and include at least 3 interactive slides (interactive meaning the reader of the slides will have to click on something or take some action on the slide....example click on a link to go to a page w/educational examples or a utube link or activity supplementing the material the presentation is covering). If a video is used it must be 15-20 minutes long. The presentation must relate to some aspect of the class and the textbook. I know, very generic – non-specific instructions – this is on purpose to see what kind of group dynamics occur (ps....be sure to analyze the group dynamics of your groups in how the dynamics might change during the TASK part of your weekly meetings to include in your PROCESS Group Paper). For example, previous classes have taken one major topic from the textbook (i.e. leadership, motivation, group environment, personality, etc) and really dove into that one topic and showed how they could apply that information. It is up to your group to decide what you will present and how!

ADA Accommodations: Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartze, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartze@sulross.edu

APPENDIX A

Blackboard Instructions

1. Login to the blackboard course
2. Most things are “clickable”. Once in click on every tab and read everything.
3. Announcements – click on this tab and check those daily. A copy is always sent to your email. So check your email often as well.
4. Syllabus & Course Materials tab – has everything in attachments for you to download that you need for the course. **Read the Syllabus first day you log in.** All other course materials are referenced to you in discussions and assignments for you to download and refer to. I suggest saving everything to a flash drive, hard drive, cloud database (i.e. drop box) so you have them forever.
5. Assignments – click on the assignment tab. Click on the Name of the assignment (usually named by week). Read all of the assignment information. If the assignment refers you to materials in the course materials tab be sure to use/read all of those. Due dates are always mentioned in the assignment information. When you are ready to submit (turn in) your assignment go to the Assignment Submission” area, click on browse my computer, search your computer for wherever you saved your finished/completed assignment, upload it to attach the file in the assignment submission area. **YOU MUST checkmark the box “I agree to submit mypaper(s) to the GRD” where the plagiarism tools are.** This ensures you did not copy/paste from the internet or from another student you may have had the course before. You can be kicked out of the university, and/or fail a class for plagiarizing. The add comments are is optional, but a place for you to leave me a comment. Ps. I like jokes when I am grading!!!! ☺ Click the SUBMIT button to actually turn in your assignment.
6. Discussions – click on discussions tab. Each week there are discussions (these are formal discussions not chat room type discussions) you must respond to as well as respond to at least one other classmate (see syllabus). Click on the Forum/Discussion Name (e.g. Week 1). To post your discussion post = click on create thread. Put your First and last name in the Subject line followed by 1-2 words describing your post/thread, e.g., StefanieLatham_Week1 Discussion. Type your response to the discussion/forum in the message. **I highly, highly, really really, highly recommend that you first type your response in a Word Doc spell check and grammar check (read it yourself as spell check doesn’t fix grammar) and then copy/paste it into the message area. DO NOT attach a file for discussions. You will only use the browse my computer/attach file feature for assignments.** Click Submit to submit your work. If you need to edit whatever you turned in for some reason, find your thread in the discussion area, click on it, move your cursor around near the “reply” button, you will see an option to delete, edit, or email yourself. To respond to a classmate: click on the thread of a classmate you want to read his/her post then click reply. Type your response in the message area (again recommend using word to edit first...plus if you have a computer issue you can save your word doc...you can’t save your message until you submit it). **Please Check your thread so read what others have said to you. If classmates or if I ask you a question in your thread and you never respond...points will be deducted from your weekly discussion points. It is also**

recommended for you to scan all the threads and read any feedback I am giving other students as that feedback may help you as well.

7. MY Grades tab – you should be able to view your numerical grade here as well as written feedback. I will always provide written feedback. If you cannot view the written feedback please check your email as it is always emailed to you as well. If you do not see a numerical grade either I haven't graded it (I will grade all previous week's work by Wed of the week after it is due if not sooner). If you feel you turned it in and still see not grade email or text me and I will look into it.
8. Late work. Despite what the syllabus says if you are taking a Senior Level undergraduate course or a Graduate Level course with me....as long as you are in communication with me I will NOT deduct point for things that are 1 week late. Anything 1 week late or longer you MUST CALL ME for approval and let me know what is going on in your life. I am a fair and reasonable person and will most likely work something out with you as I want everyone to be successful in the least "stressful" way. This being said, if you are just lazy and waiting to do things last minute, most likely your work will reflect that and so will your grade that you earn. Communication is key to online learning. As long as the technology is working I will NOT be MIA (missing in action). There are multiple ways to communicate with me (cell phone text, call, sul ross email, personal email, and in blackboard under the questions forum in the discussion tab).