Wilkes University Curriculum Committee

PROPOSAL SUBMITTAL FORM

Directions:

- Use this set of forms for all proposals sent to the Curriculum Committee.
- Pages 1-3 of this document are required. Any unnecessary forms should be deleted from the packet before submissions. If multiple forms are needed (course addition, course deletion, etc), simply copy and paste additional forms into this packet.
- Note that all new programs (majors and minors), program eliminations, significant program revisions and all general education core revisions must be reviewed and approved by the Provost and Academic Planning Committee (APC) prior to submission to the Curriculum Committee. The Provost will make the decision if a program revision requires APC review.
- Completed and signed forms are due no later than the second Tuesday of every month. Submit one signed original hard copy and a scanned electronic copy with all signatures to the Chair of the Curriculum Committee.

1. Originator: Name  
   Carl J. Charnetski  
   Department  
   Psychology  
   Phone and email  
   570-408-4564; carl.charnetski@wilkes.edu

2. Proposal Title: Minor in Sport Psychology

3. Check only one type of proposal: (double click on the appropriate check box and change default value to "checked").

☑ New Program. (Major or Minor Degree Programs). This requires prior review and approval by the Provost and APC.
☐ New Concentration, Track, or Certificate. The Provost determines if review and approval by APC is necessary.
☐ Elimination of Program. (Major or Minor Degree Programs). This requires prior review and approval by the Provost and APC.
☐ Elimination of Concentration, Track, or Certificate. The Provost determines if review and approval by APC is necessary.
☐ Program Revision. Significant revisions to a program require review and approval by the Provost. The Provost determines if review and approval by APC is necessary.
☐ General Education Revision. Submissions only accepted from the General Education Committee (GEC). Must be reviewed and approved by the Provost.
☐ Creation of new departments, elimination of existing department. This requires prior review and approval by the Provost and APC.
☐ Course additions or deletions not affecting programs (such as elective courses, transition of "topics" courses to permanent courses).
☐ Change in course credit or classroom hours.
☐ Incidental Changes. Includes changes in course/program title, course descriptions, and course prerequisites. (Although these changes do require approval by the Curriculum Committee, they do not go before the full faculty for approval).
☐ Other (Specify)
4. Indicate the number of course modification forms that apply to this proposal:

   X  Course Addition Form (plus syllabi)
   ___ Course Deletion Form
   ___ Course Change Form

5. Executive Summary of Proposal.

The objective of the Sport Psychology program will be to provide students with an opportunity to acquire knowledge, skills, and techniques that are psychologically based for utilization in an applied setting that is gaining prominence throughout the academic spectrum as well as professionally. The program will offer a very tangible integration of academics and sports for the prospective student which will provide an opportunity not only for athletes but for students to participate in sports programs who do not necessarily possess the physical attributes required but yet can be actively involved in an area of sports that is of interest to them.

The program will provide a unique opportunity for the student to transfer knowledge gained in the classroom to out of classroom experiences via the use of performance enhancement techniques integrated with our neuroscience program that will enable the assessment of brain wave activity that is correlated with peak performance skill levels in a variety of athletic arenas. This will expand the research experience in psychology to very real, applied, out of class participation.

This programmatic bridge between athletics and academics will also be manifested in a variety of opportunities beyond performance enhancement. For example, the student will be involved in coursework that will address some of the most common issues faced by athletes in all sports, namely anxiety, stress, and anger management and the ancillary off the field problems related to these variables such as the use of drugs and alcohol and relationship issues.

Other areas of focus will include pedagogy in such areas as concentration, communication, goal setting, team building and time management which will provide value in a wide variety of academic as well as social pursuits at the university level. Hence the program will subsume an interdisciplinary approach integrated with, for example, such areas as sports management, education, occupational therapy, physical therapy and sports medicine. This integration will be facilitated by internships in a variety of sports both on and off campus with high school and professional organizations.

This sport psychology minor will provide opportunity for psychology majors as well as majors in a variety of other disciplines to be involved in an experiential combination of academics and athletics. The program will begin with exposure to pertinent psychology courses and an introductory sports psychology course and culminate with a combined internship/seminar course wherein students will have the opportunity to discuss their internship experience with peers from other disciplines, interests and perspectives on sport psychology along with information from scholarly journals related to their specific interests.

An important part of the proposal is the field experience in Sport Psychology. This is an internship that will be tailored to the specific interest of each individual student, hence addressing that part of the University mission that emphasizes "...a commitment to individualized attention..." Moreover, the integration of weekly required presentations from scholarly journal articles associated with variables involved in the field experience addresses the University mission's "...commitment to scholarship and academic excellence, while continuing the University's commitment to community engagement."
6. Other specific information. (Not applicable for incidental changes.)

The Psychology major would be affected by this proposal in that the proposed program would increase the number of students in five courses and a new course would be added to the curriculum. The Sports Management major would be affected by increasing the number of students in two courses. Finally the Division of Behavioral & Social Sciences would be affected by increasing the number of students in a team taught course with an individual from Sociology and one from Economics.

The proposed Sport Psychology program will be a Minor within the Department of Psychology. As such it will be primarily housed within the Division of Behavioral and Social Sciences in Breiseth Hall with the current secretarial/clerical support already in existence.

The physical plant necessary for this program already exists at the University. The classrooms, office space, and Neuroscience laboratory in Breiseth Hall will sufficiently address program needs.

The personnel necessary for program start up will include professors in Psychology, Sports Management, Sociology, and Economics as well as program director are already available at the University. This will expand to include an adjunct faculty member and overload payment for a current administrative employee in approximately a year or two. However, initially there will be no increase in expense for faculty.

Funding for research equipment will be necessary for remote electroencephalographic telemetry recording equipment. This expense should approximate $3000. Otherwise, current university resources will adequately support this program with a $2000 allowance in the second year and $1000 in each of the following two years.

A discussion with the Executive Director of Marketing yields a proposed $5000 startup with $3000 for each of years two and three.

7. Program Outline. (Not applicable for incidental changes).

**Sport Psychology Credits**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSY 101 General Psychology</td>
<td>3</td>
</tr>
<tr>
<td>PSY 242 Personality</td>
<td>3</td>
</tr>
<tr>
<td>PSY 352 Abnormal Psychology</td>
<td>3</td>
</tr>
<tr>
<td>PSY 398 Peak Performance Coaching</td>
<td>3</td>
</tr>
<tr>
<td>PSY 402 Field Experience in Sport Psychology</td>
<td>4</td>
</tr>
<tr>
<td>SM 261 Sport Psychology</td>
<td>3</td>
</tr>
<tr>
<td>SOC 261 Sociology of Sport, SM 201 Intro to Sports Management, PSY 353 Clinical Methods in Psychology, or PSY 399 Cooperative Education</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Credits 22
Sports Psychology Coursework Sequence

First Semester
PSY 101 General Psychology
Major Requirements
General Education Requirements

Second Semester
SM 261 Sport Psychology
Major Requirements
General Education Requirements

Third Semester
PSY 398 Peak Performance Coaching
Major Requirements
General Education Requirements

Fourth Semester
PSY 242 Personality
Major Requirements
General Education Requirements

Fifth Semester
PSY 352 Abnormal Psychology
Major Requirements
General Education Requirements

Sixth Semester
SOC 261 Sociology of Sport, SM 201 Intro to Sports Management,
PSY 353 Clinical Methods in Psychology, or
PSY 399 Cooperative Education (Choose one.)
Major Requirements
General Education Requirements

Seventh Semester
PSY 402 Field Experience in Sport Psychology
Major Requirements
General Education Requirements

Eighth Semester
Elective
Major Requirements
General Education Requirements
8. Signatures and Recommendations. (please date)
   • Signatures of involved Department chair(s) and Dean(s) indicate agreement with the proposal and that adequate resources (library, faculty, technology) are available to support proposal.
   • If a potential signatory disagrees with a proposal he/she should write "I disagree with this proposal" and a signed statement should be attached to this submission.

   Ge Xiao / Chair - MELSH  
   [Signature]  
   [Date]

   Print Name/Title  
   Department chair(s) of all potentially affected programs

   [Signature]  
   [Date]

   Print Name/Title  
   Dean (s) of any potentially affected College/School.

   [Signature]  
   [Date]

   Print Name  
   Registrar

   [Signature]  
   [Date]

   Print Name  
   Provost (For new programs, significant revisions and revisions to the General Education Program revisions only).

   Provost should check here if this proposal is a program revision AND the significance of the revision requires review and approval by APC prior to Curriculum Committee.

   [Signature]  
   [Date]

   Print Name  
   Chair, Academic Planning Committee. For new programs, program revisions sent via the provost.

   Signature indicates that the proposal has been reviewed and approved by APC.

   [Signature]  
   [Date]

   Print Name  
   Chair, General Education Committee. For revisions to General Education program only.

   (Signature indicates that the proposal has been approved by GEC).
1. Course Title: Field Experience in Sport Psychology

2. Course Number: PSY 402

3. Course Credit Hours: 4 credits
   Classroom Hours _____3_____ Lab Hours_____ Other _____15 - Internship

4. Course Prerequisites: PSY 101 and SM 261

5. Course Description (as proposed for the Bulletin):

   Students will be concurrently enrolled in a Cooperative Education Internship.

   They will engage in 10 presentations that include a report on weekly internship activities involving Sport Psychology variables. Each student will also be required to read and present summaries of 10 journal articles cogent to the internship experience.

   A 10 page paper, with a minimum of 10 references, written in APA style on a topic pertinent to one’s internship is also required of each student.

6. Required Documentation:
   Proposed Syllabus
Course Syllabus

PSYCH 402 – Field Experience in Sport Psychology – 4 Credits

Dr. Carl Charnetski – Breiseth Hall – 303

Ph: 570-408-4564

carl.charnetski@wilkes.edu

Office Hours: Monday & Wednesday – 1:00-3:30 p.m.

Course Description

Students will be concomitantly enrolled in a Cooperative Education Internship.

They will engage in 10 presentations that include a report on weekly internship activities involving Sport Psychology variables. Each student will also be required to read and present summaries of 10 journal articles cogent to the internship experience.

A 10 page paper, with a minimum of 10 references, written in APA style on a topic pertinent to one’s internship is also required of each student.

Objective

To provide an experience focused upon application of psychological principles in sports.

Schedule

Week

1 Course Introduction

2 Labor Day vacation

3 Bibliographic Instruction

4 Individual Presentations describing the Cooperating Organization

5 Individual activity reviews and presentation of Journal article summary

6 Individual activity reviews and presentation of Journal article summary

7 Individual activity reviews and presentation of Journal article summary

8 Individual activity reviews and presentation of Journal article summary
9. Presentations on paper topic, one related Journal article and activity review

10. Individual activity reviews and presentation of Journal article summary

11. Individual activity reviews and presentation of Journal article summary

12. Individual activity reviews and presentation of Journal article summary

13. Individual activity reviews and presentation of Journal article summary

14. Individual activity reviews and presentation of Journal article summary

15. Course Conclusion – Paper due

Grades
10 pts. – 10 Activity Presentations = 100 pts.

10 pts. – 10 Journal Article Summaries = 100 pts.

Paper – 100 pts.

Average of above 3 = Final Grade

90 – 100 – 4.0
85 – 89 – 3.5
80 – 84 – 3.0
75 – 79 – 2.5
70 – 74 – 2.0
65 – 69 – 1.5
60 – 65 – 1.0
Below 60 – 0

Attendance

Attendance is required for all classes. If a presentation is missed, a written copy may be provided only at the next class meeting with 5 points off each of the two component presentations. Five points will also be deducted for each day the paper is late.

Wilkes University Class Attendance Policy

Attendance at all classes is expected. Repeated absence is deemed a sufficient cause for failure. After five consecutive absences from a class, a student may be readmitted to the class only by action of the appropriate Dean and the Department Chair concerned.
The student is responsible for knowing the attendance requirements of each course, attending classes and conferring with instructors when absence from class is necessary.

Outcomes

- The student will develop an ability to target specific issues and variables related to Sport Psychology in an internship experience as assessed by weekly presentations of activities in seminar format.
- The student will become proficient in reading and in digesting information from scholarly journals related to Sport Psychology as assessed by weekly oral presentations of summaries of such articles cogent to internship activities.
- The student will develop an understanding of the application of scientific psychological principles to sport skills by an integration of knowledge from scholarly disciplines coupled with application in the field as assessed by oral presentations.
- The student will acquire the ability to communicate in written APA style regarding specific topics in Sport Psychology as assessed by a paper written in APA format.
- The student will acquire the ability to search specific data bases with appropriate search techniques to obtain information regarding Sport Psychology via bibliographic instruction as assessed by choice of journals for oral presentations.