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## TCORE 113 B: Introduction to the Social Sciences

Theme: Social Sciences in Sport and Athletics

Winter 2017

Tuesdays & Thursdays, 10:15am – 12:20pm

JOY 113

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**Instructor:** Leighann Chaffee, M.A.

**Office:** MDS 106 Suite B (Enter through Cherry Parkes)

**Office Hours:** Mondays, 1-2pm, and by appointment

**Email:** LChaffee@uw.edu

**Course Website:** CANVAS

### Required Reading:

Reading will be posted on Canvas. You are expected to complete before class AND have access to the material in class. See Tips for reading.

*Supplemental reading:*

Brown, D. J. (2014). The Boys in the Boat: Nine Americans and their Epic Quest for Gold at the 1936 Berlin Olympics. Penguin Books.

### Course Objectives:

Catalog description: Introduces students to university work by focusing on a core curriculum from multiple and interdisciplinary perspectives. This course will use the study of sports, competition, and performance as a theme to explore complex social topics. We will examine the theme with an interdisciplinary perspective employing psychology, sociology, social work, political science, economics, business, and geography.

### Learning Objectives:

Core learning objectives include inquiry and critical thinking, communication and self-expression, diversity and civic engagement, and quantitative literacy. We will use these objectives in conjunction with the following course objectives. It is expected that you can begin to describe these objectives upon successful completion of this course.

1. Describe the fields of psychology, sociology, social work, political science, economics, and geography.
2. Understand research methods used in the social sciences.
3. Utilize the scientific method in critical thinking.
4. Describe, compare, evaluate and apply major theoretical perspectives in the social sciences relating to sport and athletics, including diversity and social justice.
5. Identify concepts, theories, and research findings from the social sciences in “real-life” situations, specifically relating to sport and athletics.

### Core

The Core program is a coordinated series of courses that represent the various disciplines in the university. This course, along with the others in your cohort, fulfills one of the university's general education requirements in each of the areas of knowledge plus composition. The courses are designed to both support and challenge you to develop the critical thinking, writing, research, and analytical skills you will need at UWT while introducing you to relevant topics in the social sciences, humanities, and sciences.

### Evaluations

Grades for this course will consist of your performance on three examinations, in-class participation occurring regularly such as quizzes or group work, and writing assignments to be completed outside of class.

#### 1. Exams

There will be 3 exams, each accounting for 50 points. **If you miss an exam without notifying me prior to the exam date you will not be allowed to take a make-up exam.** Therefore, it is important that you discuss any potential conflicts with me **prior to the exam**. Exemption from any examination will not be given; however, with a legitimate excuse (hospitalization, severe illness verified by a medical doctor) you can

take an alternative version of the exam at a time convenient to both you and I (but no later than 1 week after the scheduled exam). Permission will only be granted if you have a passing grade at the time of the request.

The examinations will be taken during normal class periods and will be designed for completion within 90 minutes. Examinations start promptly at the beginning of a class period. Be on time and do not disrupt your peers from the exam. If you are late you will only prevent yourself from finishing the exam. There are no time extensions.

The third examination is scheduled to take place during the final examination period. The final exam will be cumulative; mastery of the concepts we discuss earlier in the semester will provide a foundation for which to understand the concepts later in the semester. *The exams are worth 150 points total (50 points each).*

Exam 1: Tuesday, January 24, 2017 (50 points)

Exam 2: Tuesday, February 14, 2017 (50 points)

Exam 3: Thursday, March 9, 2017 (50 points)

## 2. In-Class Quizzes, Discussion, and Assignments

In-class quizzes and assignments will be completed throughout the quarter, accounting for 100 of your total points for the course.

These quizzes and assignments will be unannounced and must be performed in-class. Unannounced quizzes may occur at any point during class time, thus you must arrive in class before class begins at 10:15am and stay for the duration. There are no make-up opportunities for in-class work; however, I will drop your lowest score on an in-class assignment to accommodate one absence. Attendance in my course is your responsibility; good attendance is strongly correlated with performance in my courses.

Complete the assigned reading and preparation BEFORE class to successfully earn in class participation points. Reading will be available to download on the Canvas course website. We will not cover all material in class. It is my expectation that you come to class ready to discuss the assigned reading as failure to prepare will count against the participation grade. *Participation is worth 100 points total.*

## 3. Outside of class assignments

Several assignments, to be completed outside of class, will be assigned throughout the quarter. These assignments will be discussed in detail during class, and guidelines for their completion will be posted on the course website.

Assignments must be turned in on time via Canvas – before the beginning of class on the due date. Late work will receive a penalty of 25% per day. If extenuating circumstances (i.e. an emergency) preclude your attendance, it is your responsibility to contact the professor (by email) **prior to the due date** or as soon as possible to make arrangements. *The assignments are worth 250 points total.*

## 4. Extra credit

Extra credit points can be earned through social science research experiences, including participating in research on campus (opportunity will be discussed in class) OR attending a presentation by a social scientist and submitting a synopsis. 10 points each, maximum of 2 experience (20 points)

## **POINT DISTRIBUTION:**

In-class participation + report	=	100 points possible
Six Assignments	=	250 points possible
Three Exams	=	150 points possible
<b>TOTAL</b>	=	<b>500 POINTS POSSIBLE</b>

Grades will be assigned on a 4.0 scale, as determined by your *cumulative points earned* throughout the quarter:

Percent	Points	Grade	Percent	Points	Grade
≥ 97%	485-500	4.0	76.8-77.8	384-388	2.2
95.9-96.9	480-484	3.9	75.7-76.7	378-383	2.1
94.8-95.8	474-479	3.8	74.6-75.6	373-377	2.0
93.6-94.7	468-473	3.7	73.5-74.5	367-372	1.9
92.5-93.5	462-466	3.6	72.3-73.4	361-366	1.8
91.4-92.4	457-461	3.5	71.2-72.2	356-360	1.7
90.3-91.3	451-456	3.4	70.1-71.1	350-355	1.6
89.2-90.2	446-450	3.3	69.0-70.0	345-349	1.5
88.0-89.1	440-445	3.2	67.8-68.9	339-344	1.4
86.9-87.9	434-439	3.1	66.7-67.7	333-338	1.3
85.8-86.8	429-433	3.0	65.6-66.6	328-332	1.2
84.7-85.7	423-428	2.9	64.5-65.5	322-327	1.1
83.5-84.6	417-422	2.8	63.4-64.4	317-321	1.0
82.4-83.4	412-416	2.7	62.2-63.3	311-316	0.9
81.3-82.3	406-411	2.6	61.1-62.1	305-310	0.8
80.2-81.2	401-405	2.5	60.0-61.0	300-304	0.7
79.1-80.1	395-400	2.4	< 60.0%	< 300	0.0
77.9-79.0	389-394	2.3			

## COURSE POLICIES

### Academic Honesty:

Your responsibility in this course, at UW Tacoma, and in all academic settings, is to follow all guidelines for academic honesty. Academic misconduct, including (but not limited to) cheating on assignments or examinations, turning in another's work as your own, collaborating on individual assignments, turning in the same paper in multiple courses, including another's words or ideas without correct citation (deliberate or innocent plagiarism), or engaging in behaviors that prevents other's learning will not be tolerated. Students who engaged in academic misconduct will be sanctioned. Please review the University of Washington policies on academic conduct: <http://depts.washington.edu/grading/pdf/AcademicResponsibility.pdf>

### Attendance

- Attendance is required for success in college courses – you will not be graded on your attendance (as per UW Tacoma policy), but attendance will be recorded periodically for administrative purposes.
- All material on quizzes and exams will be covered in class, and participation points will only be awarded for in-class work, thus your participation and attention during class is essential for your success.
- If you miss a class, please complete the following:
  - First, turn in all assignments prior to your absence.
  - Second, check the syllabus and complete all reading.
  - Third, talk to a fellow student to determine what you missed.
  - Fourth, see the instructor to collect any assignments and ask any remaining questions.Regrettably, I cannot cover the material from every class each time a student is absent.

### Etiquette and Participation

- ARRIVE TO CLASS ON TIME. Class begins at 10:15am and ends at 12:20pm. You are expected to be in class ready to learn and participate for the duration of the class.
- During class, you are expected to be attentive. Participate in discussions and group activities.
- Break time occurs when announced by the instructor. Do not enter and exit throughout the class period.
- DO NOT use your cell phone or other electronic devices except when indicated – turn off the ringer and place it in your bag away from your attention during class.
- Be respectful of your classmates at all times. Any actions that I deem to be disrespectful will result in removal from class.

## Use of Technology

- Do NOT use your cell phone during class.
- Many students have good intentions in note taking on their laptops / tablets, but their learning is commonly obstructed by the distraction posed by the laptop. Occasionally, a class activity will be facilitated by use of technology, at which point I will let you know that you may use electronic devices.
- You will not earn participation points if using technology in class (outside times authorized by the instructor).

## Self-Disclosure

I ask you to think carefully about the shape you want your contributions to take. I expect that you will be a good judge of what constitutes appropriate class contributions. Because the study of psychology involves personal and emotional issues that touch many peoples' lives, there is sometimes a temptation for students to make self-disclosures regarding their own difficulties. While I hope this course will be personally meaningful to you, our approach to psychology is an academic/scientific approach. If you have personal concerns, the UWT Counseling Center provides excellent services to the student body and would be the appropriate place to address such concerns.

## Canvas

Please access course material on Canvas. Be sure to set your notifications in the beginning of the quarter as I will communicate with you via Canvas. Go to "settings" then "add contact method" to select how you would like to be notified. Then select "notifications" from the left toolbar, select "ASAP" and where you would like to be notified.

## E-Mail:

All course communication will occur through your UW e-mail account. Do not e-mail the instructor or other students through other email accounts. See the UW e-mail policy:

[http://www.tacoma.washington.edu/policies\\_procedures/E-mail\\_Policy.pdf](http://www.tacoma.washington.edu/policies_procedures/E-mail_Policy.pdf)

Demonstrate professionalism in your emails – use complete sentences, proper capitalization & punctuation. Use formal email, NOT canvas messenger.

## Access and Accommodations

The University of Washington Tacoma is committed to making physical facilities and instructional programs accessible to students with disabilities. Disability Support Services (DSS), located in MAT 354, functions as the focal point for coordination of services for students with disabilities. If you have a physical, emotional, or mental disability that "substantially limits one or more major life activities [including walking, seeing, hearing, speaking, breathing, learning and working]," and will require accommodation in this class, please contact DSS at [\(253\)692-4522](tel:(253)692-4522), email at [dssuwt@uw.edu](mailto:dssuwt@uw.edu) or visit [www.tacoma.uw.edu/dss](http://www.tacoma.uw.edu/dss) for assistance.

## Campus Safety Escort:

Safety escorts are available Monday - Thursday 5:00pm - 10:30pm. They can be reached either through the duty officer or by dialing #300 from a campus phone.

## Counseling:

The Counseling Center offers short-term, problem-focused counseling to UW Tacoma students who may feel overwhelmed by the responsibilities of college, work, family, and relationships. The service is provided confidentially and without additional charge to currently enrolled undergraduate and graduate students. To schedule an appointment, please call 692-4522 or stop by the Student Counseling Center (SCC), temporarily located in Cherry Parkes 206. Additional information can also be found by visiting [http://www.tacoma.washington.edu/studentaffairs/SHW/scc\\_about.cfm/](http://www.tacoma.washington.edu/studentaffairs/SHW/scc_about.cfm/)

## Inclement Weather / Emergency:

Call 253-383-INFO to determine whether campus operations have been suspended. This information is also available on the UWT website. The instructor will also post an announcement on Canvas whenever possible to notify students of cancelled class. I highly recommend you enroll for text message alerts via UW Alert (<http://www.tacoma.washington.edu/security/alert/>)

## **Teaching and Learning Center:**

The Teaching and Learning Center (TLC) offers free academic support for students at all levels. For writing, reading, learning strategies and public speaking needs, please make an appointment online at: <http://uwttlc.mywconline.com/index.php>.

## **Additional Resources**

I am a resource to assist you throughout this class, and I am happy to answer questions by email and to meet in person. Throughout the quarter, I will do my best to respond to emails within 24 hours. Here are some additional resources.

Teaching and Learning Center: <http://www.tacoma.washington.edu/tlc/>

Canvas Overview: <http://www.tacoma.uw.edu/canvas/getting-started>

Student Support: <http://www.tacoma.uw.edu/canvas/how-do-i>

## **Letter of recommendation policy:**

If you plan to apply for internships and graduate school, you will eventually need to request letters of recommendation from your professors or other acquaintances. Please note that each professor may have their own policies for recommendations, and to follow those policies closely. My personal policy is to only write letters for students with whom I have discussed career plans and goals, who have completed at least two of my courses with exceptional grades and participation, and who demonstrate professionalism in and out of the classroom. The letter request must be made at least one month prior to the due date, and you must provide me with details regarding the school, program, due date, and letter format (forms, online, or paper).

## **Student Responsibility**

Registration in this course indicates that you agree to the terms of this syllabus and will abide by these terms for the duration of the course. Students are responsible for the syllabus policies in each of their courses; consult the syllabus to understand course policies, and to follow the terms of the syllabus. Any changes to course activities, readings, and assignments will be announced in class and updated on Canvas.

## COURSE SCHEDULE AND ASSIGNMENTS

This schedule is preliminary and is subject to change.  
Any changes to the schedule will be announced on Canvas.

Week	Topic	Reading
Week 1: January 3 & 5	Introduction to the disciplines Scientific Inquiry <i>Assignment 1 due Thursday, January 5</i>	1a – What makes a research question 1b – Intro. to the Science of Psychology
Week 2: January 10 & 12	Scientific inquiry cont.: Ethnography <i>Assignment 2 due Thursday, January 12</i>	2 – Ethnography
Week 3: January 17 & 19	Sport Psychology Home field advantage	3 – Freakonomics Podcasts
Week 4: January 24 & 26	<b>Exam 1 Tuesday, January 24</b> Behavioral Psychology and Learning	None
Week 5: January 31 & February 2	Arousal and Emotions Stress and Health	4 – Acting on Impulse chapter (Wertheim & Sommers) 5 – Happiness article
Week 6: February 7 & 9	<i>Assignment 3 due Tuesday, February 7</i> Motivation and Goals	6 – Motivation Chapter (Myers)
Week 7: February 14 & 16	<b>Exam 2 Tuesday, February 14</b> Exercise and Play	7a – Exercise Chapter (Ogden) 7b – Play article
Week 8: February 21 & 23	<i>Assignment 4 due Tuesday, February 21</i> Psychological Skills Training Social Psychology	8 – PST (Weinberg & Gould)
Week 9: February 28 & March 2	<i>Assignment 5 due Tuesday, February 28</i> Group Dynamics Contemporary topics	9 – Social Psychology reading
Week 10: March 7 & 9	Contemporary topics and Review <b>Exam 3 Thursday, March 9</b>	10 - TBD
Week 11: March 14	<b>No class meeting</b> <i>Assignment 6 due on Canvas</i>	<b>Assignment 6 due on Canvas</b> <b>Tuesday, March 14 by 11:59pm</b>