Movie/TV/Real Life Assignment:

Instructions

The three application papers are designed to give you the opportunity to analyze the use of psychological skills in a movie, TV show, or real-life experience based on your knowledge of Sport and Exercise Psychology. For each section of the class (Enhancing Health and Well-Being, Enhancing Performance, and Enhancing Sport and Exercise Environments) you will choose one (1) of the topics covered in class and discuss how that skill is portrayed in a movie, TV show, or real-life situation.

For the first paper you will choose a topic from Modules 1–3

For the second paper you will choose a topic from Modules 4-7

For the third paper you will choose a topic from Modules 8-10

Your papers must be written in the following format (all three papers will follow the same format). Any papers that do not follow this format WILL NOT be accepted and you will receive a 0 on the project.

Paragraph 1: A very brief one-paragraph summary of the movie, TV show, or real life situation. For a movie or TV show, it should only be a few lines (no more than 10). Assume I have seen the movie or show so just remind me what it is about. For a real life situation you can give a little more detail but please be brief.

The rest of your paper should address the topic that is covered in the movie, TV show, or situation. Identify the topic and then describe how it was shown in the movie, show, or situation. Be sure to compare what you saw in the movie, show, or situation to what was covered in class and the textbook. For example, if you choose confidence as a topic, discuss how confidence affected people in the movie, show, or situation and then discuss how that is similar or different from what we have learned in class about confidence. Show me that you understand the course material and can use that knowledge to analyze how the movie, show, or situation depicts it.

For each paper you will choose one topic, you should be sure to address the following questions:

· Explain the use of the topic in the movie, show, or situation (you do not have to address EVERY scene in which they show the mental skill but please make sure you are thorough).

· Present a critique of both appropriate and inappropriate strategies shown or used as they relate to the topic.

· Identify what you would do differently in working with the team, athlete, or individual portrayed in the movie, show, or situation.

· Address implications for your own field. For example, how would you apply what you have learned from the movie, show, or situation (and class) to develop this same mental skill (e.g., goal setting) in your field?

· Be sure to use appropriate references and include a reference page at the end of the paper.

Grading:

You will be graded on their paper based on the following criteria:

 Summary of movie or situation 5 marks

 Discussion/analysis of topic 20 marks

 Connection to course material 20 marks

 Spelling, Grammar, and Flow 5 points

Paper 1

1. History of Sport and Exercise Psychology
2. Personality
3. Exercise Adherence

Paper 2

1. Confidence
2. Setting Goals
3. Arousal and Anxiety
4. Concentration

Paper 3

1. Groups and team
2. Leadership
3. Communication process

Extra detail:

You have 3 assignments (papers) due in this course and they all have the exact same format. You are to choose one topic from each section of the course (for this one it's modules 1-4) for the paper. By topic I mean the theme or topic of a given module. So for this assignment it would be History of Sport Psychology, Personality, or Exercise Adherence. Your paper will be based on that major topic. Once you have chosen a topic I'd like you to choose a movie, TV show, or real life situation and discuss how that topic was portrayed, discussed, or shown in that movie, TV show, or situation. For example, for this paper you might choose a TV show or movie that deals with weight loss and exercise adherence (The Biggest Loser for example) and then discuss how the show deals with exercise adherence. Then you would compare that to what we discuss in class, etc.

Basically these papers give you an opportunity to show me that you understand the topics well enough to discuss them and analyze how they are shown in a "real life" situation. If you can tell me what they did right and what could have been done differently, and discuss how their portrayal of the topic compares to what we discussed in class then I know you really understand the topic.

To be totally honest, this first assignment will be the most difficult only because the topics are a bit harder to deal with. For the next 2 papers you'll be able to choose things like confidence, motivation, team dynamics, communication, etc. Those will be very easy to deal with. The good news is if you can do this paper then the other 2 will seem really easy. Since this one will be a bit more difficult I'll definitely give you some leeway so as long as you can show me that you understand the topic and can analyze the movie, TV show, or real life situation you'll be fine.

One final note. You do NOT need to discuss EVERY aspect of the topic you choose. For example, if you choose exercise adherence you don't necessarily have to discuss how the movie, TV show, or real life situation addresses every part of the exercise adherence module. Simply choose the parts that make the most sense to discuss and do a thorough job of that. Of course, being thorough means choosing more than just one part of the topic to discuss; you'll want to be more detailed than that.