

# **CALIFORNIA STATE UNIVERSITY DOMINGUEZ HILLS**

## **PSY 486 – INTERNSHIP IN SPORT PSYCHOLOGY**

3 Semester Credits

### **Prerequisites**

PSY 480 – Sport Psychology; PSY 481 – Applied Sport and Fitness Psychology; PSY 482 – Psychology of Coaching and Team-Building; and PSY 483 – Contemporary Issues in Sport and Fitness Psychology.

One of these courses could be taken concurrently with PSY 486. Submission to the instructor of proposed internship site and supervisor as well as permission of instructor is required before registering for PSY 486.

### **Instructor**

Mark Cartiglia, Ph.D., Psychology Department

All interaction is online. Professor is available via email at: [mcartiglia@csudh.edu](mailto:mcartiglia@csudh.edu)

### **Course Description**

(<http://www.csudh.edu/academicaffairs/StudentInformation/UniversityCatalog.shtml>)

This course provides the supervised application of psychological principles applied to sports and exercise to promote team-building, performance and optimal wellbeing.

### **Required Texts and Other Materials**

An optional text is: Corey, G., Corey, M.S., Corey, C. & Callanan, P. (2013). *Issues and ethics in the helping professions* (9th ed.). Belmont, CA: Brooks/Cole, Cengage Learning.

All instructional material and forms will be online. Student liability insurance is required (see below).

#### Internship Forms Available on the Website

Internship Procedures and Requirements

Agreement for CSUDH and Requirements

Agreement for CSUDH Internship Form

Internship Registration Form

CSUDH Record of Supervision Hours Form

CSUDH Supervision Evaluation Form

Ethics Code of AAASP

### **Course Goals**

At the end of the course, interns who attend regularly, participate fully, and make effective use of the feedback received will be able to perform skills addressed this semester at an adequate level as verified by their supervisors.

### **Learning Outcomes**

By the end of this course the intern will be able to:

- Apply psychological principles identified in PSY 480, PSY 481, PSY 482, and PSY 483.
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- Create individualized fitness compliance programs.
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- Identify individual performance needs in sports and exercise and then develop and implement an individualized program to meet those needs.
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- Train individuals in psychological techniques to improve individual and team performance.
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- Describe ethical issues in delivery of sports and exercise psychological services.
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### **Course Requirements**

Interns will show the degree to which they have met the above learning outcomes through their performance on the following:

- (a) Bi-weekly CSUDH Record of Supervision hours form signed by the supervisor and turned into the instructor by the end of each two weeks. An adequate level of performance on the weekly CSUDH Record of Supervision Hours Form on all of the items is documented.

- (b) Submission of the CSUDH Supervision Evaluation Form completed and signed by the supervisor by the last day of class. This form is submitted to the instructor who will evaluate it. An adequate level of performance is demonstrated by the intern, who is also acknowledging strengths and weaknesses and creating a plan to remediate any weaknesses.
- (c) Adherence to the Ethics Code of AASP.

### **Grading Policy**

This course is graded CR/NC only.

- (1) CR will be earned when all 120 required fieldwork hours plus a minimum of 15 hours of supervision are completed and verified on the CSUDH Record of Supervision Forms as well as documentation on these forms of an adequate level of performance.
- (2) Interns receive NC for one or more of the following missing:
  - (a) No contract by third week.
  - (b) Hours verification and student evaluation forms not turned in by the last class meeting.

### **Course Schedule, Attendance Policy**

Each intern will complete a minimum of 8 hours of fieldwork experience and 1 hour of supervision each week. Each intern will be assigned a supervisor at the internship site. A total of 120 fieldwork hours, served at a rate of 8 hours per week, must be completed by the end of the semester. Contract and hours verification forms must be turned in on time.

### **Policy on Due Dates and Make-up Work**

Extra credit and make-up work are not options in this class. No contracts will be accepted after the third week; no hours verification forms will be accepted after the last scheduled day of class.

### **Computer/Information Literacy Expectations for Students enrolled at CSUDH**

Students are expected to: 1) use the university email system (Toromail), 2) use Blackboard, 3) use a word processing program for writing assignments (e.g., Microsoft Word), 4) be able to access assigned websites through the internet, 5) use the library databases to find peer-reviewed journal literature, 6) be able to create a power point presentation, and 7) be able to paraphrase concepts without plagiarizing.

For additional information about computing on campus, including tutorials, students should go to: <http://www.csudh.edu/infotech/labs> and [http://www.csudh.edu/infotech/student\\_index.shtml](http://www.csudh.edu/infotech/student_index.shtml)

## **Contract and Liability**

All internship experiences for academic credit through the California State University system require the intern engaged in that internship experience to have student liability insurance. Student liability insurance can be obtained at minimal cost (A student affiliate membership in the American Psychological Association for \$35 if you are an undergraduate student, \$55 if you are a graduate student—<http://www.apa.org/membership/forstudents.html>—plus \$35 for \$1 million/\$3 million insurance through the American Psychological Association’s Insurance Trust—<http://www.apait.org>).

In addition, the instructor, the intern, and the supervisor are required to sign a contract specifying the duties and liability responsibility of each.

## **Academic Integrity**

This course follows the academic integrity policy published in the CSUDH catalog: <http://www.csudh.edu/academicaffairs/StudentInformation/UniversityCatalog.shtml>

“Academic dishonesty usually refers to forms of cheating and plagiarism which result in students giving or receiving unauthorized assistance in an academic exercise or receiving credit for work which is not their own.”

## **Accommodations Policy**

This course also follows the policy for accommodating students with disabilities. For accommodations please contact the CSUDH Disabled Student Services (DSS) at (310) 243-3660 Fax: (310) 516-4247 or at the Disabled Student Services Office, Welch Hall Room D-180.

## **Course Evaluation**

Course evaluations and program surveys are important components of the educational process. All courses taught through Extended Education are evaluated. Students are strongly encouraged to complete the electronic course evaluation form (Perceived Teaching Effectiveness) that will be available during the last two weeks of the course. An email notification is sent to students via their Toromail accounts indicating the availability of the online evaluation form two week before the course ends. The evaluation is anonymous.