The University of Texas at Arlington
College of Nursing
Sport & Exercise Psychology (Spring 2020) online

Instructor
Dr. Beckey Crow

Office Number
311 Physical Education Building

Office Telephone Number
817-272-5170

Email Address bcrow@uta.edu
For reasons of web security, faculty, staff, and students must use their official UT Arlington e-mail address for all university-related business.

Faculty Profile
https://www.uta.edu/profiles/rebecca-crow

Office Hours
Fall & Spring semesters-Mondays & Wednesday 10-11am., Summer-By Appointment

Maximum Timeframe for Responding to Student Communication
Faculty will have up to 24-48 hours to respond to any email communication. Grading of assignments should occur within five business days of submitting any given assignment.

Section Information
KINE 3302-001 Online

Time and Place of Class Meetings
Online Course

Description of Course Content
This class is designed to be an introductory course in the study of the field of sport psychology and the sociological aspects of sport. It is the aim of this course to make participation in sport a more positive experience for athletes and for those who work with them (coaches, teachers, parents, athletic trainers, administrators, physical therapists). (There are no course prerequisites)

Student Learning Outcomes
1. Elaborate on your understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education via discussions boards and test questions.
2. Explain how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved.
**Required Textbooks and Other Course Materials**
*Foundations of Sport & Exercise Psychology (7th)*, Weinberg & Gould. ISBN# 9781492572350

**Descriptions of major assignments and examinations with due dates**

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<th>Module</th>
<th>Topic</th>
<th>Readings</th>
<th>Discussion Opens*</th>
<th>Discussion Initial Post Due**</th>
<th>Discussion Quiz/Test Due Date***</th>
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<tr>
<td><strong>Module 1 - January 21 - February 2</strong></td>
<td>Introduction to Exercise &amp; Sport Psychology</td>
<td>Chapter 1</td>
<td>Discussion 1.1 - Tuesday, January 21, 2020 at 12:01 am CST</td>
<td>Discussion 1.1 - Thursday, January 30, 2020 11:59 pm CST</td>
<td>Discussion 1.1 &amp; 1.2</td>
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<tr>
<td></td>
<td>Welcome to Sport &amp; Exercise Psychology</td>
<td>Chapter 2</td>
<td><strong>Discussion 1.2</strong> - Tuesday, January 21, 2020 at 12:01 am CST</td>
<td><strong>Discussion 1.2</strong> - Thursday, January 30, 2020 11:59 pm CST</td>
<td>Quizzes 1 &amp; 2 are due Sunday, February 2, 2020 at 11:59 pm CST</td>
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<td></td>
<td>Science &amp; Professional Practice of Sport &amp; Exercise Psychology</td>
<td>Chapter 3, 4, 5</td>
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<tr>
<td><strong>Module 2 - February 3 - February 16</strong></td>
<td>Exercise &amp; Sport Participants</td>
<td>Chapter 3, 4, 5</td>
<td>Discussion 2.1 - Monday, February 2, 2020 at 12:01 am CST</td>
<td>Discussion 2.1 - Thursday, February 13, 2020 at 11:59 pm CST</td>
<td>Discussion 2.1</td>
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<td>Personality &amp; Sport Motivation Arousal, Stress &amp; Anxiety</td>
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<td>Quizzes 3, 4 &amp; 5 are due Sunday, February 16, 2020 at 11:59 pm CST</td>
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<td><strong>Module 3 - February 17 - March 1</strong></td>
<td>Exercise &amp; Sport Environments</td>
<td>Chapter 6, 7</td>
<td>Discussion 3.1 - Monday, February 17, 2020 at 12:01 am CST</td>
<td>Discussion 3.1 - Thursday, February 27, 2020 11:59 pm CST</td>
<td>Discussion 3.1</td>
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<td></td>
<td>Competition &amp; Cooperation</td>
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<td>Quizzes 6, 7, &amp; 8 due Sunday, March</td>
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<td>Module 4 - March 2 - March 22</td>
<td><strong>Group Processes</strong></td>
<td><strong>Discussion 4.1</strong> - Monday, March 2, 2020 at 12:01 am CST</td>
<td><strong>Discussion 4.1</strong> - Thursday, March 19, 2020 at 12:01 am CST</td>
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<td>Team Dynamics &amp; Cohesion</td>
<td>Chapter 9</td>
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<td><strong>Quizzes 9, 10 &amp; 11 due Sunday, March 22, 2020 at 11:59 pm CST</strong></td>
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<td>Leadership</td>
<td>Chapter 10</td>
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<td><strong>Test 1 is due Sunday, March 22, 2020 at 11:59 pm CST</strong></td>
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<td>Communication</td>
<td>Chapter 11</td>
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<td><strong>Test 1</strong></td>
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<td><strong>Module 5 - March 23 - April 5</strong></td>
<td><strong>Exercise &amp; Sport Performance</strong></td>
<td><strong>Discussion 5.1</strong> - Monday, March 23, 2020 at 12:01 am CST</td>
<td><strong>Discussion 5.1</strong> - Thursday, April 2, 2020 at 12:01 am CST</td>
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<td>Introduction to PST</td>
<td>Chapter 12</td>
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<td><strong>Quizzes 12-17 due Sunday, April 5, 2020 at 11:59 pm CST</strong></td>
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<td>Arousal Regulation</td>
<td>Chapter 13</td>
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<td>Module 6- April 6- April 26</td>
<td><strong>Health &amp; Well-Being</strong></td>
<td><strong>Discussion 6.1</strong>- Monday, April 6, 2020 at 12:01 am CST</td>
<td><strong>Discussion 6.1</strong>- Thursday, April 23, 2020 at 12:01 am CST</td>
<td><strong>Discussion 6.1</strong></td>
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<td>Exercise &amp; Psychological Well-Being</td>
<td>Chapter 18</td>
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<td>Quizzes 18-22 due Sunday, April 26, 2020 at 11:59 pm CST</td>
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<td>Exercise Behavior &amp; Adherence</td>
<td>Chapter 19</td>
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<td>Athletic Injuries &amp; Psychology</td>
<td>Chapter 20</td>
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<td>Addictive &amp; Unhealthy Behaviors</td>
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<td>Burnout &amp; Overtraining</td>
<td>Chapter 22</td>
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<th>Module 7- April 27- May 10</th>
<th><strong>Psychological Growth &amp; Development</strong></th>
<th><strong>Discussion 7.1</strong>- Monday, April 25, 2020 at 12:01 am CST</th>
<th><strong>Discussion 7.1</strong>- Thursday, May 7, 2020 at 12:01 am CST</th>
<th><strong>Discussion 7.1</strong></th>
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<td>Children &amp; Sport Psychology</td>
<td>Chapter 23</td>
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<td>Quizzes 23-25 due Sunday, May 10, 2020 at 11:59 pm CST</td>
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<td>Aggression in Sport</td>
<td>Chapter 24</td>
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<td>Character Development &amp; Good Sporting Behavior</td>
<td>Chapter 25</td>
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|  | **Test 2** |  |  |  |
The last day to drop classes is April 3, 2020 at 4 pm.
*The initial discussion post by the instructor
**the discussion closes at 11:59 pm CST on this date
***quizzes/tests close at 11:59 pm CST

Attendance Policy
At The University of Texas at Arlington, taking attendance is not required. As the instructor of this online course section, I will not take attendance, but regular online participation through Canvas is expected of all students.

Canvas Required
Only assignments submitted through Canvas will be reviewed and accepted for a grade, regardless of the reason. Assignments that are submitted through email will not be reviewed for feedback nor graded. They will be assigned a grade of zero. No exceptions will be made.

Technical Problems
Because technology is vulnerable to experiencing difficulties you should not wait until the last minute to submit an assignment (case study or discussion board) or test. If you experience technical difficulties contact Canvas Support to help resolve the issue. They are open 24 hours a day. All technical issues must be resolved prior to an assignment or test due date and time. Assignments or tests which are submitted late secondary to technical issues may not be accepted and/or are subject to a point deduction up to and including a zero.

Central Standard Time Zone
The University of Texas at Arlington is located in the central standard time zone. As such all due dates and times are based on the central standard time zone. All students regardless of their physical location are required to adhere to the central standard time zone due dates and times. It is the student’s responsibility to know, in which time zone they are located, how it differs from the CST zone, and to ensure they follow the due dates and times accordingly. Late assignments or tests will not be accepted if the student encounters difficulties due to time zone discrepancies.
Tests
- There are 2 Tests this semester. Test 1 should be completed after Modules 1-4; Test 2 should be completed after Modules 5-7.
- The tests consist of 50 Multiple Choice/Answer Questions. You will have 2 hours to complete the tests (200 points possible for each test).

Quizzes
- There are 25 Module quizzes for this course. Each quiz consists of 10 Multiple Choice or T/F questions. You will have 30 minutes to complete each quiz.

Reopening a Quiz or Test
- I will reopen a quiz or test ONCE for everyone IF it is before the due date and time deadline. (See Course Schedule). This would be applicable in cases where you lost your internet connection, computer crash, etc., during the taking of the quiz/test. (This is not to retake a quiz or test with a low score). You must retake the quiz or test when reopened, within 24 hours.

Honor Code
- The Honor Code applies for all quizzes, tests & discussion posts....meaning do your own work. (No texting, emailing, calling, copying from the Internet, or any assistance from others).

Discussions
- You will need to participate in 8 discussions (1 Introduction discussion and 7 related to our Modules. Respond once to my post and at least twice to your classmates, for the 100 possible discussion points. There are 8 discussions=800 points.
- The comments you make and any material you may add to the discussion forum need to be original not taken from the internet without being cited. I check submissions via Safe Assign.
- To receive the full possible points for each discussion, you will need to answer the discussion question(s) that I post with a minimum of 300 words in your initial post, and then respond to at least 2 of your classmate’s posts (100+ words to each), using their names so we know who you are addressing. Just completing the above requirements does not ensure full points. That will be determined by content, adding something new to the discussion versus rephrasing other’s comments.
- I will be grading your discussion according to the Discussion Grading Rubric. Familiarize yourself with the Grading Rubric as well as the Course Calendar for due dates.
Textbook
- You will need to have the current textbook. An earlier version will not be adequate and may result in many wrong answers on the quizzes and tests.

Grading Policy
Students are expected to keep track of their performance throughout the semester and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels.

Course Grading Scale
Total Points-1700
A = 90-100%  1700-1530 points  
B = 80-89%  1529-1360 points  
C = 70-79%  1359-1190 points  
D = 60 -69%  1189-1020 points  
F = below 59%  1019 points

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<tr>
<th>Required Components for Course Credit</th>
<th>Weight / Percentage Value Within the Course</th>
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<tbody>
<tr>
<td>25 Chapter Quizzes (20 points each)</td>
<td>500 points 29.41%</td>
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<tr>
<td>8 Discussions (100 points each)</td>
<td>800 points 47.05%</td>
</tr>
<tr>
<td>2 Tests (200 points each)</td>
<td>400 points 23.52%</td>
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Grade Grievances
Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current University Catalog. For undergraduate courses, see http://www.uta.edu/catalog/content/general/academic_regulations.aspx#10. For student complaints, see http://www.uta.edu/deanofstudents/student-complaints/index.php.

Late Assignments:
Late Discussion Boards will be graded according to the Discussion Grading Rubric. Quizzes and tests must be started, completed, and submitted prior to the submission due date and time. Any quiz or test questions submitted after the due date and time will not be counted in your grade.

Make-up Quizzes or Tests
A valid reason must be presented to makeup a missed quiz or test. Documentation will be needed to support an absence during the scheduled exam time. The documentation will need to detail the event that kept you from taking the quiz or test.
Expectations of Out-of-Class Study

Students enrolled in this course should expect to spend at least an additional 3-5 hours per week of their own time in course-related activities, including reading required materials, completing assignments, preparing for exams, etc.

Drop Policy

Regulations pertaining to adding or dropping courses are described below. Adds and drops may be made through late registration either on the Web at MyMav or in person through the student’s academic department. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. Contact the Office of Financial Aid and Scholarships at [http://www.uta.edu/fao/](http://www.uta.edu/fao/). The last day to drop a course is listed in the Academic Calendar available at [http://www.uta.edu/uta/acadcal.php?session=20166](http://www.uta.edu/uta/acadcal.php?session=20166).

1. A student may not add a course after the end of late registration.
2. A student dropping a graduate course after the Census Date but on or before the last day to drop may, receive a grade of W. Students dropping a course must:
   (1) Contact your graduate advisor to obtain the drop form and further instructions before the last day to drop.

   **Census Day: February 5, 2020**
   **Last day to drop or withdraw April 3, 2020 by 4:00 p.m.**

Disability Accommodations

UT Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including The Americans with Disabilities Act (ADA), The Americans with Disabilities Amendments Act (ADAAA), and Section 504 of the Rehabilitation Act. All instructors at UT Arlington are required by law to provide “reasonable accommodations” to students with disabilities, so as not to discriminate on the basis of disability. Students are responsible for providing the instructor with official notification in the form of a letter certified by the Office for Students with Disabilities (OSD). Only those students who have officially documented a need for an accommodation will have their request honored. Students experiencing a range of conditions (Physical, Learning, Chronic Health, Mental Health, and Sensory) that may cause diminished academic performance or other barriers to learning may seek services and/or accommodations by contacting:

**The Office for Students with Disabilities, (OSD)**  [www.uta.edu/disability](http://www.uta.edu/disability) or calling 817-272-3364. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability).
Counseling and Psychological Services, (CAPS)  www.uta.edu/caps/ or calling 817-272-3671 is also available to all students to help increase their understanding of personal issues, address mental and behavioral health problems and make positive changes in their lives.

Non-Discrimination Policy
The University of Texas at Arlington does not discriminate on the basis of race, color, national origin, religion, age, gender, sexual orientation, disabilities, genetic information, and/or veteran status in its educational programs or activities it operates. For more information, visit uta.edu/eos.

Title IX Policy: The University of Texas at Arlington (“University”) is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act). Sexual misconduct is a form of sex discrimination and will not be tolerated. For information regarding Title IX, visit www.uta.edu/titleIX or contact Ms. Michelle Willbanks, Title IX Coordinator at (817) 272-4585 or titleix@uta.edu

Academic Integrity
All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

   I pledge, on my honor, to uphold UT Arlington’s tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.

   I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.

UT Arlington faculty members may employ the Honor Code as they see fit in their courses, including (but not limited to) having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted.

Per UT System Regents’ Rule 50101, §2.2, suspected violations of university’s standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with the University policy, which may result in the student’s suspension or expulsion from the University. Additional information is available at https://www.uta.edu/conduct/.

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts."

As a licensed registered nurse, graduate students are expected to demonstrate professional conduct as set forth in the Texas Board of Nursing rule §215.8. in the event that a graduate
student holding an RN license is found to have engaged in academic dishonesty, the college may report the nurse to the Texas BON using rule §215.8 as a guide.

**Plagiarism**
Copying another student’s paper or any portion of it is plagiarism. Copying a portion of published material (e.g., books or journals) without adequately documenting the source is plagiarism. Consistent with APA format, if five or more words in sequence are taken from a source, those words must be placed in quotes and the source referenced with author’s name, date of publication, and page number of publication. If the author’s ideas are rephrased, by transposing words or expressing the same idea using different words, the idea must be attributed to the author by proper referencing giving the author’s name and date of publication. If a single author’s ideas are discussed in more than one paragraph, the author must be referenced, according to APA format. Authors whose words or ideas have been used in the preparation of a paper must be listed in the references cited at the end of the paper. Students are expected to review the plagiarism module from the UT Arlington Central Library via [http://library.uta.edu/plagiarism/index.html](http://library.uta.edu/plagiarism/index.html).

**Student Support Services**
UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to resources@uta.edu, or view the information at [http://www.uta.edu/universitycollege/resources/index.php](http://www.uta.edu/universitycollege/resources/index.php).

**The English Writing Center (411LIBR)**
The Writing Center Offers free tutoring in 20-, 40-, or 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Our hours are 9 am to 8 pm Mon.-Thurs., 9 am-3 pm Fri. and Noon-6 pm Sat. and Sun. Register and make appointments online at [http://uta.mywconline.com](http://uta.mywconline.com). Classroom Visits, workshops, and specialized services for graduate students are also available. Please see [www.uta.edu/owl](http://www.uta.edu/owl) for detailed information on all our programs and services.

The Library’s 2nd floor Academic Plaza offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library’s hours of operation. [http://library.uta.edu/academic-plaza](http://library.uta.edu/academic-plaza)

**Campus Carry**
Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes as prohibited. Under the new law, openly carrying handguns is not allowed on college campuses. For more information, visit [http://www.uta.edu/news/info/campus-carry](http://www.uta.edu/news/info/campus-carry/)
**Electronic Communication**

UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. **All students are assigned a MavMail account and are responsible for checking the inbox regularly.** There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at [http://www.uta.edu/oit/cs/email/mavmail.php](http://www.uta.edu/oit/cs/email/mavmail.php).

If you are unable to resolve your issue contact the Helpdesk at [helpdesk@uta.edu](mailto:helpdesk@uta.edu).

**Student Feedback Survey**

At the end of each term, students enrolled in face-to-face and online classes categorized as “lecture,” “seminar,” or “laboratory” are directed to complete an online Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student’s feedback via the SFS database is aggregated with that of other students enrolled in the course. Students’ anonymity will be protected to the extent that the law allows. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law and aggregate results are posted online. Data from SFS is also used for faculty and program evaluations. For more information, visit [http://www.uta.edu/sfs](http://www.uta.edu/sfs).

“As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. –Beckey Crow.”

**UTA College of Nursing and Health Innovation - Additional Information:**

**Student Code of Ethics**

The University of Texas at Arlington College of Nursing and Health Innovation supports the Student Code of Ethics Policy. Students are responsible for knowing and complying with the Code. The Code can be found in the student handbook online: [http://www.uta.edu/conhi/students/msn-resources/index.php](http://www.uta.edu/conhi/students/msn-resources/index.php)

**No Gift Policy**

In accordance with Regent Rules and Regulations and the UTA Standards of Conduct, the College of Nursing and Health Innovation has a “no gift” policy. A donation to one of the UTA College of Nursing and Health Innovation Scholarship Funds, found at the following link: is [http://www.uta.edu/conhi/students/scholarships/index.php](http://www.uta.edu/conhi/students/scholarships/index.php) would be an appropriate way to recognize a faculty member’s contribution to your learning. For information regarding Scholarship Funds, please contact the Dean’s office.

**Online Conduct**

The discussion board should be viewed as a public and professional forum for course-related discussions. Students are free to discuss academic matters and consult one another regarding academic resources. The tone of postings should be professional in nature.

It is not appropriate to post statements of a personal or political nature, or statements criticizing classmates or faculty. Inappropriate statements/language will be deleted by the course faculty
and may result in denied access to the Discussion boards. Refer to UTA CONHI Graduate Student Handbook for more information.

*For this course Blackboard communication tools, discussion boards, and UTA MAV email will be used extensively and should be checked often.*

**Emergency Phone Numbers:** In case of an on-campus emergency, call the UT Arlington Police Department at 817-272-3003 (non-campus phone), 2-3003 (campus phone). You may also dial 911. For non-emergencies, call 817-272-3381.