

**PHYED 59 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 59 Title: PSYCH ASPECTS SPORT

Full Title: Psychological Aspects of Sport

Last Reviewed: 9/25/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PE 77

**Catalog Description:**

Foundation of psychological aspects of the subdiscipline of sports psychology. Theoretical and applied teaching skills will be covered in an interactive format.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100.

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Foundation of Psychological Aspects of the subdiscipline of sports psychology. Theoretical and applied teaching skills will be covered in an interactive format. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100.

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1997	Inactive:	
<b>UC Transfer:</b>		Effective:		Inactive:	

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will at the end of the semester:

1. Interpret the conditioning process which influences our behavior toward sport.
2. Define the barriers and obstructions which exist in our sport culture.
3. Examine the characteristics that achieve success.
4. Define their own responsibilities to behavior.
5. Evaluate conditioned responses to sport in comparison to scientific interpretation of events.
6. Modify performance behavior in order to increase skills and revise attitudes that inhibit individual improvement.
7. Explore their feeling in regards to their concept of sport.
8. Define and analyze sport psychology and peak performance.
9. Identify and define learning and coaching styles.
10. Analyze participants in sports and the relationship of self-esteem and performance.

### **Topics and Scope:**

1. HISTORICAL ASPECTS OF SPORT PSYCHOLOGY
  - a. Personalities in the field of sport psychology (past and present.)
  - b. Research models
  - c. Comparative sport psychology - East vs. West
2. INTRODUCTION TO THE SCIENTIFIC BASIS OF SPORT PSYCHOLOGY
  - a. Stress and pressure - stimulation, arousal and anxiety
  - b. Fight or flight syndrome
  - c. Stressors - physical, emotional and social
  - d. General adoption syndrome
  - e. Aggression and violence in sport
3. THE PSYCHOLOGY OF COMPETITION
  - a. Competition environments

- b. Stress response and performance
  - c. Training concentration techniques
  - d. Personality theory and athletic participation
4. MOTIVATIONAL CONCEPTS
- a. Theories of motivation in sport
  - b. Motivational enhancement in sport and exercise
  - c. Principles of positive reinforcement and performance
  - d. Personality and ego
5. SPORT AND MOTOR BEHAVIOR
- a. Motor learning and performance variables
  - b. Information processing and decision making
  - c. Motor control and movement accuracy
  - d. Injury - physical and psychological issues of athletic rehabilitation
  - e. Other disorders
6. COACHING STYLES AND BEHAVIOR
- a. Decision process styles in coaching
  - b. Coach/athletic relationship
  - c. Coach/parent(s) relationship
  - d. Youth sports issues
  - e. Gender and sport
  - f. Minorities and sport
  - g. Ethics and responsibilities to society
7. PSYCHO-PHYSIOLOGICAL EFFECTS OF COMPETITION
- a. Cerebral organization
  - b. Autonomic nervous system
  - c. Endocrine system
  - d. Effects on the organ system of the body
8. SPORT PERFORMANCE ENHANCEMENT AND SYSTEMATIC RELAXATION TECHNIQUES
- a. Imagery and visualization training
  - b. Goal setting procedures
  - c. Biofeedback techniques
  - d. Positive thinking
  - e. Team building and group dynamics
  - f. Affirmation techniques
    - 1. group cohesion
    - 2. leadership development
  - g. Concentration and attention styles
  - h. Stress regulators
  - I. Overtraining and burnout in athletic and exercise

**Assignment:**

1. Periodic quizzes
2. One midterm examination
3. Written presentation of a group report
4. Written library assignment in reference to sport in our society
5. Class participation will be required
6. One final examination

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Term papers, Written Reports

Writing  
20 - 40%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Group presentations

Skill Demonstrations  
15 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

Examinations, quizzes

Exams  
40 - 60%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

None

Other Category  
0 - 0%

## Representative Textbooks and Materials:

1. SPORTS PSYCHOLOGY, Unes & Nation, 2nd edition, 1996
2. SPORT AND PLAY IN AMERICAN LIFE, Figler & Whitaker, 1991
3. SPORTS PSYCHOLOGY, Tutko & Tosi, 1986
4. PSYCHOLOGY OF COACHING, Tutko & Richards, 1982
5. FOUNDATIONS OF SPORT & EXERCISE PSYCHOLOGY, Weinberg & Gould, 1995
6. APPLIED SPORT PSYCHOLOGY, Williams, 1993

## VIDEO CASSETTES:

1. DO IT RIGHT
2. HOOP DREAMS
3. TIN CUP