

CATALOG INFORMATION

Dept and Nbr: PSYCH 57 Title: INTRO TO SPORTS PSYCH
Full Title: Introduction to Sports Psychology
Last Reviewed: 11/13/2017

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:

Catalog Description:
This course will examine the major psychological theories utilized in current sport psychology research. The practical applications of these theoretical constructs will be emphasized through discussion of techniques used to maximize participation and healthy behavior in sport.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Schedule of Classes Information:
Description: This course will examine the major psychological theories utilized in current sport psychology research. The practical applications of these theoretical constructs will be emphasized through discussion of techniques used to maximize participation and healthy behavior in sport. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Transfer Credit: CSU;

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

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area		Effective:	Inactive:
	D	Social and Behavioral Sciences	Spring 2013	
CSU GE:	Transfer Area		Effective:	Inactive:
	D	Social Science	Spring 2013	
	D9	Psychology		
	E	Lifelong Learning and Self Development		
IGETC:	Transfer Area		Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Spring 2013	Inactive:
				Fall 2024
UC Transfer:		Effective:		Inactive:

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of this course, students will able to:

1. Examine the history of sport and exercise psychology as a science and practice.
2. Describe what sport and exercise psychology specialists do.
3. Examine theories and application of personality development on being an athlete.
4. Explain basic learning principles that shape sport behavior.
5. Examine the effects of anxiety and arousal on competitive performance.
6. Compare and contrast the principles and effectiveness of "goal setting."
7. Describe contemporary approaches to anxiety reduction and performance enhancement.
8. Examine motivation theories and their application to sport performance.
9. Identify the social and psychological dimensions of sport.
10. Examine aggression and its relationship to sport behavior.
11. Distinguish between accurate and misinformation about the "minority" athlete.
12. Examine the psychological concepts of high-risk sports and the elite athlete.
13. Identify performance-enhancing drugs and affects on sport behavior.
14. Describe the socialization and psychological variables in the female sport experience.
15. Identify the relationship between good communication skills, effective coaching, and athlete performance.
16. Define the affective benefits of physical fitness and exercise psychology.
17. Examine the psychological growth and maintenance of good sporting behavior.

Topics and Scope:

1. Introduction to Sport and Exercise Psychology
 - a. Main Theoretical Elements of Psychology

- b. Define Sport and Exercise Psychology
 - c. Review the History of Sport and Exercise Psychology
 - d. Distinguish Between Two Specialties
 - e. Understand Correlation Between Science and Practice
2. Professional Issues in Sport Psychology
 - a. Training for the Profession
 - b. Ethical Principles
 - c. Employment Opportunities
3. Personality and Sport
 - a. Define Personality Structure
 - b. Cognitive Strategies and Success
 - c. Identifying Athletes' Role in Understanding Personality
4. Behavioral Principles and Applications
 - a. Classical Conditioning and Operant Learning Theories
 - b. Behavioral Coaching Techniques
 - c. Conditioned Reinforcers
 - d. Learned Helplessness
5. Anxiety and Arousal
 - a. Effects of Anxiety on Competitive Performance
 - b. Effects of Arousal on Competitive Performance
 - c. Psychological Measures of Anxiety and Arousal
 - d. The Inverted-U Hypothesis
6. Goal-Setting System for Sports
 - a. Principles of Goal Setting
 - b. Common Problems in Goal Setting
 - c. Setting Performance Goals in Sport
7. Anxiety Reduction and Stress Management
 - a. Defining Stress and Measuring Anxiety
 - b. Identifying Sources of Stress
 - c. Mental Toughness and Hypnosis
 - d. Yoga, Zen, and Transcendental Meditation
8. Motivation and Sport
 - a. Attribution Theory and Need Achievement
 - b. Locus of Control and Self Theory
 - c. Using Achievement Motivation in Professional Practice
 - d. Collective or Team Efficacy
9. Social Psychology of Sport
 - a. Leadership and Group Cohesion
 - b. Research on the Multidimensional Model of Sport Leadership
 - c. Four Components of Sport and Exercise Leadership
 - d. Interactive Audience Effects on Sport Performance
10. Aggression: Dimensions and Theories
 - a. Provoked and Unprovoked Aggression
 - b. Hostile Aggression and Sport Assertiveness
 - c. Theories of Aggression
 - d. Sport-Related Variables Affecting Aggression
11. Minority Athletes
 - a. The African American Athlete
 - b. The Hispanic Athlete
 - c. The Asian American Athlete
 - d. The Native American Athlete
 - e. The Gay Athlete

12. High-Risk Sport and The Elite Athlete
 - a. Correlation Between Participation and Performance in High-Risk Sports
 - b. Research on Exceptional Performance
 - c. Kroll's Personality Performance Pyramid
13. "Doping" in Sports
 - a. "Win-At-All-Cost" Philosophy
 - b. Substances and Methods Prohibited at All Times
 - c. Substances Prohibited In and Out of Competition
 - d. Efforts to Control Doping in Sports
14. The Female Sport Experience
 - a. Historical and Current Issues of Women's Sports
 - b. Socialization of Women Into Sport
 - c. Psychological Variables
 - d. Traditional Gender Role Expectations
15. Communication, Effective Coaching, and Athlete Performance
 - a. Sending and Receiving Messages Effectively
 - b. Recognizing Breakdowns in Communication
 - c. Delivering Constructive Criticism
 - d. Components of Effective Communication
16. Exercise and Psychological Well-Being
 - a. Reducing Anxiety and Depression With Exercise
 - b. Changing Personality and Cognitive Functioning with Exercise
 - c. Understanding Exercise's Effect on Psychological Well-Being
 - d. Using Exercise as an Adjunct to Therapy
17. Facilitating Psychological Growth and Understanding
 - a. Burnout and Overtraining
 - b. Managing Eating Disorders and Substance Abuse
 - c. Character Development and Good Sporting Behavior

Assignment:

1. Read approximately 25-35 pages per week from the textbook and supplements, and be able to recapitulate the material.
2. Term, interview, or research paper; journal writing, portfolio, or projects may be used for the purpose of learning research skills, enhancing course knowledge, and improving writing skills. (1,000 words minimum for the course.)
3. Oral presentations and/or group projects may be assigned.
4. 2-4 exams (essay and/or objective). One essay exam will be in-class.
5. Final exam that includes a portfolio submission.

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.

Written homework, term, interview, or research papers; journals. A minimum of 1,000 words for the course.

Writing 10 - 25%

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.

None

Skill Demonstrations
0 - 0%

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

Midterm exams and final or portfolio for examination

Exams
75 - 90%

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

Class discussion that may include group projects and oral presentations.

Other Category
0 - 15%

Representative Textbooks and Materials:

Sport Psychology. Arnold LeUnes. Psychology Press: 2010.

Sport Psychology: Performance Enhancement, Performance Inhibition, Individuals, and Teams. Nicholas T. Gallucci. Psychology Press: 2008.

Foundations of Sport and Exercise Psychology. R. S. Weinberg and D. Gould. Champaign, IL: Human Kinetics 2008.

Sport Psychology: A Student's Handbook. Matt Jarvis. Routledge: 2006.

The Winning Spirit: Sixteen Timeless Principles that Drive Performance Excellence. Tom Mitchell and Joe Montana. Random House: 2005.