

CATALOG INFORMATION

Dept and Nbr: PHYED 57 Title: COMP & MOTIVATION - IND.
Full Title: Competition & Motivation for Sport - Individual
Last Reviewed: 2/10/2003

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 74B

Catalog Description:
Psychological dimensions of sport and athletic performance. Survey of sport, self and society.
No UC credit if taken after Spring 1990.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100.

Limits on Enrollment:

Schedule of Classes Information:
Description: Psychological dimensions of sport & athletic performance; survey of sport & society. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100 or ESL 100.
Limits on Enrollment:
Transfer Credit:
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The student will accomplish the following objectives by the end of the semester:

- I. Discuss and analyze the challenges facing athletics.
- II. Evaluate the athletes relationship between athletics and academics.
- III. Developed an individual plan and strategy for achieving goals and self expectations.
- IV. Discuss and distinguish winning and losing as leaning experiences.
- V. Describe and compare team building process and team building techniques.
- VI. Evaluate athletic performance in relationship to
 1. Leadership and role models
 2. Confidence
 3. Peak performance experiences
 4. Affirmations and visualization
- VII. Research, study and discuss:
 1. Racism in sports
 2. Sexism in sports
 3. Drug use and abuse in sports
 4. Physical and emotional risks in sports
- VIII.

Study sport as a way of life including fitness, health, recreation and life goals.

Topics and Scope:

- I. Challenges facing athletes
- II. Academics and athletics
- III. The image of intercollegiate sports
- IV. Personal goals and expectations
- V. Winning, losing and the learning experience
- VI. Sport performance - confidence building and self esteem

- VII. Personal, olympic and intercollegiate athletes
- VIII. Coaching styles in sports
- IX. Drugs in sports
- X. Racism in sports
- XI. Sexism in sports
- XII. Experiential education (ropes course)
- XIII. Psychology of individual sports
- IXV. Sports, fitness as a life style

Assignment:

1. Written journal assignments.
2. Mid term written assignment and or individual project.
3. Interview with former or current coach/teacher.
4. Experiential learning/Four Winds Ropes Course (optinal)
5. Class/team project (includes organization, participation and evaluation).
6. Final written assignment.

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, Reading reports, Essay exams,
JOURNAL ASSIGNMENTS

Writing
20 - 40%

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

Homework problems, Exams, CLASS PROJECTS,
GROUP ASSIGN

Problem solving
10 - 30%

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

Class performances, ORAL PRESENTATIONS

Skill Demonstrations
10 - 25%

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

None

Exams
0 - 0%

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

SPECIAL PROJECTS/ATTENDANCE

Other Category
25 - 40%

Representative Textbooks and Materials:

Syllabus:

THE WORKBOOK FOR SRJC ATHLETES by Tom Mitchell

SRJC Bookstore