

CATALOG INFORMATION

Dept and Nbr: KINES 56 Title: COMP & MOTIVATION - TEAM
Full Title: Competition and Motivation for Team Sports
Last Reviewed: 4/25/2011

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	6	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: PHYED 56

Catalog Description:
Introduction to the psychological, motivational, competitive and physical dimensions of team sports.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: Introduction to the psychological, motivational, competitive and physical dimensions of team sports. (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:

Upon successful completion of the course the student will be able to:

1. Analyze mental factors contributing to successful athletic performance.
2. Discuss the history of motivational aspects of team sport.
3. Evaluate the links between performance, emotion and attitude in athletic performance.
4. Apply visualization and goal setting techniques to improve athletic performance.
5. Discuss team building process and techniques.
6. Define and discuss experiential learning as it applies to achieving peak athletic performance.
7. Analyze non-physical factors contributing to the success of athletes and teams.

Topics and Scope:

- I. History of motivational techniques as they have been applied to sports
- II. Athletic performance assessment methods
 - a. Film
 - b. Outcome measures
 - c. Pre and post testing
- III. Dealing with emotion in sports
 - a. Success
 - b. Failure
 - c. Adversity
- IV. Mental toughness
 - a. Definition
 - b. Application to improving athletic performance
- V. Habits of successful athletes
- VI. Dealing with physical injury
- VII. Pressure and performance including dealing with performance anxiety
- VIII. Psychology of team sports
 - a. Team building
 - b. Team performance
- IX. Methods for improving performance
 - a. Practice proper technique

- b. Utilize effective strategies
 - c. Visualization
 - d. Create and practice game like scenarios
- X. Aspects inherent in peak performance
- a. DNA
 - b. Practice habits
 - c. Strategy

XII. Goal setting approaches

- a. Identifying realistic personal and team goals
- b. Short and long term personal goals
- c. Short and long term team goals

Assignment:

1. 3 to 6 written reflective journal assignments per semester
 - A. Sports life-history
 - B. Examination of attitudes toward practice and self-improvement.
2. Outline and develop a usable motivational/team building activity
3. Oral presentation on team building exercise
4. Midterm involving topics and scope items I through VI
5. Interview with former or current teammates and/or peer athletes.
6. 1-2 written assignments, 3 to 5 page essays regarding peak performance techniques
7. Multiple choice, essay, and true/false final exam

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.

3 to 6 written journal entries, 1 to 2 written assignments, and team building exercise

Writing
20 - 30%

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.

Oral demonstration on team building exercise

Skill Demonstrations
10 - 20%

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

Midterm, and final exam that involve multiple choice, true/false, and essay questions

Exams
20 - 40%

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

Class participation and attendance

Other Category 10 - 30%

Representative Textbooks and Materials:

Successful Coaching. 3rd edition. Rainer Martens, Human Kinetics: 2004
Instructor prepared materials