KINES 59 Course Outline as of Fall 2012

CATALOG INFORMATION

Dept and Nbr: KINES 59 Title: PSYCH ASP OF SPORT PER
Full Title: Psychological Aspects of Sport Performance
Last Reviewed: 11/27/2023

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 59

Catalog Description:
Introduction to the physical, psychological, and motivational factors involved with sports performance. Content will examine the link between physical performance and the psychological aspects involved in sports competition. It will also cover a comparison of contemporary motivation techniques.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: Introduction to the physical, psychological, and motivational factors involved with sports performance. Content will examine the link between physical performance and the psychological aspects involved in sports competition. It will also cover a comparison of contemporary motivation techniques. (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:

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

CSU Transfer:	Transferable	Effective:	Fall 1997	Inactive:
UC Transfer:		Effective:		Inactive:

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:
1. Discuss the history of motivation techniques used for sports and sports performance.
2. Recognize the different psychological aspects involved with competition and sport performance.
3. Compare and contrast different motivation techniques involved in sports performance.
4. Discuss the link between the physical effects and psychological factors involved in sports performance.
5. Apply visualization and goal setting techniques to improve athletic performance.
6. Define experiential learning and discuss its role as it applies to achieving peak athletic performance.
7. Analyze non-physical factors contributing to the success of athletes.

Topics and Scope:

1. Historical Aspects of Sport Psychology
   a. Personalities in the field of sport psychology (past and present)
   b. Models of research
   c. Comparative sport psychology

2. The Psychology of Sports and Competition
   a. Competition environments
   b. Stress response and performance
   c. Training concentration techniques
   d. Personality theory and athletic participation

3. Motivational Techniques
   a. Theories of motivation in sport
   b. Motivational enhancement in sport and exercise

c. Principles of positive reinforcement and performance
d. Personality and ego

4. Coaching Styles and Sports Performance
   a. Decision process styles in coaching
   b. Coach/athlete relationship
   c. Coach/parent(s) relationship
   d. Youth sports issues
   e. Gender and sport
   f. Minorities and sport
   g. Ethics and responsibilities to society

5. Sport Performance Enhancement Techniques
   a. Imagery and visualization training
   b. Systemic relaxation
   c. Goal setting procedures
   d. Biofeedback techniques
   e. Positive thinking
   f. Team building and group dynamics
   g. Affirmation techniques
      1. group cohesion
      2. leadership development
   h. Concentration and attention styles
   i. Stress regulators
   j. Preventing overtraining and burnout in athletic and exercise

Assignment:

1. 3-5 quizzes (multiple choice, true/false, and/or short answer).
2. One midterm examination (multiple choice, true/false, and/or short answer).
3. Written group report (3-5 pages)
4. Sport in our society research paper (3-5 pages)
5. Class participation
6. Final examination (multiple choice, true/false, and/or short answer).
7. Assigned readings from the texbbook (20-40 pages per week)
8. Group development of presentation (1hour per week)

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 group report and sport in society paper	Writing 20 - 35%

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.

3-5 quizzes, midterm, and final (multiple choice, true/false, and/or short answer).	Exams 40 - 55%

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

Class participation	Other Category 10 - 20%

Representative Textbooks and Materials:
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. Arnold LeUnes. Psychology Press: 2010.

Instructor prepared materials