PSYCH 57 Course Outline as of Summer 2019

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	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:	

Catalog Description:
This course will examine the major psychological theories utilized in current sport psychology research. The practical application 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 application 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

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Describe the main theoretical elements of psychology, and explain their application to sport and exercise.
2. Describe how the knowledge of psychology is used to improve sport performance.
3. Examine the ethical standards and professional responsibilities of skills training in sports psychology.

Objectives:
At the conclusion of this course, the student should be 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:

I. 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
II. Professional Issues in Sport Psychology
   A. Training for the Profession
   B. Ethical Principles
   C. Employment Opportunities
III. Personality and Sport
   A. Define Personality Structure
   B. Cognitive Strategies and Success
   C. Identifying Athletes' Role in Understanding Personality
IV. Behavioral Principles and Applications
   A. Classical Conditioning and Operant Learning Theories
   B. Behavioral Coaching Techniques
   C. Conditioned Reinforcers
   D. Learned Helplessness
V. 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
VI. Goal-Setting System for Sports
   A. Principles of Goal Setting
   B. Common Problems in Goal Setting
   C. Setting Performance Goals in Sport
VII. 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
VIII. 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
IX. 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
X. Aggression: Dimensions and Theories
   A. Provoked and Unprovoked Aggression
   B. Hostile Aggression and Sport Assertiveness
   E. Theories of Aggression

D. Sport-Related Variables Affecting Aggression
XI. 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
XII. 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
XIII. "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
XIV. 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
XV. 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
XVI. 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
XVII. 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 and discuss assigned material in the textbook and supplements
2. Term/research paper (minimum of 1250 words) or project(s) may be used for the purpose of learning research skills, enhancing course knowledge, and improving writing skills
3. Oral presentation(s) and/or group project(s) may be assigned
4. Midterm exam(s)
5. Final exam or project

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 or research papers; a minimum of 1,250 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.

Quizzes, exams and/or essay	Exams 75 - 90%

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

Oral presentations and/or group projects	Other Category 0 - 15%

Representative Textbooks and Materials:
The Winning Spirit: Sixteen Timeless Principles that Drive Performance Excellence. Montana, Joe and Mitchell, Tom. CreateSpace Independent Publishing. 2016

Foundations of Sport and Exercise Psychology. 6th ed. Weinberg, Robert and Gould, Daniel. Human Kinetics. 2015

Exploring Sport and Exercise Psychology. Raalte, Judy and Brewer, Britton. APA Books. 2014

Sport Psychology: Performance Enhancement, Performance Inhibition, Individuals, and Teams. 2nd ed. Gallucci, Nicholas. Psychology Press. 2013 (classic)

Winning Spirit Business: Finding Your Performance Edge. Mitchell, Tom and Hoskinson, Hilleary. CreateSpace Independent Publishing. 2013 (classic)