

CATALOG INFORMATION

Dept and Nbr: PHYED 56 Title: COMP & MOTIVATION - TEAM
Full Title: Competition & Motivation for Sport - Team Concepts
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: PE 74A

Catalog Description:
Introduction to the psychological, motivational, competitive and physical dimensions of sport. Survey for the athlete and coach to facilitate maximum performance. 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: Intro to the psychological dimensions of sport. A survey for the athlete & coach to facilitate maximum performance. (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 1987	Inactive:	Summer 2012
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. Analyze their relationship to self and sports.
- II. Analyzed their sports history.
- III. Evaluate and analyze the meaning and importance of sports, athletics
- IV. Evaluate athletic performance in relationship to:
 1. Emotion/performance link.
 2. Attitude/performance link.
 3. Visualization/performance link.
- V. Discuss team building process and team building techniques.
- VI. Contribute to experiential learning.
- VII. Compare and evaluate a variety of individuals, and teams that have demonstrated high levels of success.
- VI. Study, evaluate experiential learning.
- VII. Research, study and experience a variety of individuals, and teams that have demonstrated high levels of success.

Topics and Scope:

- I. Introduction and historical background
- II. Sports life history of individual student
- III. Athletic assessment/inventory
- IV. Emotion in sports
- V. Mental toughness in sports
- VI. Attitudes toward practice and self improvement
- VII. Habits of successful athletes
- VIII. Physical injury/psychological set backs
- IX. Pressure and performance
- X. Psychology of team sports
- XI. Pressure and performance

- XII. Experiential education (ropes course)
- XIII. Visualization techniques for improved performance
- IXV. Peak performance
- XV. Competition, athletics and goal setting

Assignment:

1. Written journal assignments.
2. Mid term written assignment and/or individual project.
3. Interview w/former or current teammates and peers.
4. Experiential learning/Four Winds Ropes Course (optional).
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, ON GOING JOURNAL ASSIGNMENT

Writing
20 - 40%

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

Homework problems, Exams, GROUP ASSIGNMENTS

Problem solving
10 - 30%

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

Class performances, ORAL PRESENTATION

Skill Demonstrations
10 - 55%

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 S.R.J.C. ATHLETES by Tom Mitchell
SRJC Bookstore

