

Course Outline

COURSE: KIN 8 **DIVISION:** 40 **ALSO LISTED AS:** PE 8

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 06/09/2020

SHORT TITLE: INTRO TO SPORTS PSYCH

LONG TITLE: Introduction to Sports Psychology

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
3	18	Lecture:	3	54
		Lab:	0	0
		Other:	0	0
		Total:	3	54

COURSE DESCRIPTION:

A course designed to provide the student with some of the theoretical and practical knowledge of applying psychological techniques within sport situations and to better understand the relevance of mental factors necessary to maximize athletic performance. Some of the areas that will be addressed are motivation, goal setting, the use of mental imagery, time management, and deal with stress. The relationship between life in sport and life outside of sport and how each affect performance will also be covered. This class has the option of a letter grade or pass/no pass. Previously listed as PE 8.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

02 - Lecture and/or discussion

05 - Hybrid

71 - Dist. Ed Internet Simultaneous

72 - Dist. Ed Internet Delayed

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Explore the philosophy and foundational beliefs necessary to acquire the skills and knowledge needed to help reach peak performance.
2. Describe ways to build a motivated, committed, and cohesive team.
3. Apply the principles and theory from Sports Psychology to mental skills training for performance enhancement.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 06/09/2020

10 Hours

Content: Introduction to sports psychology and orientation, including course syllabus. Presentations on history of sports psychology, personality, motivation, and goal setting. Discussion on how these topics affect performance.

Student Performance Objectives: Discuss the personal and situational variables that help them understand the structure of personality and identifying their role in personality, understanding motivation and its relationship to competition, and the process of goal setting to improve motivation and overall personality.

10 Hours

Content: Introduction and lecture/discussion on using psychological strategies to improve performance and sport and exercise. Lectures and discussion on the history, effectiveness, and implementation of psychological skills training, effects of arousal on performance, mental imagery usage, concentration and self confidence. Quiz.

Student Performance Objectives: Apply the discussed psychological skills to their own situations, sport/exercise/etc.

10 Hours

Content: Lecture/discussion/presentations on defining and creating cohesive and cooperative teamwork. Exploring studies on competition while understanding group and team dynamics. Exploring concepts such as group cohesion, leadership, and effective communication.

Student Performance Objectives: Explain how competition is affected by teamwork and participant cooperation, and how the roles of leadership and communication within the group affect success. Apply these concepts in analysis of their interviews of athletes on teamwork and cooperation.

9 Hours

Content: Lectures on coping with obstacles that may develop when accomplishing goals. Topics may include: negative aspects of arousal, anxiety/fear of failure and success, psychology effects of injury and burnout. Midterm.

Student Performance Objectives: Describe how anxiety/fear of failure and success, arousal, burnout, and injury may affect an athletes' performance.

9 Hours

Content: Lecture and discussions on facilitating psychological growth and development. Students will look at reasons for participation and non-participation in sport, effectiveness and non-effectiveness of coaching techniques, reasons and effects of aggression in sport, and the process of developing character and good sportsmanship.

Student Performance Objectives: Explain the importance of studying the psychology of young athletes, define aggression and explain the main causes of where aggression comes from, explain the importance of studying character development and sportsmanship.

4 Hours

Content: Presentations of projects and final review.

Student Performance Objectives: Present project and participate in class discussions.

2 Hours

Written final.

METHODS OF INSTRUCTION:

lecture, discussion, multimedia presentations, collaborative learning

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 20

Assignment Description: HW: Read appropriate chapters in the textbook. Complete assigned homework on history of sports psychology, personality, motivation, and goal setting.

Required Outside Hours: 20

Assignment Description: Read related chapters in textbook. Complete project on developing a mental imagery program. Research material for term paper.

Required Outside Hours: 20

Assignment Description: HW: Read chapters in textbook relating to topics. Complete written assignment, which may include interviewing current or former athletes on concepts related to teamwork and competition.

Required Outside Hours: 18

Assignment Description: Read appropriate chapters in the textbook. Work on term paper.

Required Outside Hours: 18

Assignment Description: Read related chapters in the textbook. Complete current event project. Continue working on term paper. Start research for presentation.

Required Outside Hours: 12

Assignment Description: Complete projects, prepare presentation. Review for final.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 40.00 %

Percent range of total grade: 25% to 40% Written Homework; Reading Reports; Term or Other Papers

Problem-solving assignments

Percent of total grade: 30.00 %

Percent range of total grade: 25% to 30% Field Work; Quizzes; Exams; Homework; Projects

Objective examinations

Percent of total grade: 30.00 %

Percent range of total grade: 25% to 50% Multiple Choice; True/False; Matching Items; Completion

REPRESENTATIVE TEXTBOOKS:

Weinberg, Robert S. and Gould, Daniel. Foundations of Sport and Exercise Psychology 7th Edition with Web Study Guide, or other appropriate college level text.. Human Kinetics,2019.

ISBN: 9781492572350

Reading Level of Text, Grade: 13th Verified by: Publisher

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E, effective 201470

GAV E2, effective 201830

CSU GE:

CSU E, effective 201830

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201830

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000528234

Sports/Physical Education Course: Y

Taxonomy of Program: 127000