Course Outline

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

TERM EFFECTIVE: Spring 2017    CURRICULUM APPROVAL DATE: 10/10/2016

SHORT TITLE: INTRO TO SPORTS PSYCH

LONG TITLE: Introduction to Sports Psychology

<table>
<thead>
<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<tr>
<td>3</td>
<td>18</td>
<td>Lecture</td>
<td>3</td>
<td>54</td>
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<tr>
<td></td>
<td></td>
<td>Lab</td>
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<td>0</td>
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<tr>
<td></td>
<td></td>
<td>Other</td>
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<td></td>
<td></td>
<td>Total</td>
<td>3</td>
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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
72 - Dist. Ed Internet Delayed
73 - Dist. Ed Internet Delayed LAB

STUDENT LEARNING OUTCOMES:

11/1/2016
1. The student will explore the philosophy and foundational beliefs necessary to acquire the skills and knowledge needed to help reach peak performance.
Measure of assessment: oral and/or written report, class discussion, exam
Year assessed, or planned year of assessment: Spring 2017
2. The student will describe ways to build a motivated, committed, and cohesive team.
Measure of assessment: quiz, discussion, report
Year assessed, or planned year of assessment: Spring 2017
3. The student will apply the principles and theory from Sport Psychology to mental skills training for performance enhancement.
Measure of assessment: oral and/or written report, class discussion, exam
Year assessed, or planned year of assessment: Spring 2017

PROGRAM LEARNING OUTCOMES:

1. List and describe five career options available in the field of kinesiology.
2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS
Curriculum Approval Date: 10/10/2016
10 Hours: 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.
HW: Read appropriate chapters in the textbook. Complete assigned homework on history of sports psychology, personality, motivation, and goal setting.
SPO: The student will 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: 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.
HW: Read related chapters in textbook. Complete project on developing a mental imagery program. Research material for term paper.
SPO: The student will begin work on applying the discussed psychological skills to their own situations, sport/exercise/etc.
10 Hours: 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.
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.

SPO: The student will explain how competition is affected by teamwork and participant cooperation, and how the roles of leadership and communication within the group affect success. They will apply these concepts in analysis of their interviews of athletes on teamwork and cooperation.

9 Hours: 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.

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

SPO: The student will describe how anxiety/fear of failure and success, arousal, burnout, and injury may affect an athletes' performance.

9 Hours: 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.

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

SPO: The student will 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: Presentations of projects and final review.

HW: Complete projects, prepare presentation. Review for final.

SPO: The student will present their project and participate in class discussions.

METHODS OF INSTRUCTION:
lecture, discussion, multimedia presentations, collaborative learning

METHODS OF EVALUATION:

Writing assignments
Percent of total grade: 25.00 %
Percent range of total grade: 25 % to 40 % Written Homework; Reading Reports; Term or Other Papers
Problem-solving assignments
Percent of total grade: 25.00 %
Percent range of total grade: 25 % to 30 % Field Work; Quizzes; Exams
Objective examinations
Percent of total grade: 25.00 %
Percent range of total grade: 25 % to 50 % Multiple Choice; True/False; Matching Items; Completion

REPRESENTATIVE TEXTBOOKS:
Required Representative Textbooks
ISBN: 9781450469814

Reading Level of Text, Grade: 13th Verified by: Publisher
ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:
   GAV E, effective 201470
CSU GE:
   CSU E, effective 201470
IGETC:
CSU TRANSFER:
   Transferable CSU, effective 201470
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: KIN
CSU Crosswalk Course Number: 8
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Maximum Hours: 3
Minimum Hours: 3
Course Control Number: CCC000528234
Sports/Physical Education Course: Y
Taxonomy of Program: 127000